



*The Ultimate*

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# manifestation journal

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by Visioning Chris



# note from the

author

## HELLO AND WELCOME!

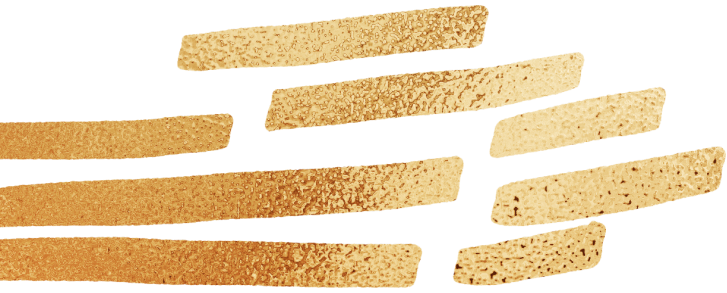
Thank you for downloading this ultimate planner and guide to manifest the dreams of your heart! It is so important for us to be intentional about our lives and you have just taken a HUGE step towards that intentionality. I see you!

Now...don't rush in working through this guide, but really take the time to think about what is important for you in your life, and enjoy the process of co-creating your life with God of the Universe! All you have to do is Ask, Believe, Receive, and take inspired action towards what you desire, and the things that you have asked for AND MORE, you can *and will* have.

You are so much more powerful than you know and this process and results that come from it will show you and strengthen your belief that anything is possible.

So sit back, kick your feet up, grab some tea, and start creating my friend!

 Visioning Chris



*what's included in this*  
**manifestation journal planner**



**THE PROCESS OF MANIFESTING PRAYERS**

**GRATITUDE**

- Gratitude Picture Wall
- Gratitude Journaling
- Gratitude Free Journaling

**ASK**

- Scripting Life Vision
- Scripting 5 Year Vision
- Scripting 1 Year Vision
- Future Self Scripting
- Life Vision At a Glance
- Vision Board Picture Wall
- Manifestation Planner for:  
Career, Spiritual, Health,  
Finances, Love, Family,  
Travel & Fun,  
Contribution, Other

**BELIEVE**

- I AM Affirmation Statements
- Evidence of Manifestations
- Eliminating Limiting Beliefs
- Received Blessings

**RECEIVE**

- Uplifting Vibrations
- Giving to Others

**ACTION**

- Inspired Action
- 90 Day Goals
- Visualize 90 Day Goals
- Morning Routine
- Night Routine
- Daily Planner and Scripting



# The Process

## GRATITUDE

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But first...Gratitude! In this section you will focus on what you have to be grateful for in the moment. This puts you in the position to receive amazing blessings in your world!

## ASK

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Once we position ourselves in a place of gratitude, we are open to receiving so much more in our lives. Now it's time to ask for what we desire in our hearts. Ask and you will receive!

## BELIEVE

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Now that we have expressed our hearts desires and made them known, we must believe that it is ours and it is done. We must also know that we are worthy to receive what we have asked for.

## RECEIVE

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We have asked for our desires, we believe that it is ours, now it's time to receive all that we have asked for! Heyyy! This means letting go of outcomes and the "how", letting go and continuing to align ourselves with gratitude.

## ACTION

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Faith without action is just....well...let's just say it's better to take action than to not. Ok! Use this section to really hone in on your goals and begin taking small steps towards what you want to receive. You will receive what you desire!

# gratitude



You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given to you





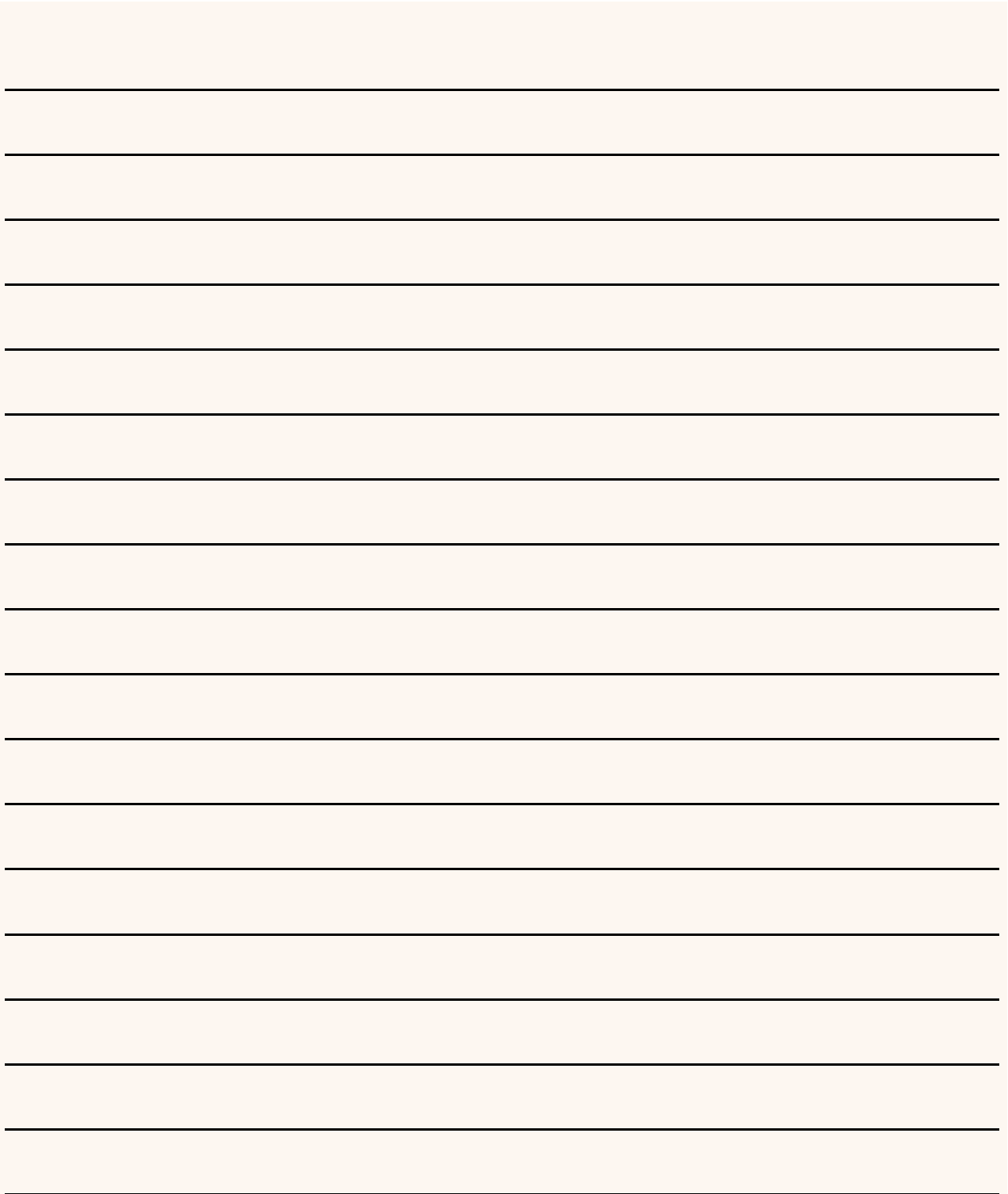




# JOURNALING *gratitude*

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Use this space to just write openly about anything that comes to mind that you are grateful for. Try to fill the whole page. It doesn't have to be anything specific, just write freely. Focus on the good and more good will come to you.





# vision



when you visualize, you materialize



SCRIPTING *vision*

*life vision*

Scripting is writing your vision as you see yourself and your life once you have manifested what you desire. Visualize what you will feel, see, have, and others that will benefit from your prayers being answered. Write it in story form.

Ideas on how to begin this section :Dear God, thank you for..., I am so grateful and happy that...

Handwriting practice area with horizontal lines and gold-colored vertical borders.



SCRIPTING *vision*

*1 year vision*

Script a vision of your ideal life 1 year from now.  
Dream big! Anything is possible.

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Lined writing area with gold vertical borders on the left and right sides.

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SCRIPTING *vision*

*who am I*

Script a vision of who you would like to ultimately become. Be free with this and really think about how you want to be remembered once you're no longer on this earth.

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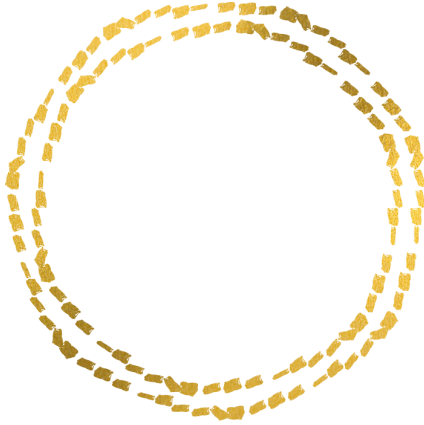
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**LIFE** *vision*

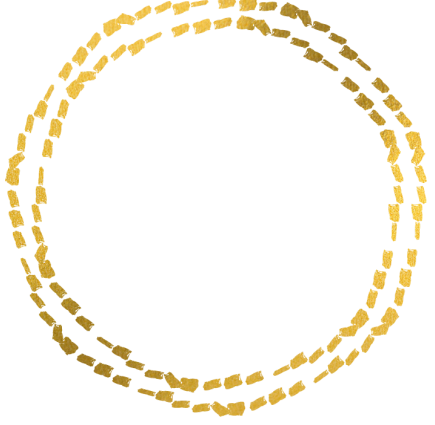
**CAREER**



**SPIRITUAL**



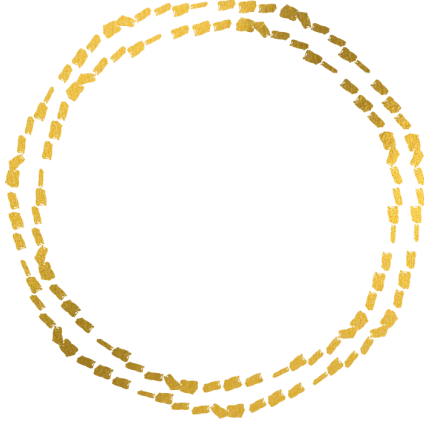
**HEALTH**



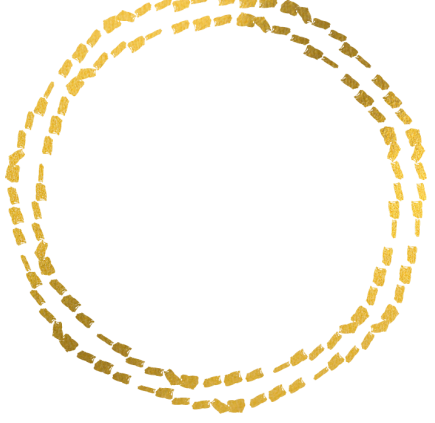
**FINANCES**



**LOVE**



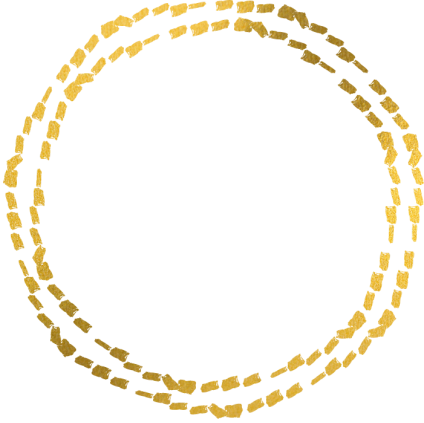
**FAMILY**



**TRAVEL & FUN**



**CONTRIBUTION**



**OTHER**





# CAREER *vision*

## AFFIRMATION - I AM STATEMENT


Script your I AM statement in detail.  
 ← What do you see, feel, hear, and have? Have fun!

## WHAT IS YOUR WHY?

## THINGS I CAN DO TO "ACT AS IF" I HAVE IT NOW

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## ACTIONS/HABITS TO TAKE TOWARDS MY GOAL

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## HOW I WILL CELEBRATE WHEN MANIFESTED

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# SPIRITUAL *vision*

## AFFIRMATION - I AM STATEMENT


Script your I AM statement in detail.  
← What do you see, feel, hear, and have? Have fun!

## WHAT IS YOUR WHY?


## THINGS I CAN DO TO "ACT AS IF" I HAVE IT NOW

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## ACTIONS/HABITS TO TAKE TOWARDS MY GOAL

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## HOW I WILL CELEBRATE WHEN MANIFESTED

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HEALTH *vision*

AFFIRMATION - I AM STATEMENT

Large empty box with horizontal lines for writing an affirmation statement.

Script your I AM statement in detail. What do you see, feel, hear, and have? Have fun!

WHAT IS YOUR WHY?

Large empty box for writing the reason (why) for the goal.

THINGS I CAN DO TO "ACT AS IF" I HAVE IT NOW

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ACTIONS/HABITS TO TAKE TOWARDS MY GOAL

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HOW I WILL CELEBRATE WHEN MANIFESTED

Three horizontal lines for writing celebration details.

# FINANCES *vision*

## AFFIRMATION - I AM STATEMENT


Script your I AM statement in detail. ← What do you see, feel, hear, and have? Have fun!

## WHAT IS YOUR WHY?

## THINGS I CAN DO TO "ACT AS IF" I HAVE IT NOW

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## ACTIONS/HABITS TO TAKE TOWARDS MY GOAL

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## HOW I WILL CELEBRATE WHEN MANIFESTED

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FAMILY *vision*

AFFIRMATION - I AM STATEMENT

Lined area for writing the affirmation statement.

Script your I AM statement in detail. What do you see, feel, hear, and have? Have fun!

WHAT IS YOUR WHY?

Blank area for explaining the reason behind the goal.

THINGS I CAN DO TO "ACT AS IF" I HAVE IT NOW

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ACTIONS/HABITS TO TAKE TOWARDS MY GOAL

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HOW I WILL CELEBRATE WHEN MANIFESTED

Horizontal lines for writing celebration details.

**TRAVEL & FUN** *vision*

**AFFIRMATION - I AM STATEMENT**


Script your I AM statement in detail.  
← What do you see, feel, hear, and have? Have fun!

**WHAT IS YOUR WHY?**


**THINGS I CAN DO TO "ACT AS IF" I HAVE IT NOW**

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**ACTIONS/HABITS TO TAKE TOWARDS MY GOAL**

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**HOW I WILL CELEBRATE WHEN MANIFESTED**


# CONTRIBUTION *vision*

## AFFIRMATION - I AM STATEMENT


Script your I AM statement in detail.  
← What do you see, feel, hear, and have? Have fun!

## WHAT IS YOUR WHY?


## THINGS I CAN DO TO "ACT AS IF" I HAVE IT NOW

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## ACTIONS/HABITS TO TAKE TOWARDS MY GOAL

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## HOW I WILL CELEBRATE WHEN MANIFESTED

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OTHER *vision*

AFFIRMATION - I AM STATEMENT

Lined area for writing the affirmation statement.

Script your I AM statement in detail. What do you see, feel, hear, and have? Have fun!

WHAT IS YOUR WHY?

Blank area for explaining the reason behind the goal.

THINGS I CAN DO TO "ACT AS IF" I HAVE IT NOW

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ACTIONS/HABITS TO TAKE TOWARDS MY GOAL

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HOW I WILL CELEBRATE WHEN MANIFESTED

Horizontal lines for writing celebration details.



# believe



a belief is only a thought you can think,  
and when your belief matches your desires,  
then your desire must become your reality






# I AM *statements*

Write positive statements about yourself that help to build your confidence and belief that you are worthy of and can achieve all that you desire. The reality is that you are so worthy of anything that you can think to achieve. Repeat your affirmations to yourself on a daily basis.

## I AM

i am worthy of all that I desire



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EVIDENCE OF

*manifestations*

It is so important to look for clues that your desire is on its way to you. This continues to strengthen your faith and helps you to stay encouraged that even though it may not have arrived yet, it is right around the corner!

EVIDENCE OF MANIFESTATION	RELATED TO MY VISION FOR

RECEIVED BLESSINGS *& manifestations*

Keeping a record of the blessings and manifestations that you have received will help to build your belief that it is possible to receive the desires of heart.

Come back to this page and write your manifestations when they happen.

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# receive



We must give in order to receive. However we need to let go and not be attached to what we want to receive too obsessively. we need to trust the Universe will somehow give us what we want and all we need to do is be ready to receive it.



# UPLIFTING *vibration*

## IDEAS TO SURRENDER & LET GO

*Surrendering and letting go knowing that God has your back and is always working is key. Use some of the ways below and add your own.*

Prayer and meditation  
Say thank you and release  
Surrender affirmations

Feeling good and thinking about great things keeps you in a state of raised vibration. Refer back to your gratitude wall, AND fill in each box below so that you can remember and do the things that make you feel great in the moment

### UPLIFTING MUSIC


### UPLIFTING AFFIRMATIONS


## SELF CARE IDEAS

*Self care is essential to feeling good. Show yourself some good love and it will benefit your mind, body, and spirit. Below are a few ideas. Add some ideas of your own too!*

Self Love journaling  
Self care bath  
Reading  
Meditation  
Go for a walk  
Read self love affirmations

### PODCASTS/ SUBSCRIPTIONS


### BOOKS/OTHER






# action



Vision without action is merely a dream,  
action without vision just passes the time,  
vision with action can change the world





# INSPIRED *action*

The Universe communicates with us, we just have to listen and take action on what we receive. During your quiet time, or whenever you feel an inspired thought of action to take towards your desire pops into your mind, record it here so that you don't forget and can add it to your plan and get to work on it!

INSPIRED ACTION	RELATED TO MY VISION FOR

90 DAY *goals*

TOP 3  
90 DAY  
GOALS:

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SMALLER  
GOALS:

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ACTION  
STEPS/  
HABITS:




# VISUALIZE

# 90 day goals

Write your 90 day goals as though they were already accomplished!

## GOAL 1 VISUALIZATION

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## GOAL 2 VISUALIZATION

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## GOAL 3 VISUALIZATION

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MORNING *routine*

IDEAS:

- Affirmations
- Gratitude Journal
- Meditation
- Visualization
- Reading
- Prayer
- Exercise
- Scripting

TIME I WILL WAKE: \_\_\_\_\_



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NIGHT *routine*

IDEAS:

- Sleep Meditation
- Affirmations
- Gratitude Journal
- Meditation
- Visualization
- Reading
- Prayer
- Scripting

TIME I WILL SLEEP: \_\_\_\_\_

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DAILY *plan*

Date \_\_\_\_\_

TODAY I AM GRATEFUL FOR

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TODAY'S PRAYER/AFFIRMATION

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TOP FOCUS TODAY

SCHEDULE

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TASKS/ & APPOINTMENTS

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WHAT HAPPENED TODAY THAT I'M  
THANKFUL FOR

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NOTES:

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# YOU DID IT!

You have made it through this entire planner!  
Whaaaaa! Yep, I see you...again!

You have taken such amazing action to bring your desire into your physical reality. Now just have faith and believe it is on it's way to you now and it will get to you in divine timing.

I'm so proud of you! Keep your mind focus on gratitude, and remain in a place of feeling good. "Everything good, positive, uplifting, and pure, think on these things." You got this!

 *Visioning Chris*

