

369 MANIFESTATION METHOD



369 METHOD

I want to manifest:

My affirmation (start with gratitude and write in the present tense):

DAY 1

Morning

Afternoon

Evening

DAY 2

Morning

Afternoon

Evening

DAY 3

Morning

Afternoon

Evening

DAY 4

Morning

Afternoon

Evening

DAY 5

Morning

Afternoon

Evening

DAY 6

Morning

Afternoon

Evening

DAY 7

Morning

Afternoon

Evening

DAY 8

Morning

Afternoon

Evening

DAY 9

Morning

Afternoon

Evening

DAY 10

Morning

Afternoon

Evening

DAY 11

Morning

Afternoon

Evening

DAY 12

Morning

Afternoon

Evening

DAY 13

Morning

Afternoon

Evening

DAY 14

Morning

Afternoon

Evening

DAY 15

Morning

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DAY 16

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DAY 17

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DAY 28

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DAY 29

Morning

Afternoon

Evening

DAY 30

Morning

Afternoon

Evening

DAY 31

Morning

Afternoon

Evening

DAY 32

Morning

Afternoon

Evening

DAY 33

Morning

Afternoon

Evening

GRATITUDE

List 30 things that you are grateful for.

THINGS THAT MAKE ME HAPPY

List 30 things that make you happy.

FEELING LOVE

Feel love in your daily life. Love everything and anything you can. Focus on the things and the people that you love and you will feel that love and joy it will come back to you.

PEOPLE I LOVE	THINGS I LOVE

ALIGN YOUR THOUGHTS, WORDS AND ACTIONS

Make sure that your thoughts, words, actions and surroundings convey whatever you want to manifest.

Our thoughts lead to the words we speak, the feelings we feel, and the actions we take. Sometimes we are not even aware of our thoughts but we can understand them by looking at our actions.

Think about what you have asked for and make sure that your actions reflect what you desire to receive. Act as if you are receiving it. Do exactly what you would do if you were receiving it today and take actions in your life to reflect this. This will send out powerful signals of expectation to the Universe.

List the actions you can take to prepare your life for receiving your manifestation from the Universe.

PUT YOURSELF OUT THERE

Make a list of the actions you can take to receive whatever you asked for. For example, if you asked to find love then sign up to dating sites, ask friends if they have someone to introduce you to, etc. If you asked for money then start thinking of ways to make money.
