

# Manifest Worksheet:

(To begin, try this for a week. Fill in the blanks and then when you wake up, or before bed repeat these aloud or in your head.)

1. I am open to receiving \_\_\_\_\_
2. I am not ashamed to ask for \_\_\_\_\_
3. I am giving myself permission to ask for and accept  
\_\_\_\_\_

**That's it!** The *trick* is the practice and work you put into it. At first, you may not believe the words you say or thing and that is okay! It is not something you're used to, but that's the beauty in self-exploration and self-love; you are not a static person! You are DYNAMIC! If you want your dreams, money, love, peace, whatever it may be--you deserve it!

**Change your thoughts--change your life.**

Switch the focus from the things you don't have, to getting what you want and what you do have!

*Things to manifest if you are stuck:*

Love, Joy, Peace, Friendship, a Job, Groundedness, Wealth, Hope, Strength, Stress

Relief, Success, Comfort, a Decision...let yourself ask for it! Give yourself **permission!**