LAW OF ATTRACTION

Planner

This Book Belongs To

_____

_____

_____

Abundance Mindset

WHO I WANT TO BE?

WHAT I WANT TO HAVE?

List of Attractions

Summarize What You Have Previously Attracted Into Your Life And What You Hope To Attract in The Future. Use It As A Visual Guide To Help You Practice Positive Affirmations And Manifest The Things You Want in The Future.

THINGS YOU HAVE ATTRACTED INTO YOUR LIFE

THINGS YOU WANT TO ATTRACT INTO YOUR LIFE

7 Day Law Of Attraction

DATE: **M T W T F S S**

DAY 1

Choosing What To Manifest.
When you choose what you manifest, the trick is to choose something small, but something that you nonetheless really want a thing that lights you up inside and is compatible with your plan for life. After all, you need to be able to feel fully passionate about it for the week ahead.

THINGS YOU WANT TO ATTRACT INTO YOUR LIFE

7 Day Law Of Attraction

DATE: M T W T F S S

DAY 2

Affirmations.
Come up with a set of positive affirmations that are linked to this week's goals. For example, if you're looking for a date, you might try "him going to meet someone to date this week"

1.

2.

3.

4.

5.

6.

7.

7 Day Law Of Attraction

DATE: **M T W T F S S**

DAY 3

Visualization.
Practice creative visualization on the third day, as many times as you can. Build up a dear, vivid picture of what it will be like to manifest your goal, and imagine all the associated sighes, sounds, smells, and feelings.

YOUR VISION BOARD

7 Day Law Of Attraction

DATE: M T W T F S S

DAY 4

Act "As If".
Keep believing that the thing you want is coming and try to act as if you already have it. This is called acting "as if" (or sometimes "living in the knowing").
If you're waiting to receive a gift from a partner, feel the appreciation and gratitude, and know that you are loved. Notice how living "as if" helps to build your confidence and can make your day feel so much brighter.

Come up with 5 ways you are going to act "as if" today and write them down.

1.
2.
3.
4.
5.

7 Day Law Of Attraction

DATE: M T W T F S S

DAY 5

Make A Gratitude List.
Think of things that are similar to what you want to manifest, but that you already have. As you do so, focus on the feelings of gratitude evoked by having those things in your life.

1.
2.
3.
4.
5.
6.
7.

7 Day Law Of Attraction

DATE: M T W T F S S

DAY 6

Raise Your Vibrations

The higher the frequency of your energy or vibration, the lighter you feel In your physical, emotional, and mental bodies. You experience greater personal power, clarity, peace, love, and joy.

Think of 5 Ways to Raise Your Vibration:

1.
2.
3.
4.
5.

For Example: Yoga, Meditation, Digital Detox, Breath Exercise etc.

7 Day Law Of Attraction

DATE: M T W T F S S

DAY 7

Share Your Results. On the final day of your manifestation experiment, think about what you have achieved and write it down. Remember, your life is wonderful and all of your dreams will come true.

YOUR VISION BOARD

Limiting Beliefs

A BELIEF THAT IS HOLDING YOU BACK

WHERE DID THIS BELIEF COME FROM?

HOW IS THIS BELIEF HARMFUL?

WHAT IS A BETTER ALTERNATIVE FOR THIS BELIEF?

Law Of Attraction Board

CAREER	FINANCES

TRAVEL	RELATIONSHIPS

Visualization Reflection

DURING MY VISUALIZATION I SAW

DURING MY VISUALIZATION I FELT EMOTIONS

USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH

WHAT I'D LIKE TO SEE MORE OF	WHAT I'D LIKE TO SEE LESS OF

Building Habits

HABITS TO BREAK	YOUR IDEAL HABITS	WHAT WILL YOUR FUTURE SELF TELL YOU IF YOU DON'T START WITH THIS NOW?

My Manifestation

WHAT DO YOU WANT FOR THIS YEAR?

MOTIVATION & INSPIRATION

VISUALIZE YOUR MANIFESTATION COMING TRUE
I FEEL...
I AM...
I HAVE...
I SEE...

ACTION PLAN
☐
☐
☐
☐
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☐

LIMITING BELIEFS

3-6-9 Manifestation

DATE:_____

WRITE 3 TIMES THE NAME OF THE THING YOU WANT TO MANIFEST

WRITE 6 TIMES YOUR INTENTION FOR THING YOU WANT TO MANIFEST

WRITE 9 TIMES WHAT YOU WANT TO MANIFEST. BE SPECIFIC AND VISUALIZE IT

My Desires

LOVE YOURSELF ENOUGH TO QUESTION AND LEARN

I WOULD LOVE TO LEARN MORE ABOUT:

I WOULD LOVE TO TRY:

I WOULD LOVE TO GO TO:

I WOULD LOVE TO LET GO OF:

I FEEL LOVE WHEN:

I WOULD LOVE TO MAKE:

Desire worksheet

DEFINING MY DESIRE	STATING MY WHY

HOW WHOULD I FEEL

Receiving In Worksheet

WHAT IN RECEIVING IN	HOW I FEEL

AFFIRMATIONS	HOW THIS WILL HELP ME

DRAW A SYMBOL OR A FEW WORDS ABOUT RECEIVINGIN

Mindset Journal

MY 5 FAVORITE AFFIRMATIONS

1.

2.

3.

4.

5.

Mindset Journal

MY PERFECT DAY

Mindset Journal

I AM MOST THANKFUL IN MY LIFE WITH..

WHO

WHY?

Mindset Journal

MY ROLE MODELS

WHO I LOOK UP TO

WHY?

Mindset Journal

THINGS I WOULD DO IF I KNOW I COULDN'T FAIL

Income Tracker

MONTH:_____

DATE	SOURCE	DESCRIPTION	AMOUNT

Expense Tracker

DATE	EXPENSE	AMOUNT

Budget Planner

DATE:_____ **MONTH:**_____

INCOME

DESCRIPTION	BUDGET	ACTUAL

SAVINGS

DESCRIPTION	BUDGET	ACTUAL

EXPENSE

DESCRIPTION	BUDGET	ACTUAL

Financial Goal

GOAL	ACTION STEPS
1.	◯
2.	◯
3.	◯
4.	◯
5.	◯
6.	◯

GOAL	ACTION STEPS
1.	◯
2.	◯
3.	◯
4.	◯
5.	◯
6.	◯

GOAL	ACTION STEPS
1.	◯
2.	◯
3.	◯
4.	◯
5.	◯
6.	◯

Money Mindset

MY FINANCIAL SELF CARE CHECKLIST

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Money Mindset

FINANCIAL SITUATION COMPARISON

TO WHOM	HOW / WHY?

Money Mindset

FINANCIAL SITUATION COMPARISON

HOW / WHY?

Money Mindset

FINANCIAL ADVICE I WOULD'VE GIVEN MYSELF 5 YEARS AGO

Money Mindset

MY FINANCIAL FEARS

Money Mindset

MY MEMORABLE EXPERIENCE

Money Mindset

ACCOMPLISHMENTS THAT I AM MOST PROUD OF

Money Mindset

MY STRENGTHS

Money Mindset

PAST SUCCESS

Money Mindset

MY WELLNESS

Barriers

Detox

WHAT NEGATIVE STRESSFUL THINGS CAN YOU REMOVE FROM YOUR LIFE?
EXAMPLES,TRASH TV,TOXIC FRIENDS COMPLAINING HOARDING

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Kindness log

WRITE DOWN RANDOM ACTS OF KINDNESS YOU HAVE DONE OR INTEND TO DO

Miracle Log

DATE	SITUATION

Level 10 Life Inventory

Fill the bar thinking of each area of your life and fill it on a scale of 1-10, one is not good at all, and ten is incredible. It will result in showing you which areas of life are going well and which need a little more intention.

	1	2	3	4	5	6	7	8	9	10
FAMILY & FRIENDS										
PERSONAL DEVELOPMENT										
SPIRITUALITY										
FINANCES										
CAREER										
RELATIONSHIPS										
FUN & RECREATION										
GIVING & CONTRIBUTION										
ENVIRONMENT										
HEALTH & FITNESS										

Affirmations and Mantras

AFIRMATIONS

Write down 10 positive statements which help your process of thinking

MANTRA

White down 10 words sounds, or statements that can cleanse energy and help with thoughts

Positive Affirmations

MY POSITIVE AFFIRMATION STATEMENT
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My 10 Affirmations

Manifesting timeline

Writing down and visualize your goals and the things you want to manifest within a certain time frame that can make them more attainable.

	ONE MONTH FROM NOW I AM/WILL BE	THREE MONTHS FROM NOW I AM/ WILL BE	SIX MONTHS FROM NOW I AM/WILL BE
FAMILY & FRIENDS			
SELF DEVELOPMENT			
SPIRITUALITY			
CAREER			
FINANCES			
CREATIVITY & FUN			
GIVING/ KINDNESS			
HEALTH & FITNESS			
RELATIONSHIPS			
HOME LIFE			

My Best Self

SKILLS TO LEARN

HABITS TO CHANGE

QUALITIES TO ADOPT

VALUES TO ENHANCE

Vision board

CAREER	FINANCE

FRIENDS	LOVE

PERSONAL GROWTH	HEALTH

LEISURE	HOME

Setting Intentions

MY INTENTION FOR THIS YEAR/DAY:

DESCRIBE IT

HOW DOES THAT INTENTION MAKE YOU FEEL?	HOW DOES THAT INTENTION MAKE OTHERS FEEL?

WRITE 3 OR MORE WAYS HOW YOUR INTENTION IS SERVING YOU RIGHT NOW

First 20 Minutes

The first 20 minutes of your day can determine the tone for the rest of your entire day. List the ways in which you will make sure your first 20 minutes is pleasurable. Will you listen to motivational audio? Read a book?

FIRST 5 MINUTES

FIRST 10 MINUTES

FIRST 20 MINUTES

Morning Routine

MORNING NEEDS
☐
☐
☐
☐
☐

EVENING NEEDS
☐
☐
☐
☐
☐

TIME	TASK	DONE

Evening Routine

MORNING NEEDS
☐
☐
☐
☐
☐

EVENING NEEDS
☐
☐
☐
☐
☐

TIME	TASK	DONE

Raise Your Vibration

One person with whom you share your adventures:

One meal that reminds you of home:

One memory that makes you gigle:

One errand you're always up for:

One thing you believe now more than ever:

One kind of surprise that brightens your day:

One music that you love to listen:

Journal Day

BELIEVE IN MYSELFI AM CAPABLE OF ANYTHING! SET MY MIND TO WHAT WOULD YOU DO IF YOU WERE FINANCIALLY BLESSED?

Journal Day

**I TAKE EVERY GREAT OPPORTUNITY THAT COMES MY WAY,
WHAT ARE YOU DOING TO ACCOMPLISH YOUR BIGGEST GOALS?**

Journal Day

EARN WITH YOUR MIND NOT YOUR TIME
WHAT DO YOU WANT YOUR RELATIONSHIP WITH MONEY TO BE LIKE? HOW MUCH DO YOU WANT TO MAKE EVERY MONTH

Perfect Day

WHAT DOES THIS TYPCAL DAY LOOK LIKE FOR ME?

WHAT'S MY INCOMET

WHAT EXCITES ME MOST ABOUT LIFE NOW?

ADVISE WOULD GIVE TO OLD ME

Daily Mindfulness

M T W T F S S

TOP DAILY AFFIRMATIONS

GRATITUDE

NOTES

Manifest Your Dreams

HEALTH

RELATIONSHIPS

SPIRITUALITY

FINANCES

MIND

Manifesting Money

THE UNIVERSE BANK **DATE:** _____

PAY TO THE ORDER OF _____ $

PAID IN FULL **THE UNIVERSE**

FOR **SIGNATURE**

THE UNIVERSE BANK **DATE:** _____

PAY TO THE ORDER OF _____ $

FOR **SIGNATURE**

THE UNIVERSE BANK **DATE:** _____

PAY TO THE ORDER OF _____ $

FOR **SIGNATURE**

Edit Money Blocks

MONEY BLOCKS	EDIT

MONEY BLOCKS	EDIT

MONEY BLOCKS	EDIT

My Beliefs About Money

MONEY IS	MONEY SHOULD

10 Minutes Gratitude

DATE:

ONE PERSON YOU WOULD LIKE TO THANK

ONE THING YOU WOULD LIKE TO THANK HER OR HIM FOR

TWO DETAILS TO DESCRIBE THE THING OR ACTION FOR WHICH YOU'RE THANKFUL	

ONE WAY IN WHICH THE THING OR ACTION MADE A DIFFERENCE TO YOUR

Letter To Future Me

WRITE A LETTER TO THE FUTURE: SET GOALS FOR YOURSELF, MAKE A PREDICTION ABOUT THE WORLD. ENVISION THE FUTURE, AND THEN MAKE IT HAPPEN.

Letter To Universe

THIS LETTER EXERCISE WILL HELP YOU CLEAR YOUR MIND FROM FEARS HOLDING YOU BACK. THEREFORE, CLEARLY STATE YOUR DESIRE AND DO NOT FORGET TO SHOW YOUR GRATITUDE AND BE PROUD OF WHAT YOU'VE BEEN ABLE TO ACCOMPLISH

Habit Tracker

HABIT	M	T	W	T	F	S	S

To Do List

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Notes

Notes

Thank You