

Date: _____

JOURNALING

How do I want to feel today? _____

Who do I want to be today? _____

What do I want to receive today? _____

What do I want to give today? _____

GRATITUDE

I am grateful for: _____

AFFIRMATION

Describe what you want to manifest in the present tense and with emotion:

VISUALIZATION

Visualize yourself receiving it and describe how you feel:
