



Manifest

Anything You Want Action Plan & Daily Check-In



Dreams I Want to Manifest

*(Remember: be as specific
as possible.)*

Why My Dreams Are
Important To Me

*(What will having my dreams
mean for me?)*

How I'll Ask The Universe

(e.g. prayer, a letter, etc.)



Actions I'll Take To Support
My Manifestation

(Note actions and timing.)

What's Holding Me Back?

*(e.g. self-doubt, people who
don't believe in me)*

How I'll Address What's
Holding Me Back

*(e.g. using affirmations, cutting
out toxic people, etc.)*

How I'll Keep My Vibes High

*(e.g. self-care rituals, journaling,
affirmations, etc.)*





Dream Manifestation Daily Check-In



- Be The Energy You Want To Attract -

1. Dreams I'm manifesting (write your dreams as if they've already happened):

2. Write 2 - 3 actions you'll take today toward achieving your goals and check them off when you've finished:

☐ Action 1: _____

☐ Action 2: _____

☐ Action 3: _____

3. Write down any accomplishments you're proud of today and/or signs of manifestation in action.

1. _____

2. _____

3. _____

4. _____

5. _____

4. Write 3 things you're grateful for today:

1. _____

2. _____

3. _____

5. Write down any tools you used or actions you took today to keep your vibration high and how they made you feel:

