

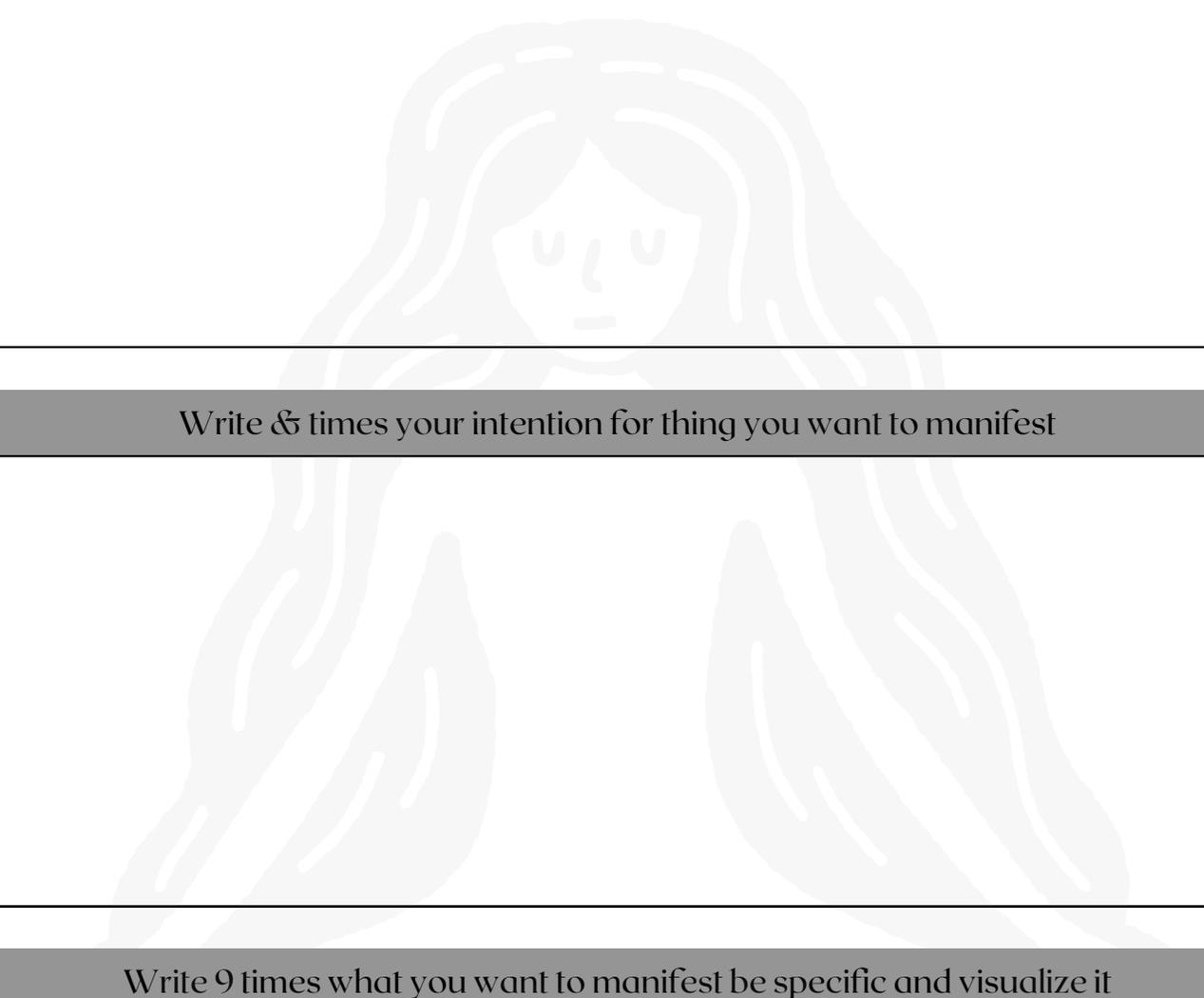


This Book Belongs To



3-6-9 METHOD

Write 1 times this name of the thing you want to manifest



A large, empty rectangular box for writing the name of the thing you want to manifest.

Write 6 times your intention for thing you want to manifest

A large, empty rectangular box for writing the intention for the thing you want to manifest.

Write 9 times what you want to manifest be specific and visualize it

A large, empty rectangular box for writing specific details and visualizations of the thing you want to manifest.

RAISE YOUR VIBRATION

One person with whom you share your adventures

One meal that reminds you of home

One memory that makes you giggle

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

DAILY SCHEDULE

Time	S	M	T	W	T	F	S
5:00 AM	Notes						
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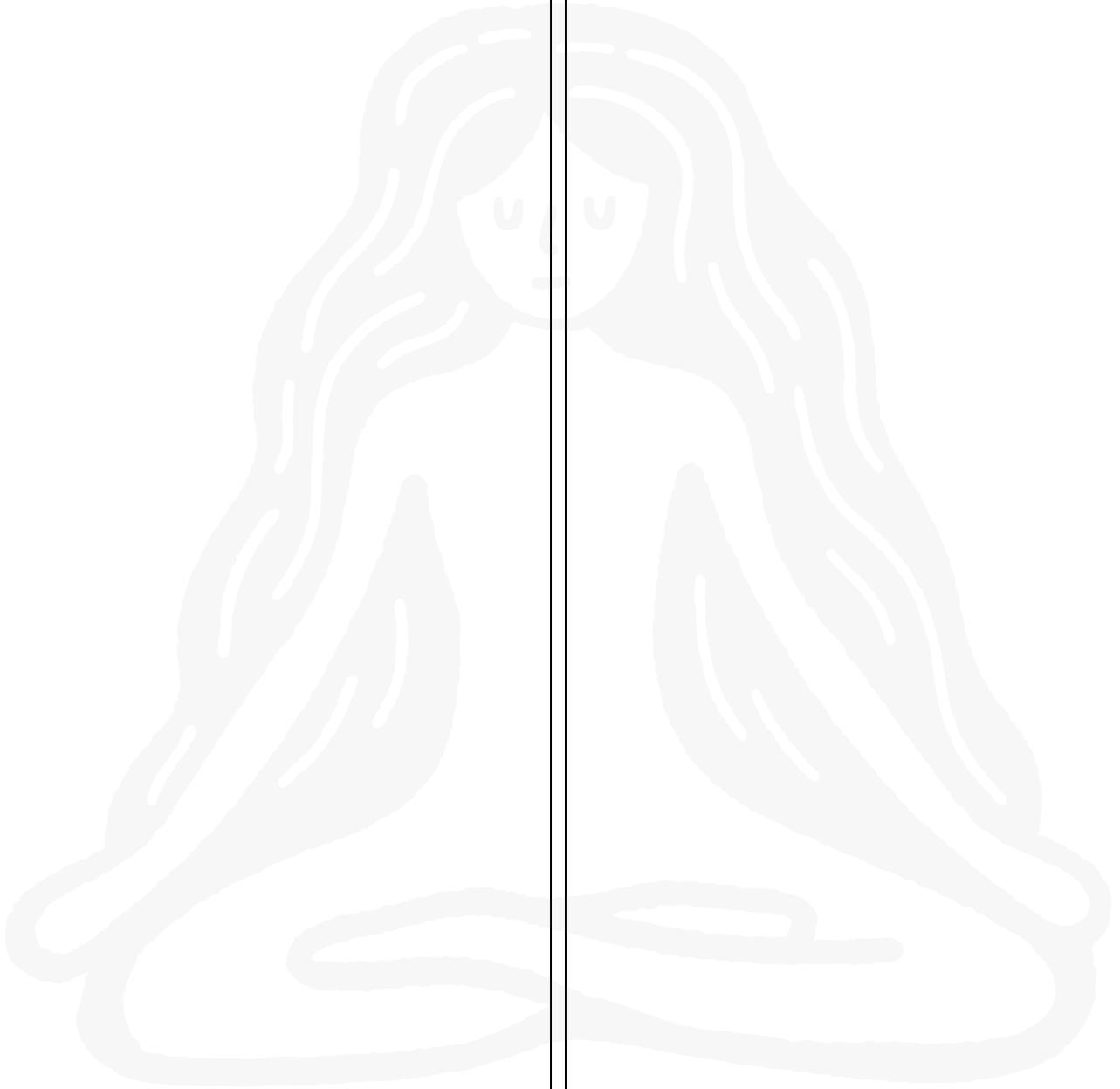
WEEKLY TRACKER

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ABUNDANCE MINDSET

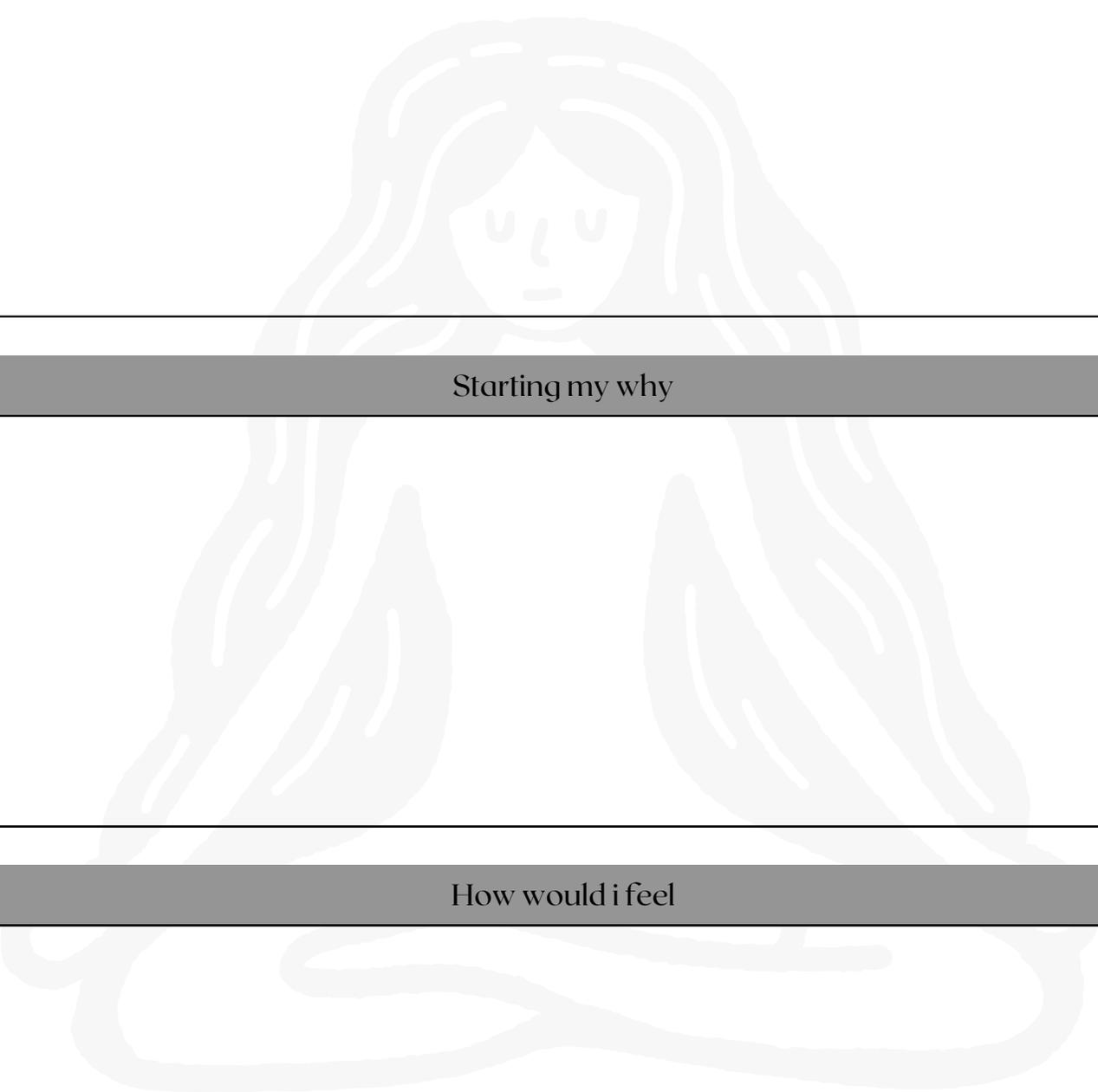
Who want to be?

Who I want to Have?



DESIRE WORKSHEET

Defining my desire



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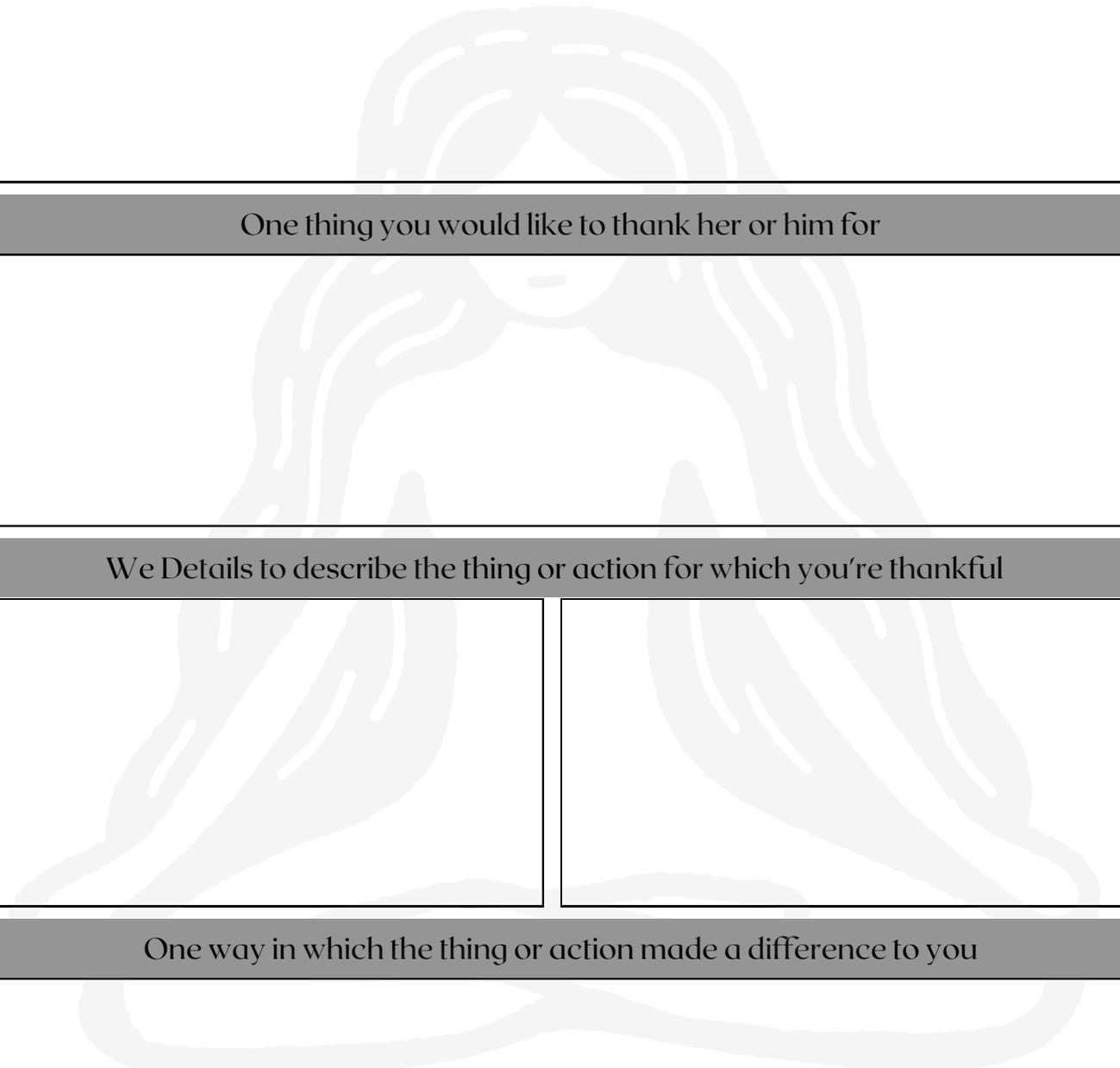
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Answer the following questions there are no rules,
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Am i truly happy and at peace with myself? why? why not?



What is my higher self like ? Describe in Details



THOUGHT PATTERN

Negative



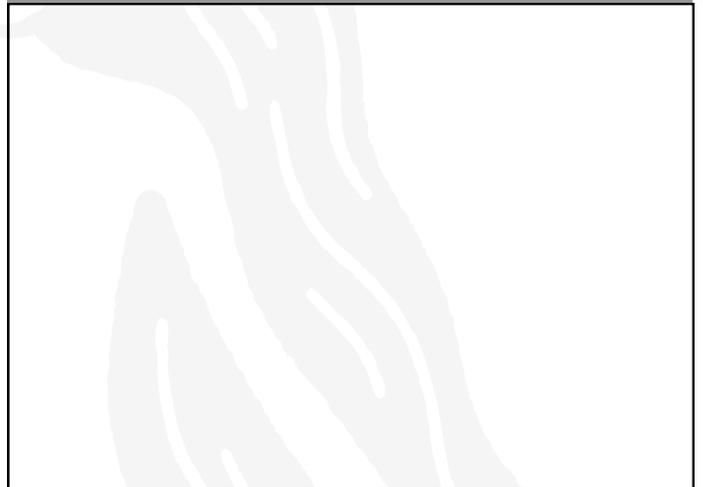
Positive



Negative



Negative



Negative



Negative

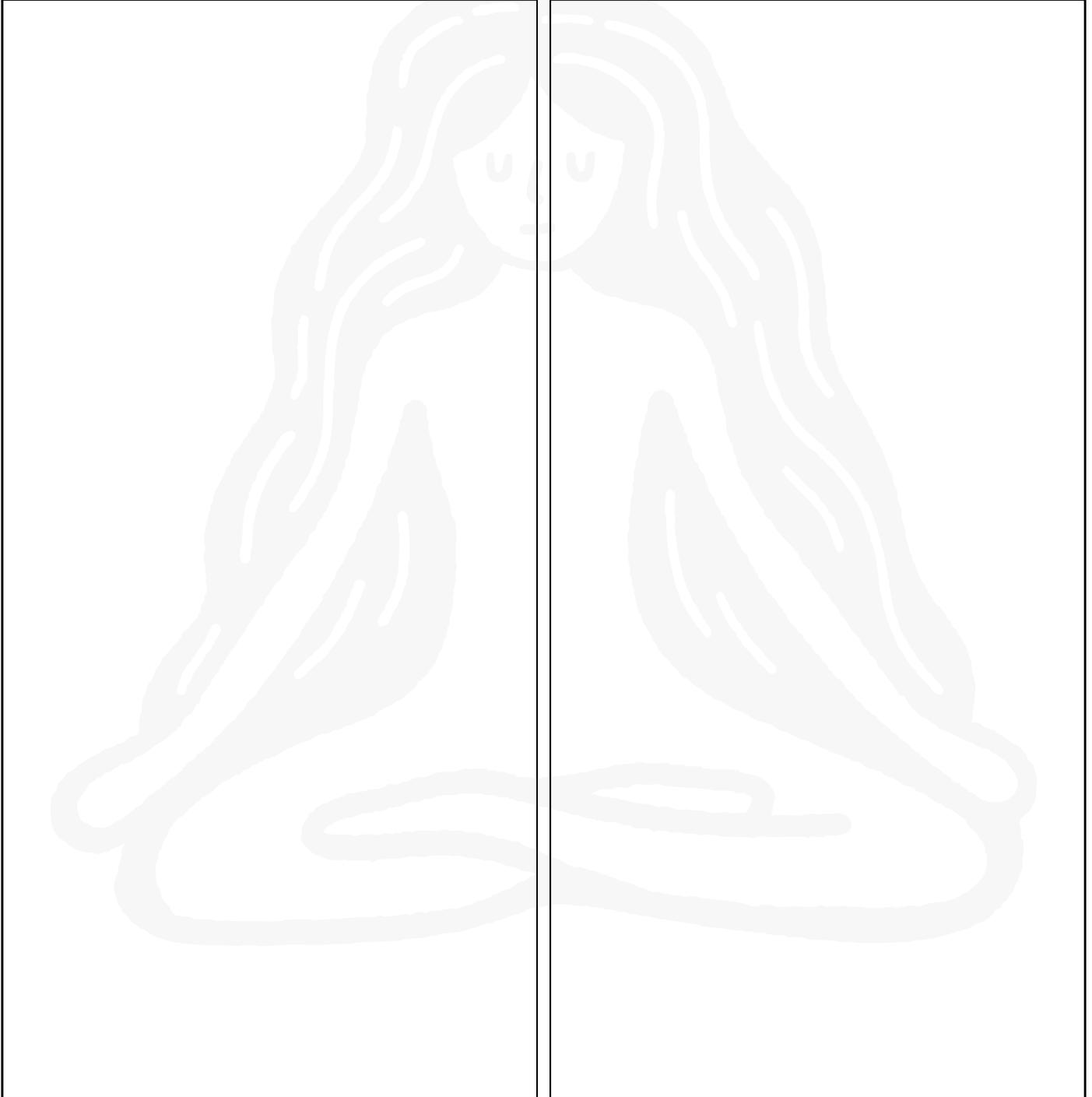


LIST OF ATTRACTIONS

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THINGS YOU HAVE ATTRACTED INTO YOUR LIFE

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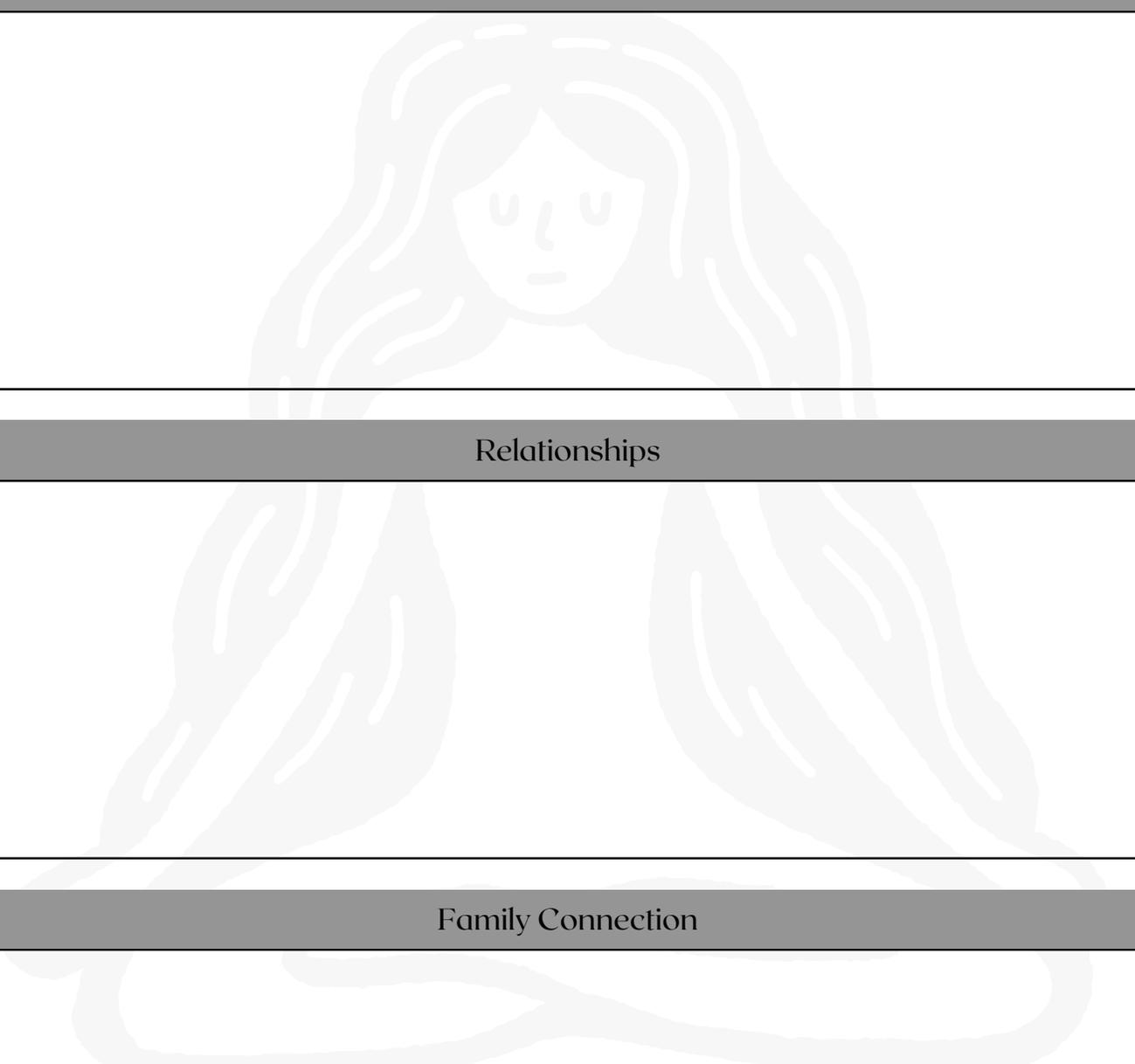


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Friendships



Relationships

Family Connection

FISCAL TRACKER

Income Source # 1

Information about this income source

Hours per work	Type of income	Monthly income	Yearly income

Income Source # 1

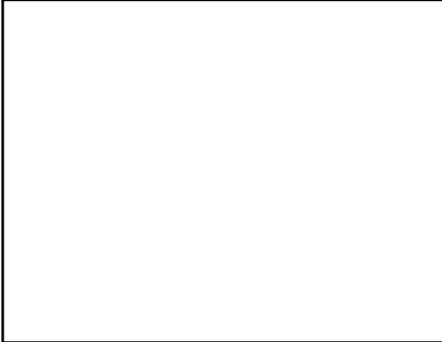
Information about this income source

Hours per work	Type of income	Monthly income	Yearly income
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Total Income	Monthly Income	Yearly Income
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	\$	\$

YEARLY GOALS

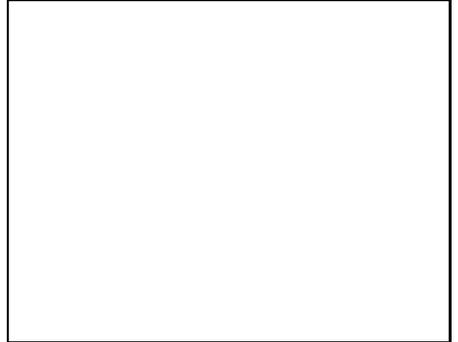
January



February



March



April



May



June



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October



November



December



30 DAYS CHALLENGE

Challenge Title:

Start Date:

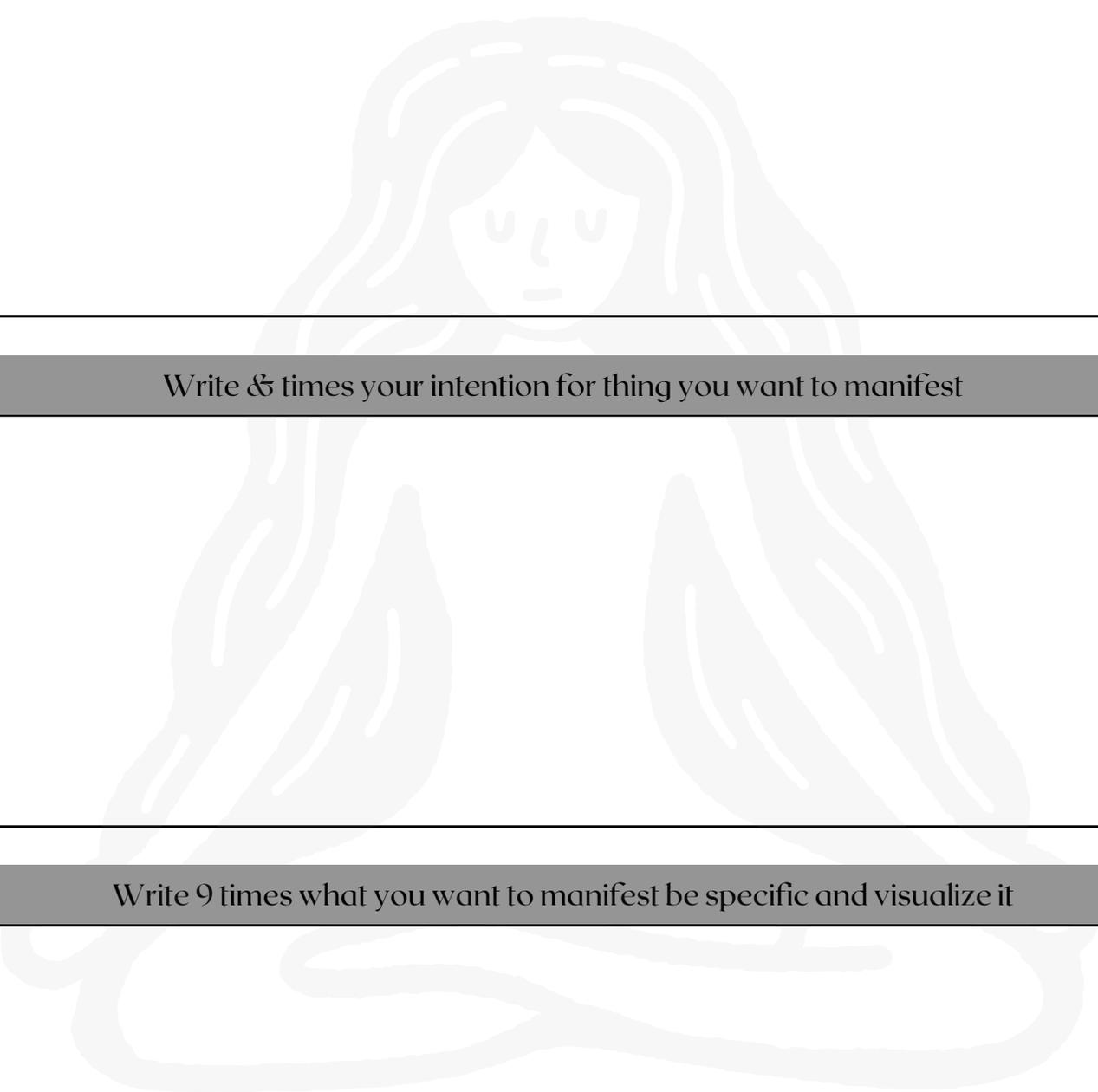
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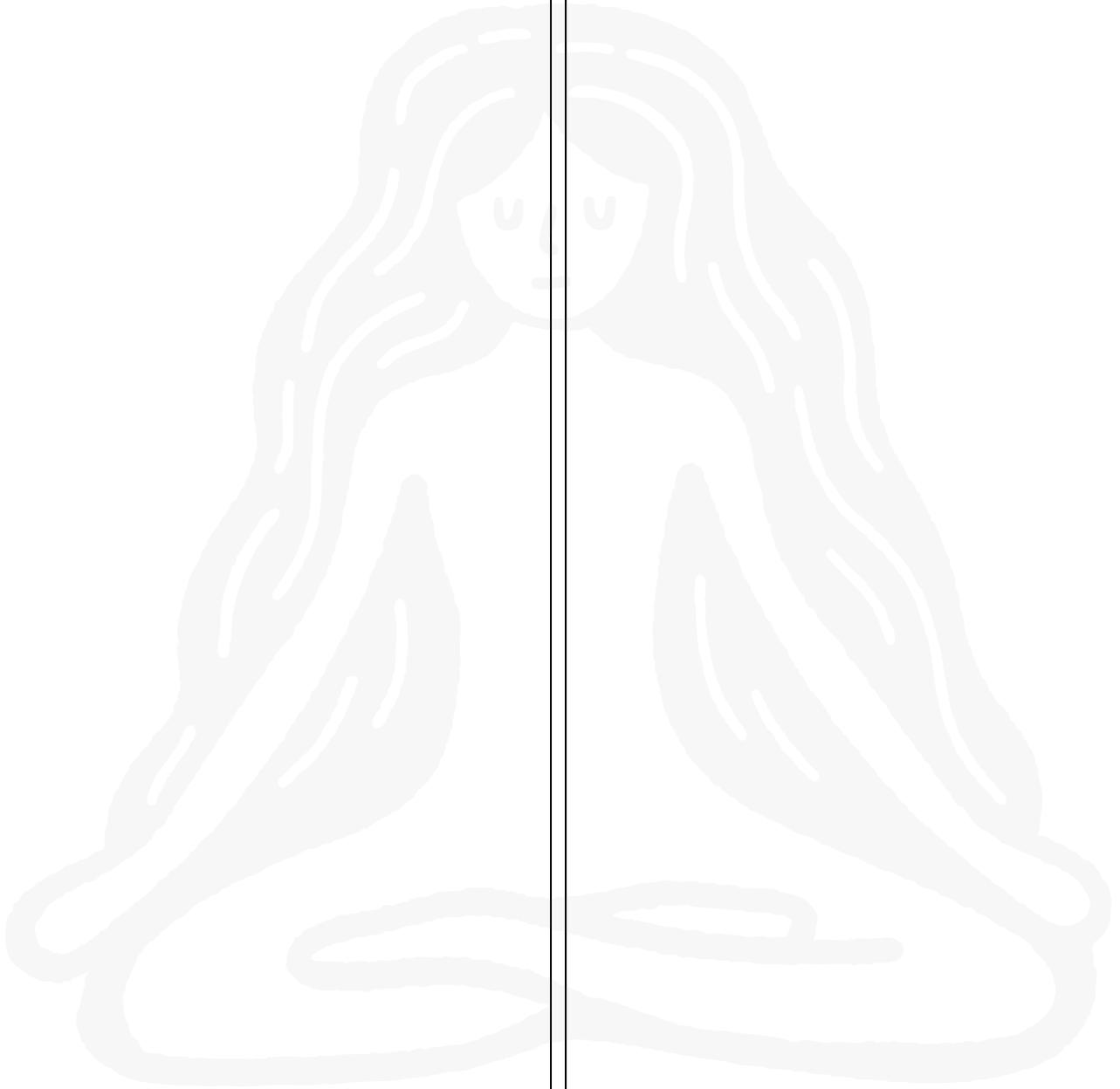
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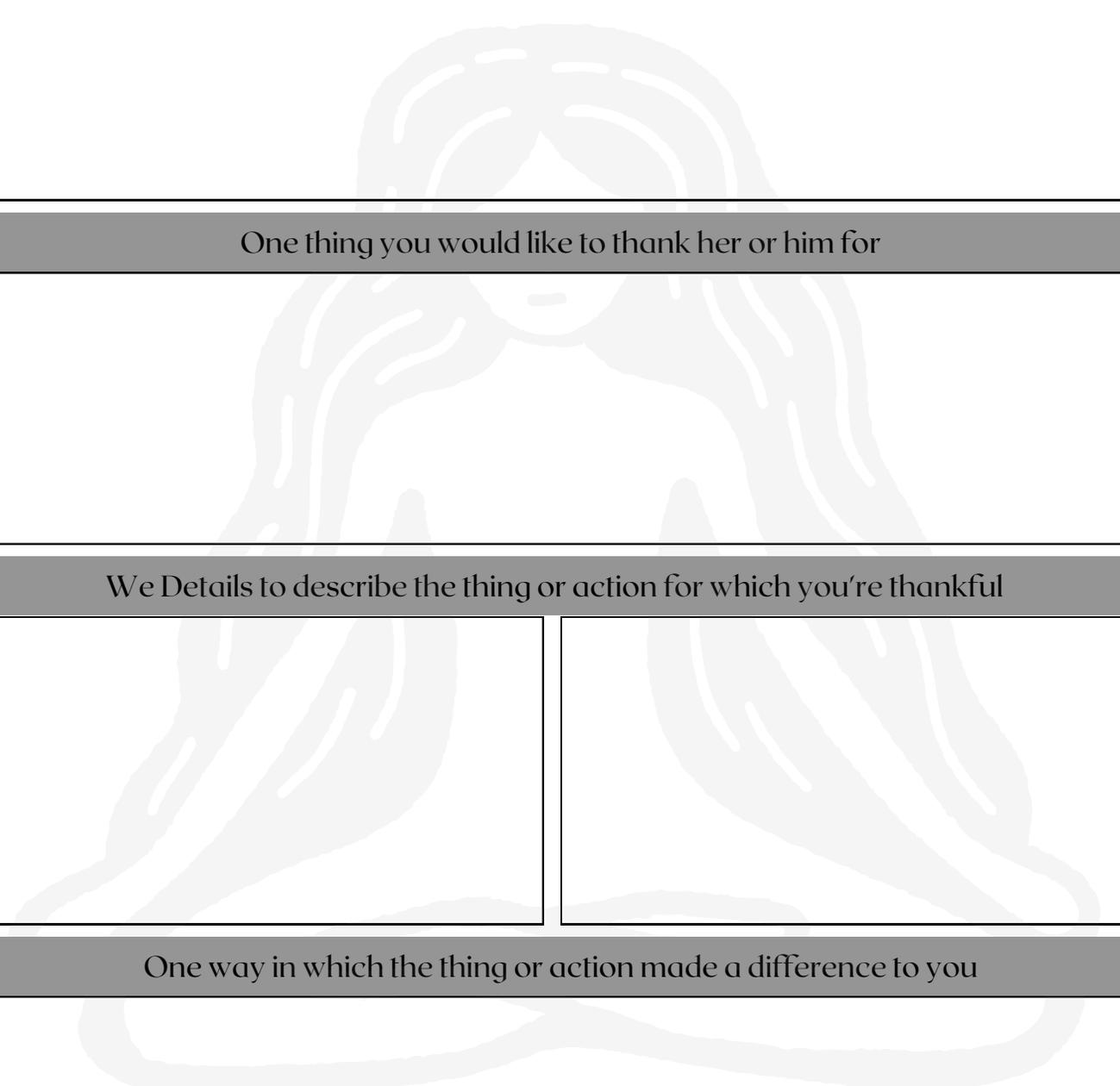
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THOUGHT PATTERN

Negative

Positive

Negative

Negative

Negative

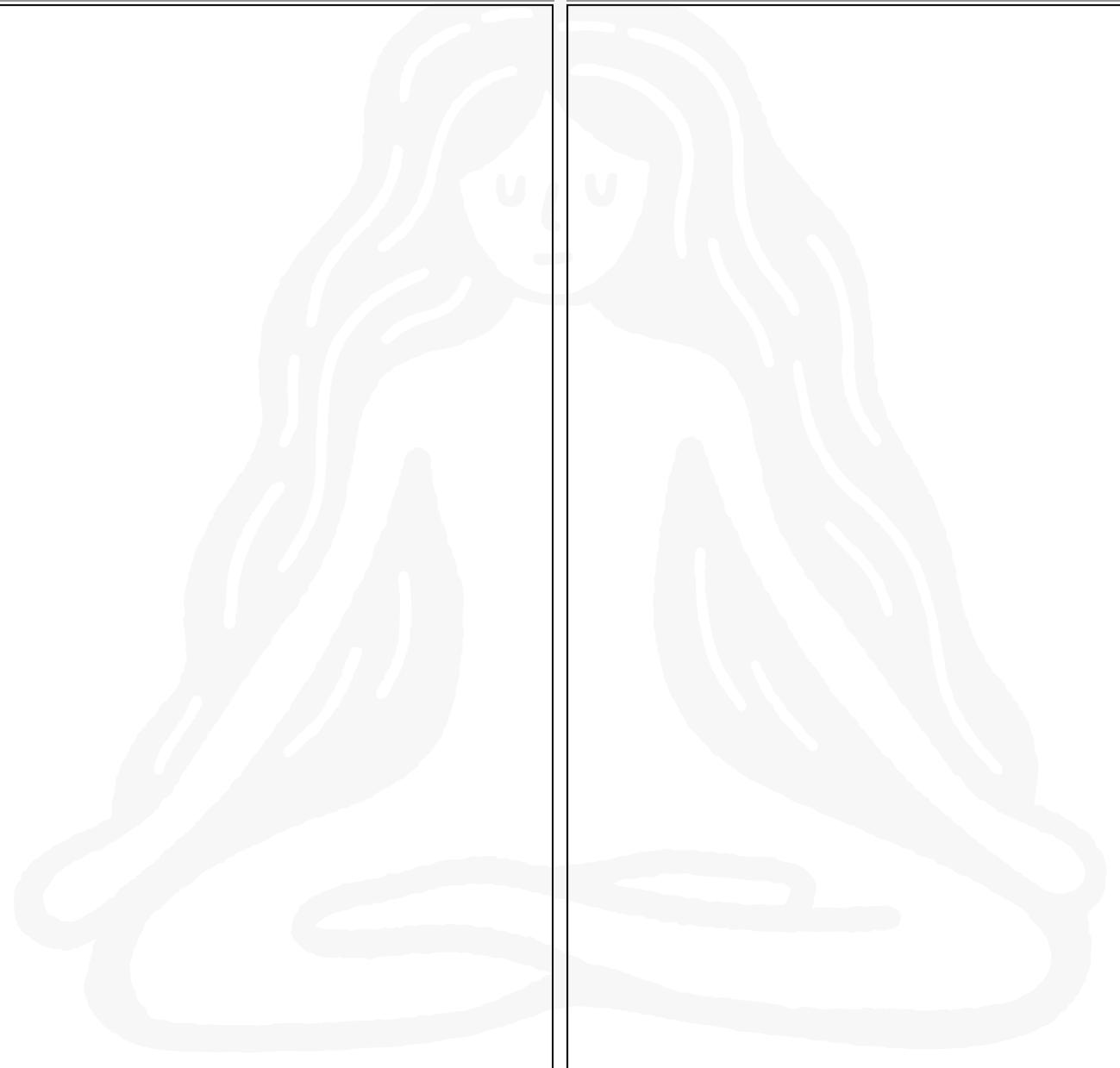
Negative

LIST OF ATTRACTIONS

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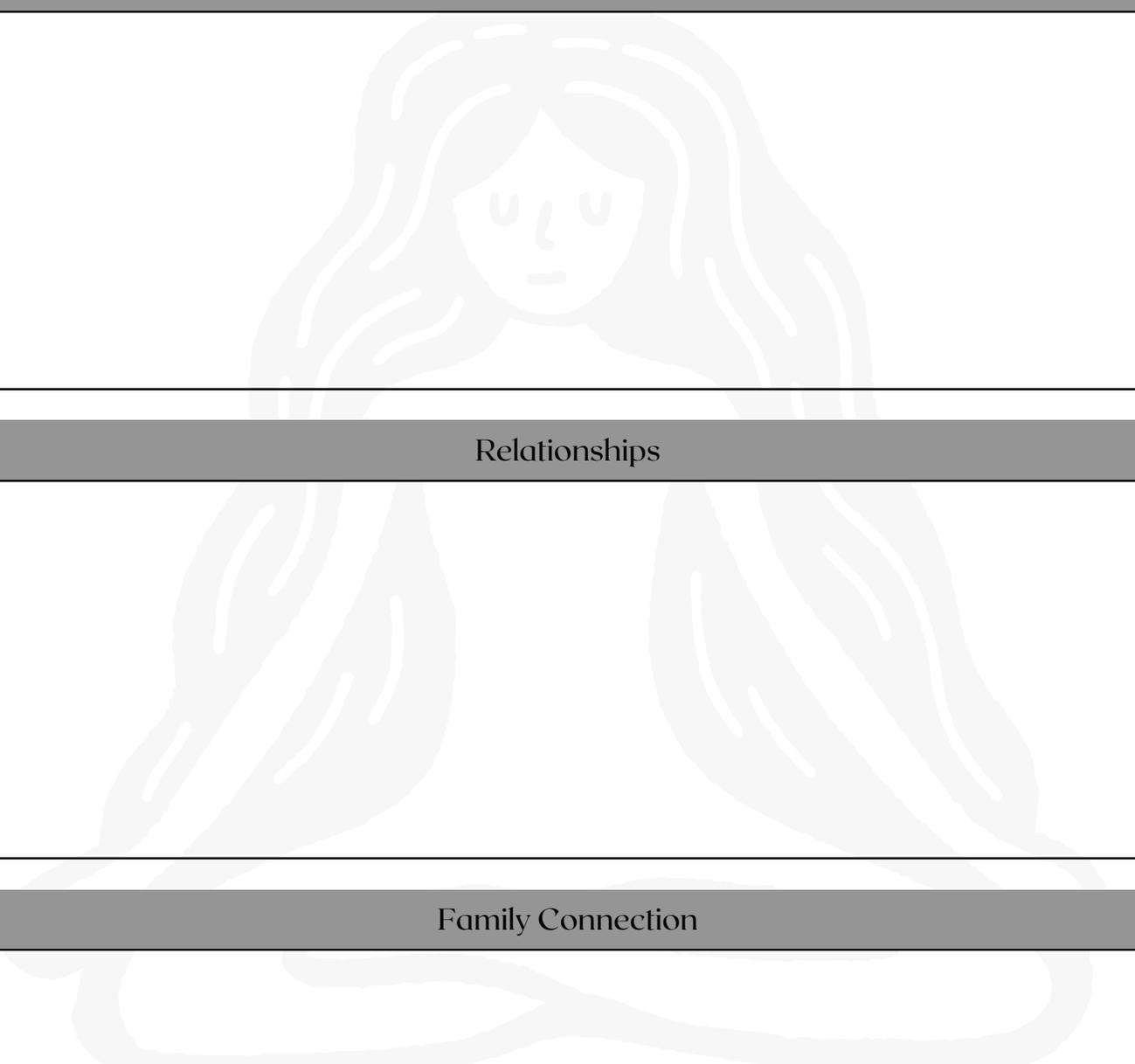


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Information about this income source

Hours per work	Type of income	Monthly income	Yearly income

Income Source # 1

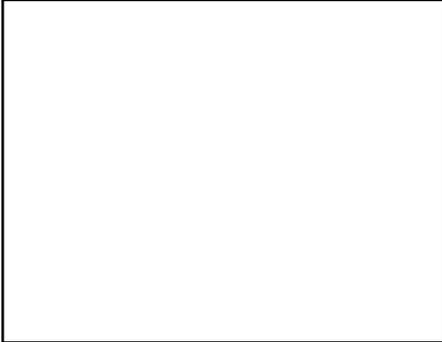
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Hours per work	Type of income	Monthly income	Yearly income
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Total Income	Monthly Income	Yearly Income
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	\$	\$

YEARLY GOALS

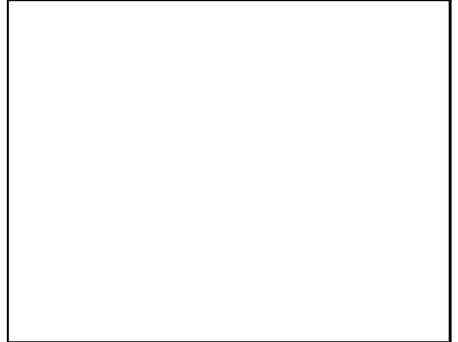
January



February



March



April



May



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August



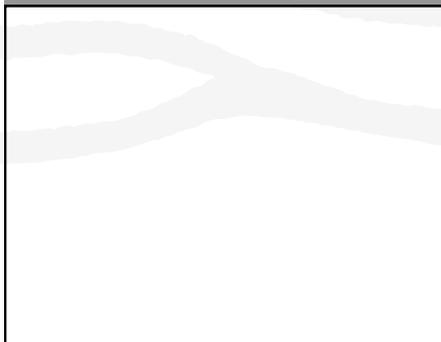
September



October



November



December



30 DAYS CHALLENGE

Challenge Title:

Start Date:

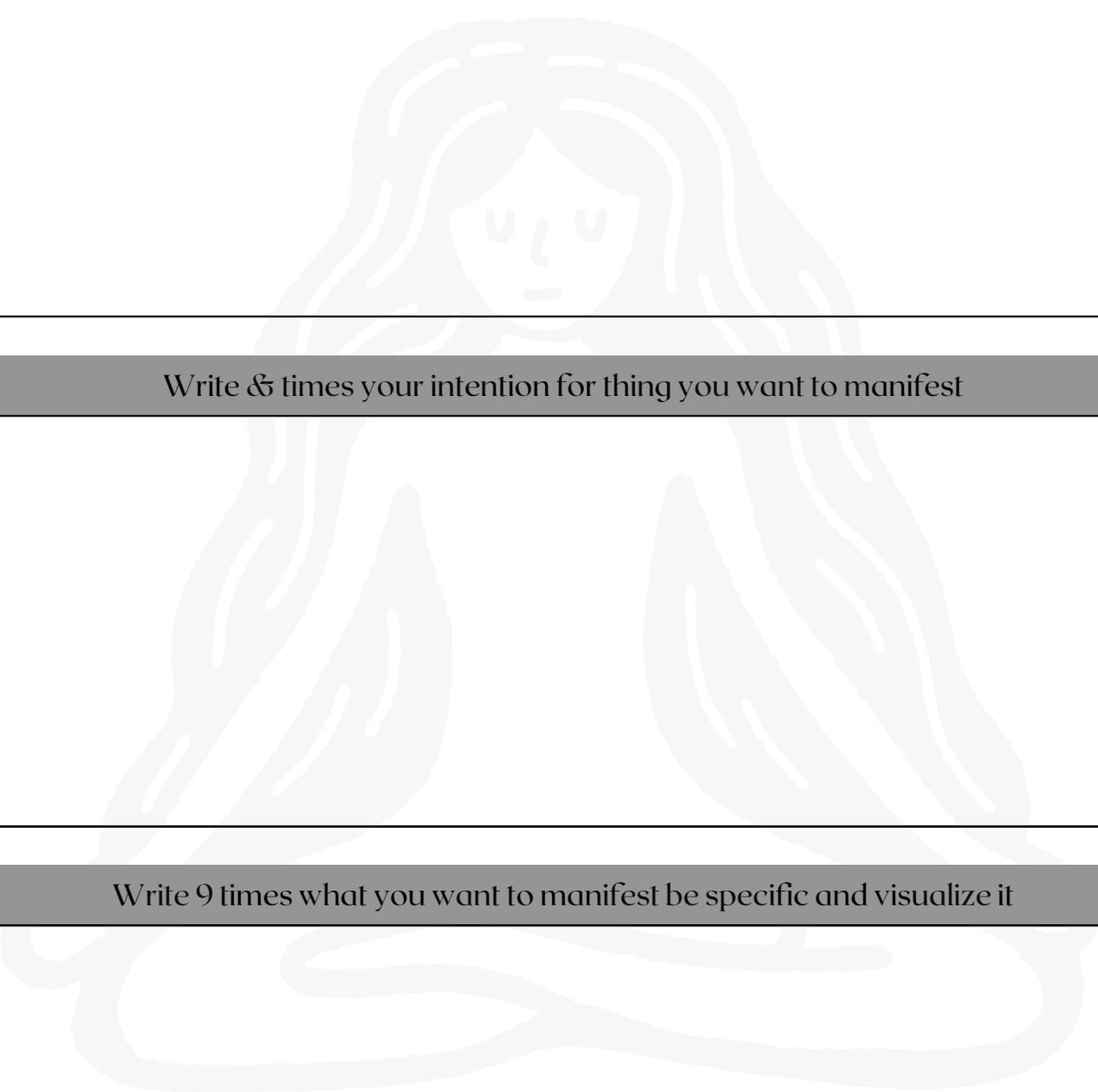
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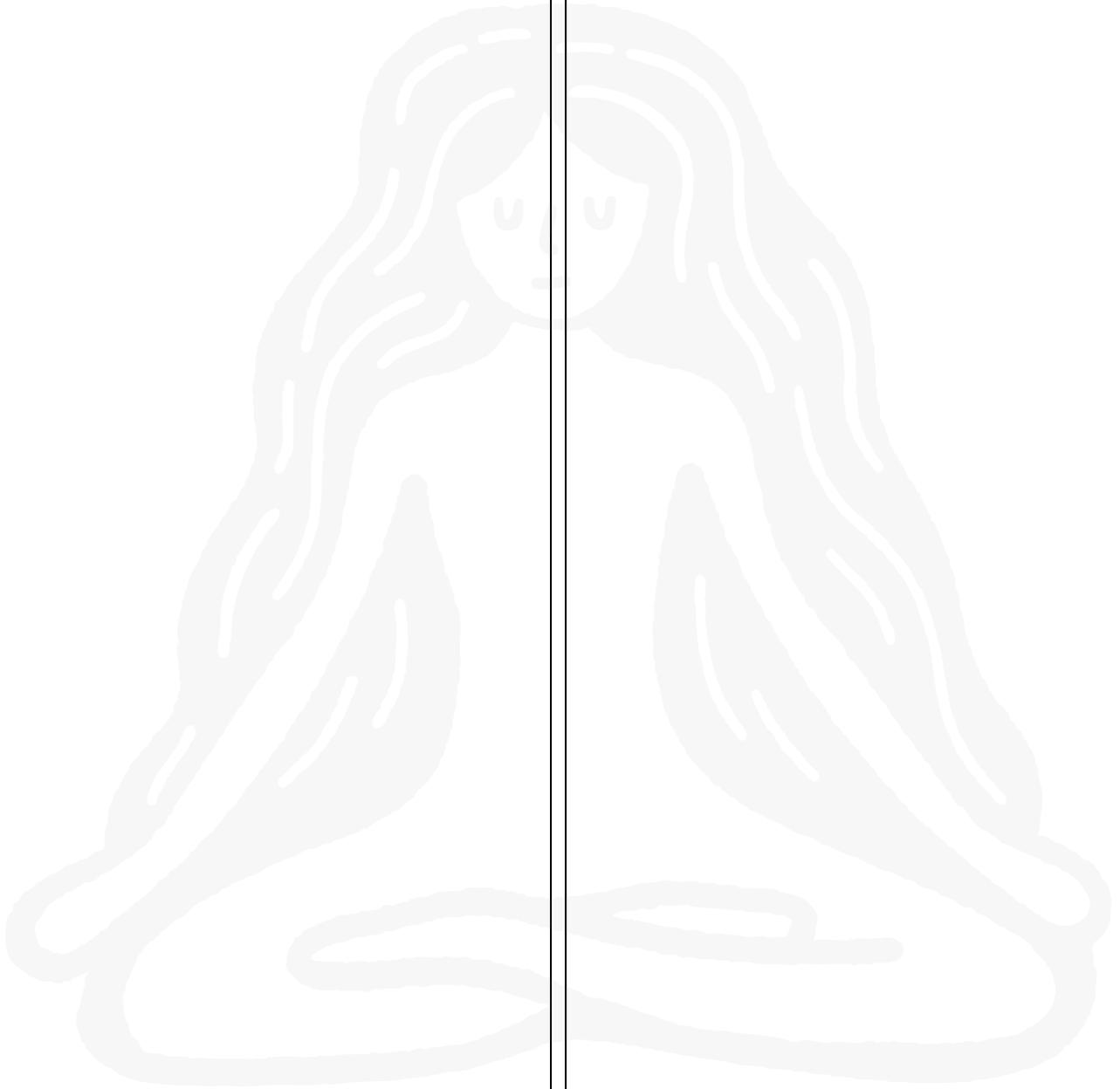
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ABUNDANCE MINDSET

Who want to be?

Who I want to Have?



DESIRE WORKSHEET

Defining my desire



A large, empty rectangular box for writing, with a faint background illustration of a woman with long, wavy hair and a sad expression, looking down.

Starting my why

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How would i feel

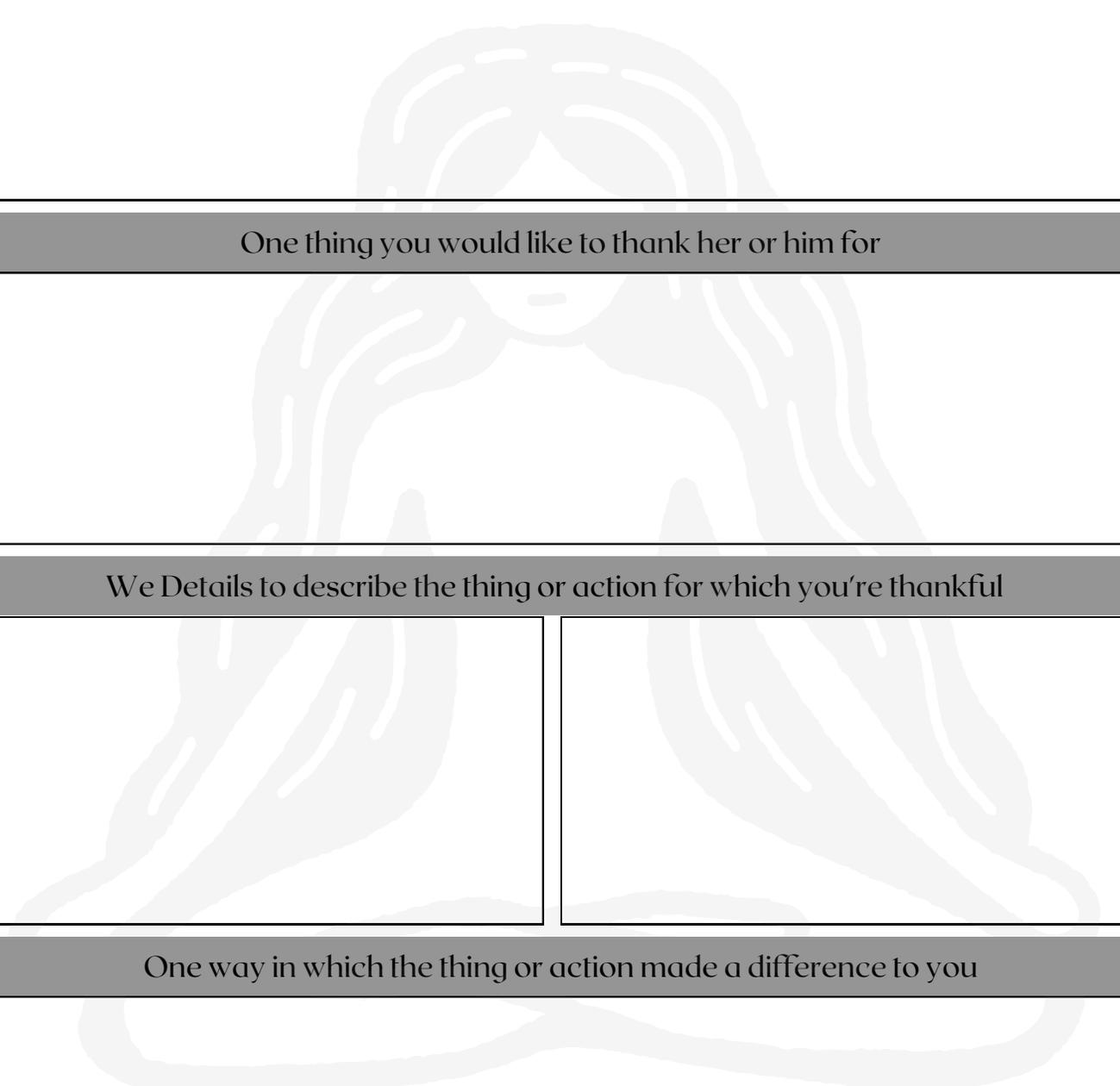
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THOUGHT PATTERN

Negative



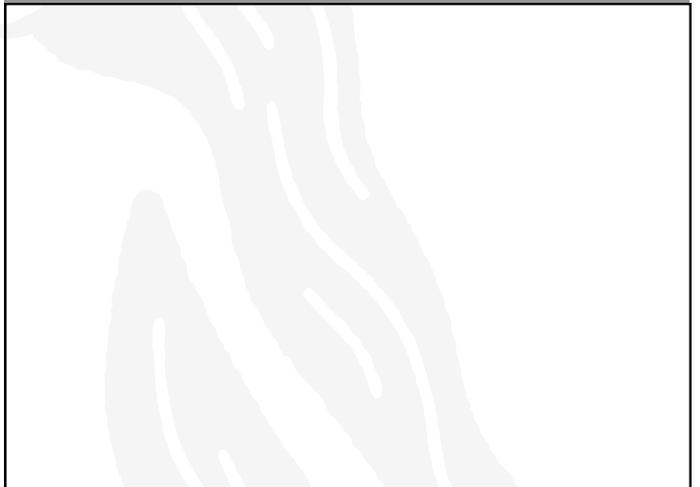
Positive



Negative



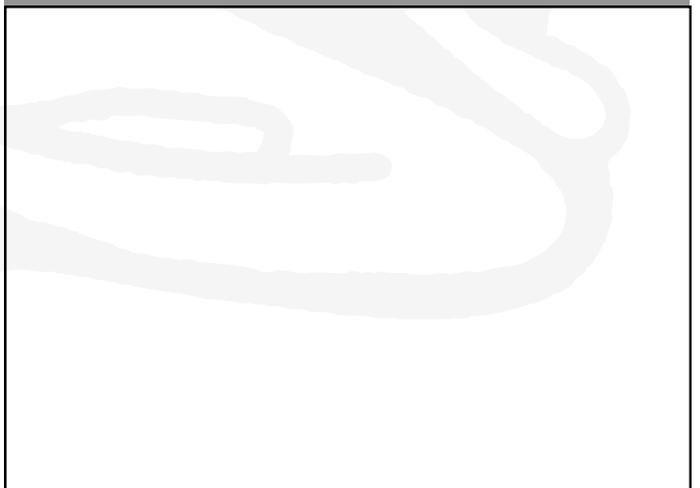
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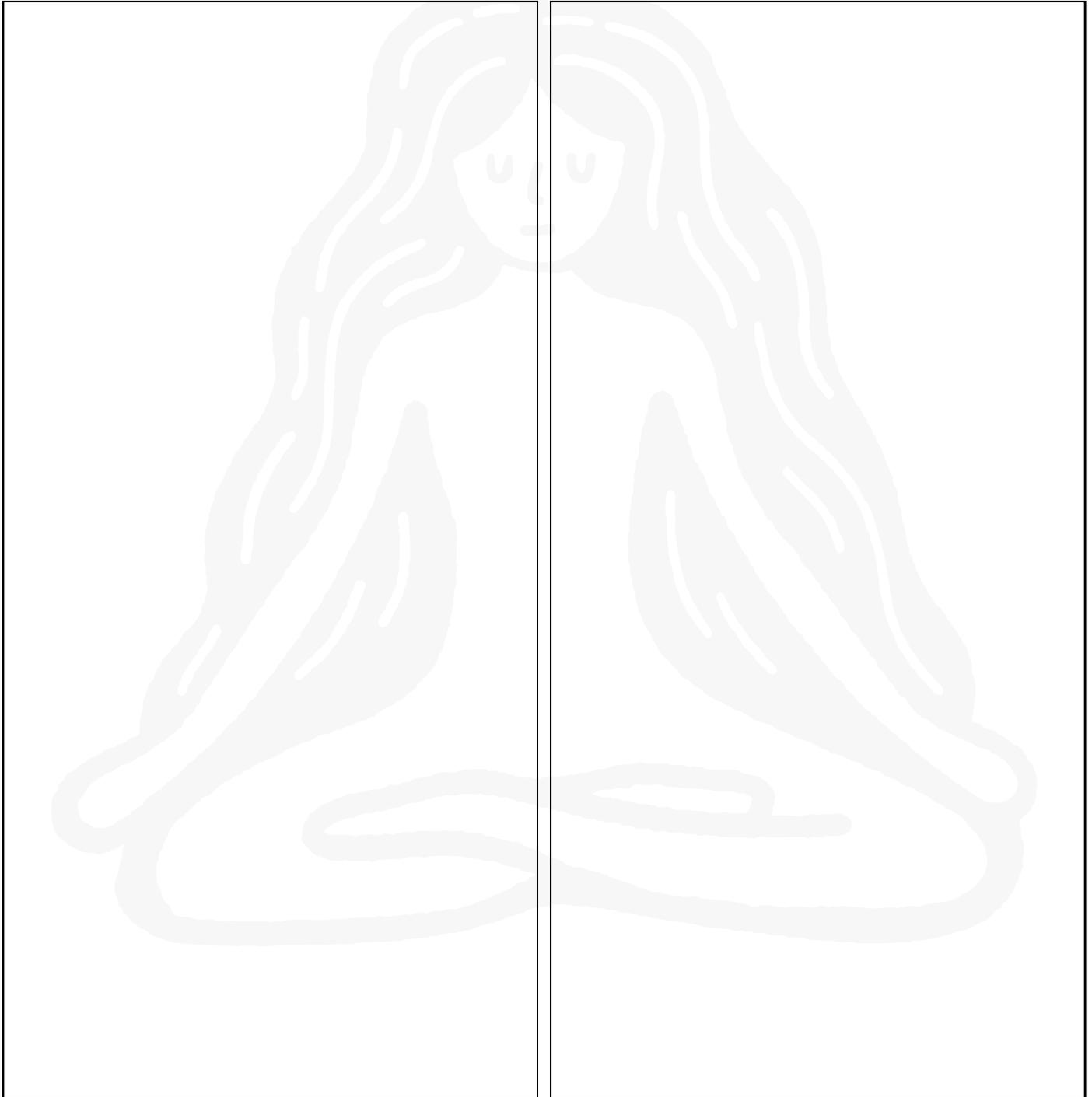


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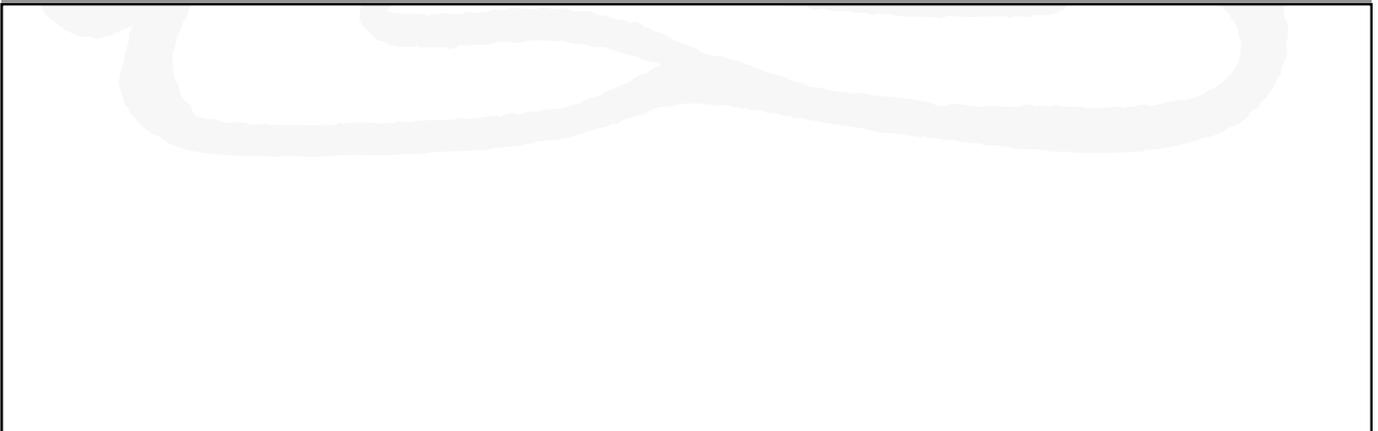
Friendships



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FISCAL TRACKER

Income Source # 1

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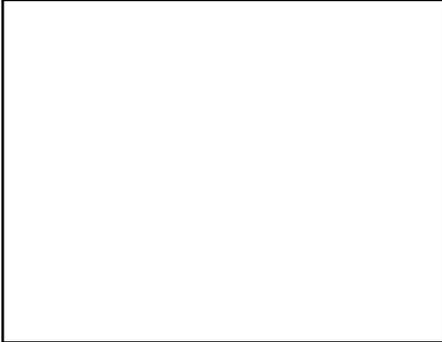
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YEARLY GOALS

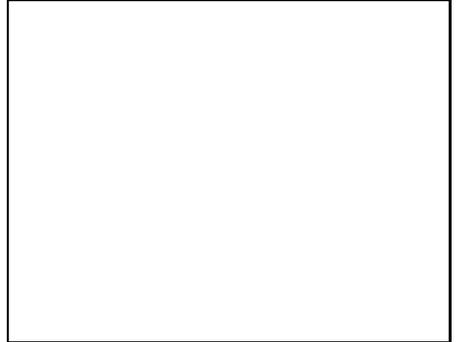
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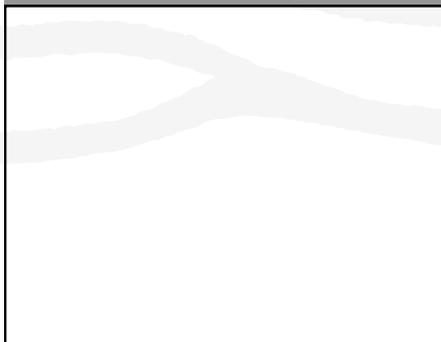
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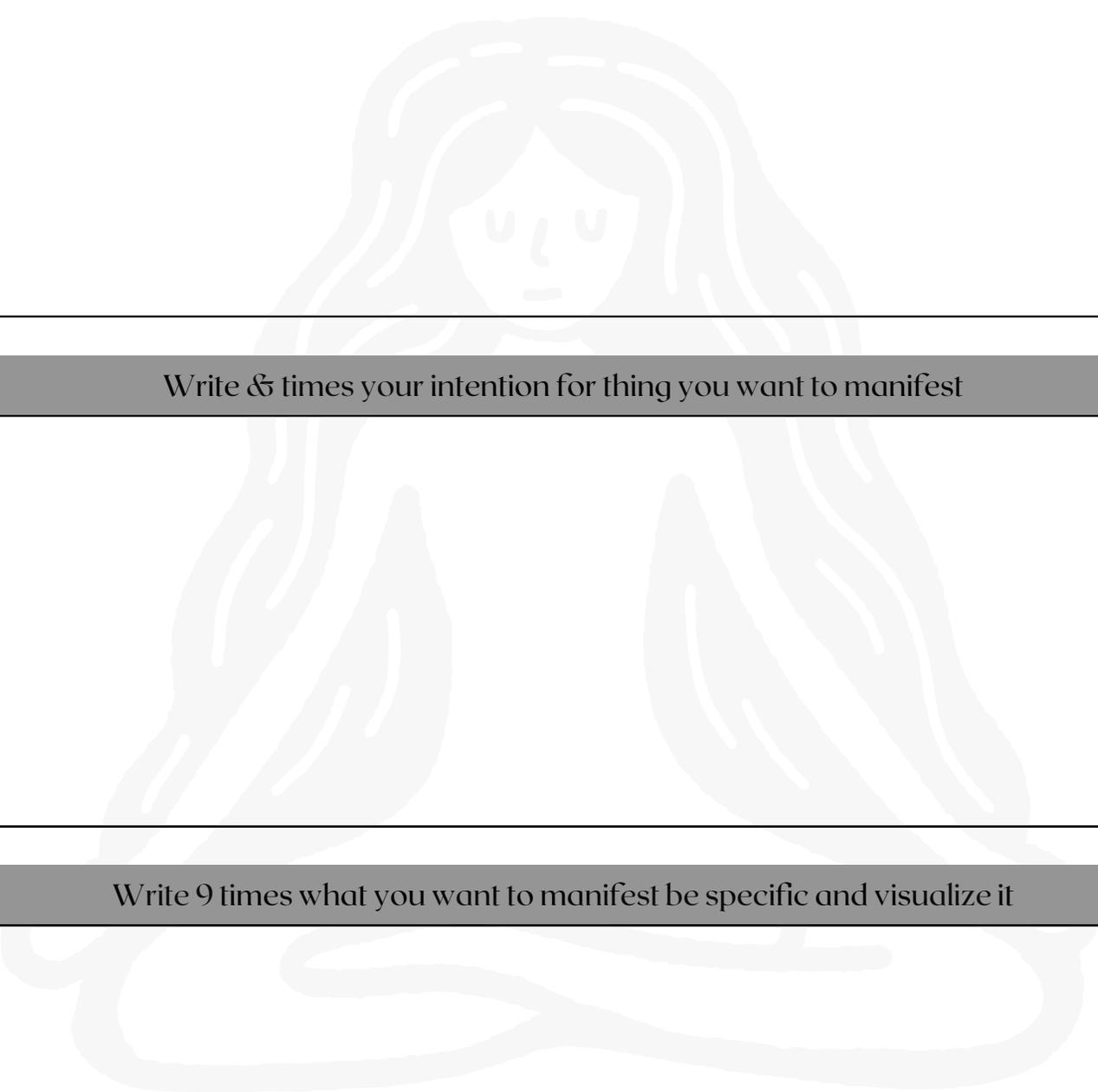
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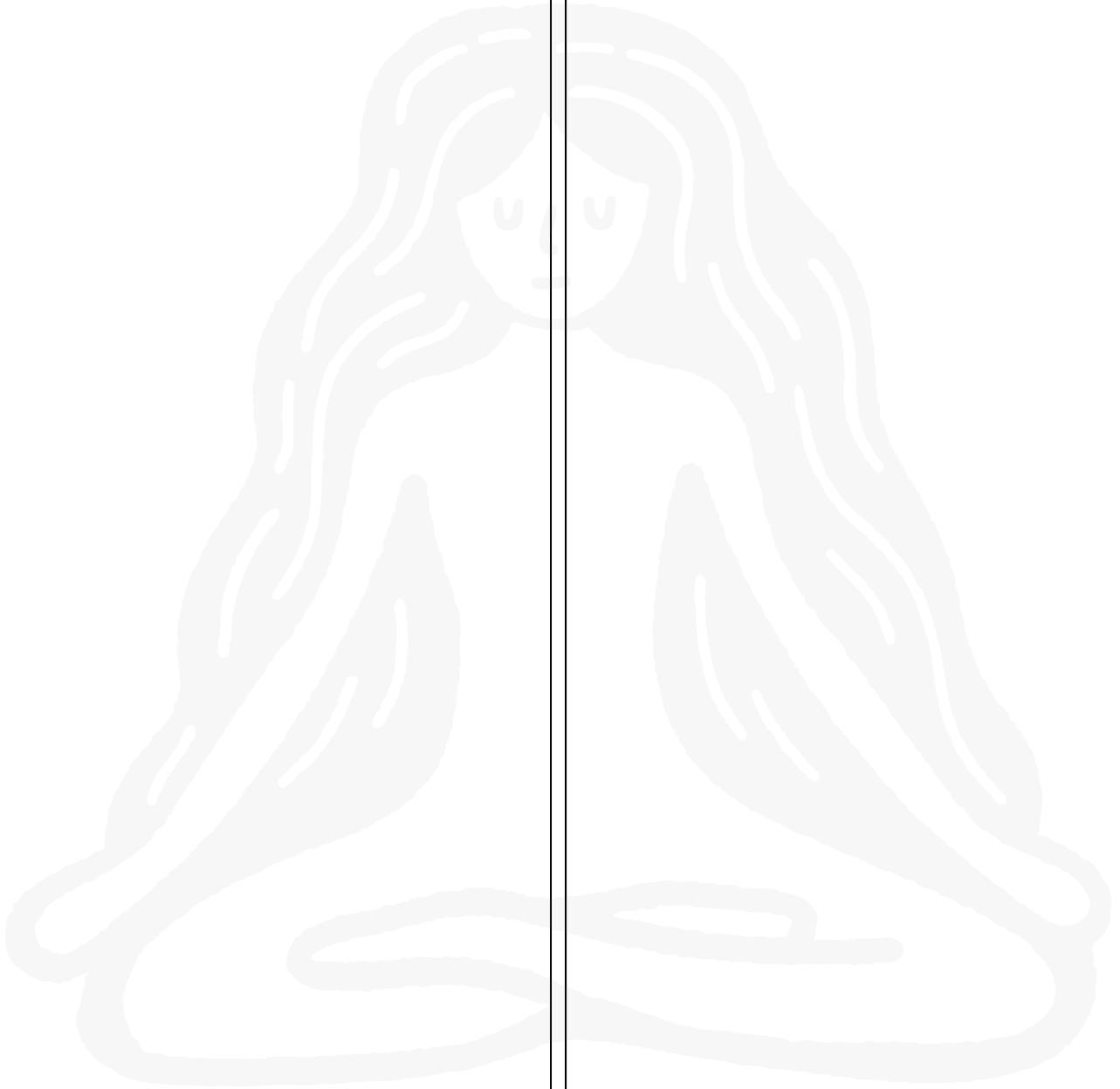
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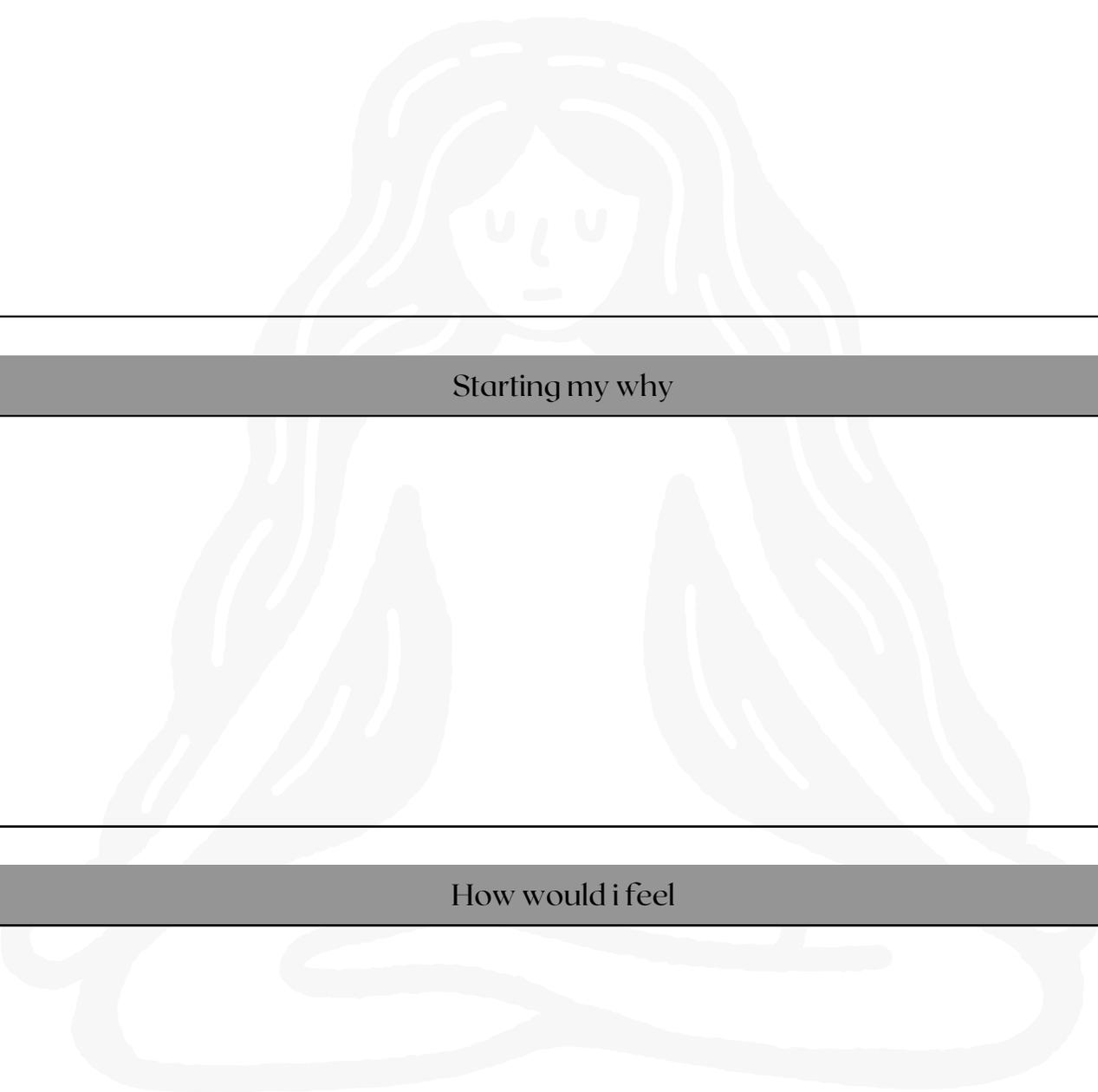
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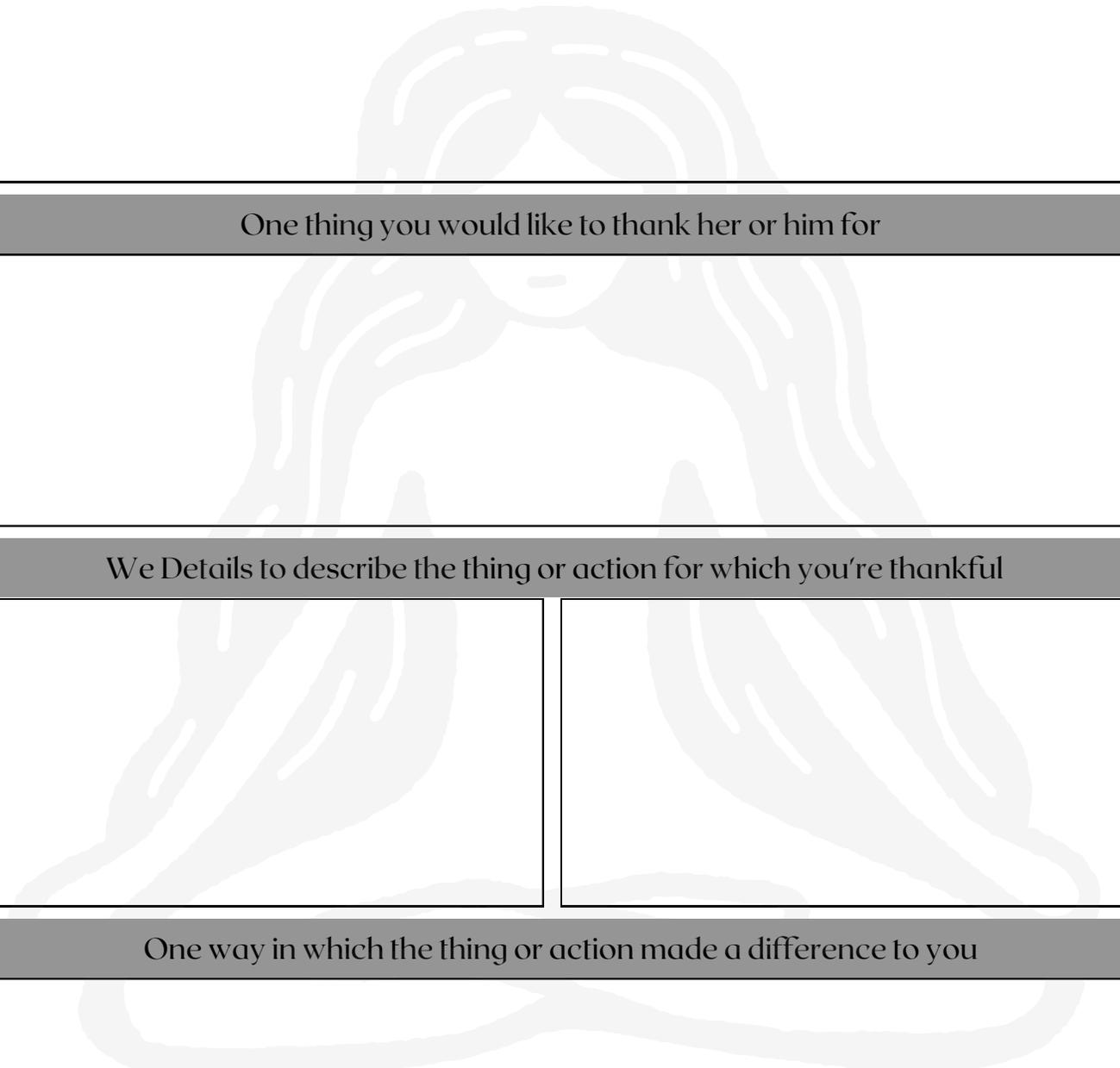
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GETTING TO KNOW MYSELF

Answer the following questions there are no rules,
just let your heart speak

Am i truly happy and at peace with myself? why? why not?



What is my higher self like ? Describe in Details



THOUGHT PATTERN

Negative

Positive

Negative

Negative

Negative

Negative

LIST OF ATTRACTIONS

SUMMARIZE WHAT YOU HAVE PREVIOUSLY ATTRACTED INTO YOUR LIFE AND WHAT YOUR 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

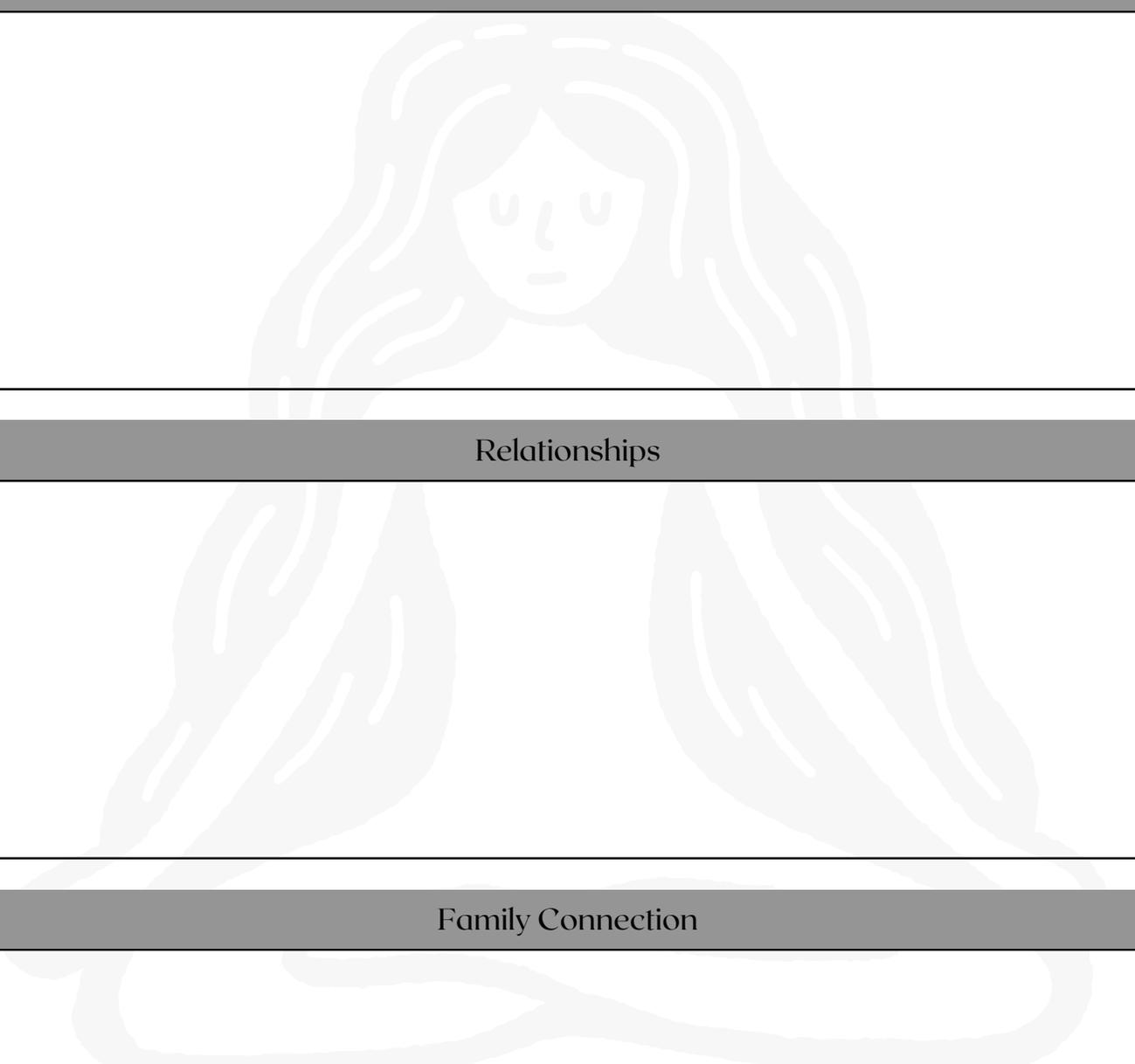
THINGS YOU HAVE ATTRACTED INTO YOUR LIFE

THINGS YOU WANT TO ATTRACT INTO YOUR LIFE

VISION BOARD

In the space provided below on what you hope for your life and relationships. Consider where you now are and where you wish to be. Do you notice a current trend in your life? Does one trend more work than others? How far off are your visions?

Friendships



Relationships

Family Connection

FISCAL TRACKER

Income Source # 1

Information about this income source

Hours per work	Type of income	Monthly income	Yearly income

Income Source # 1

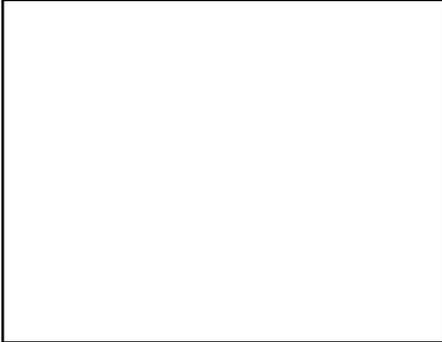
Information about this income source

Hours per work	Type of income	Monthly income	Yearly income
		\$	\$

Total Income	Monthly Income	Yearly Income
	\$	\$
	\$	\$

YEARLY GOALS

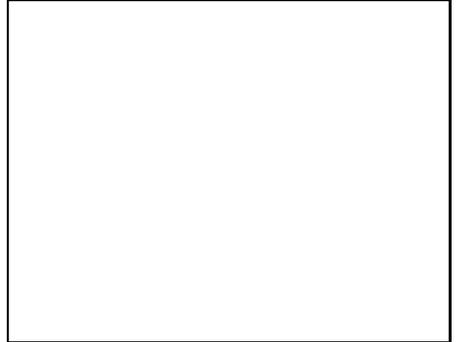
January



February



March



April



May



June



July



August



September



October



November



December



30 DAYS CHALLENGE

Challenge Title:

Start Date:

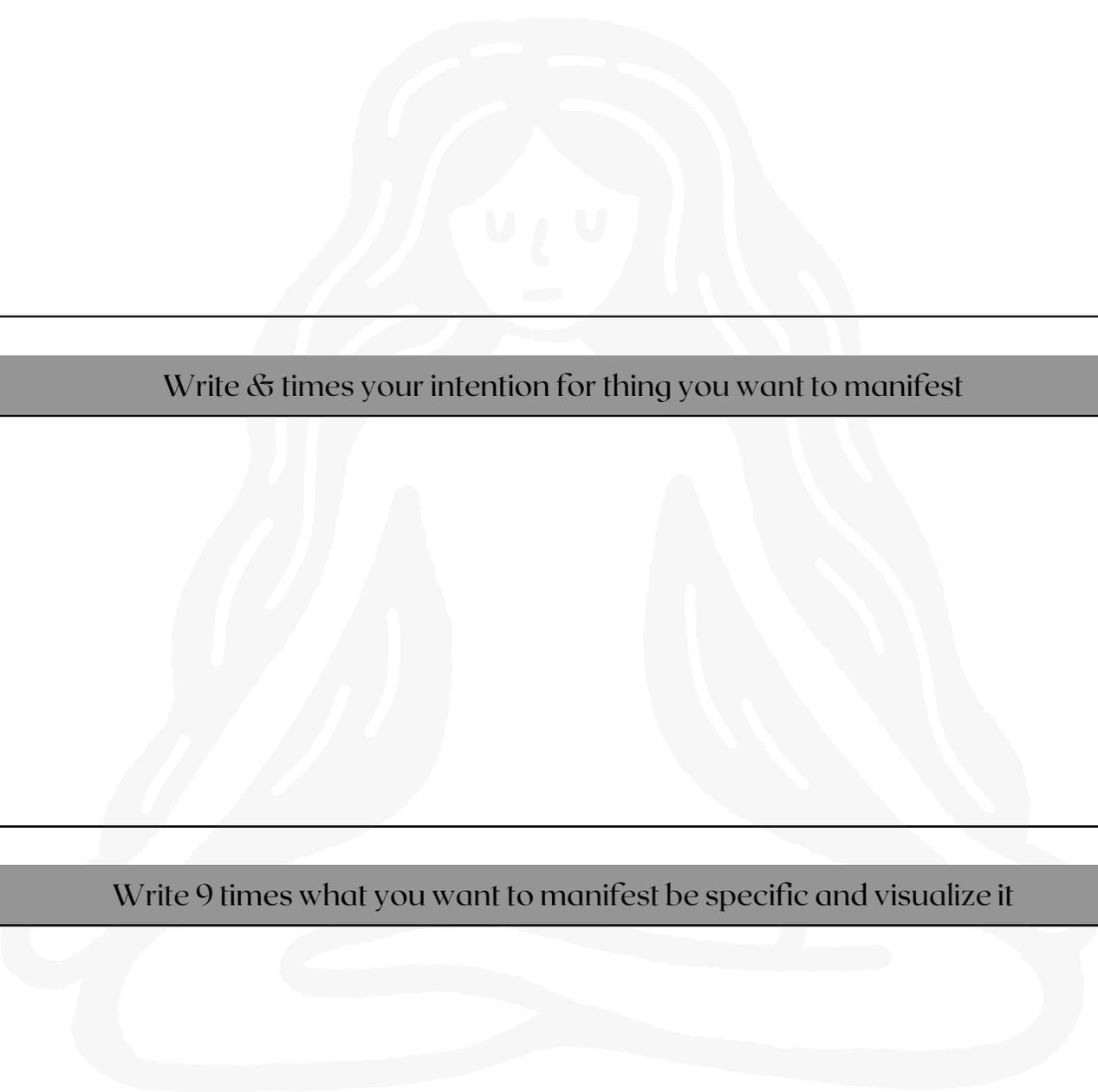
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Challenge Overview:

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3-6-9 METHOD

Write 1 times this name of the thing you want to manifest



A large, faint, light-gray illustration of a woman with long, wavy hair, looking downwards with a neutral expression. The illustration is centered and spans across the three main sections of the worksheet.

Write 6 times your intention for thing you want to manifest

A large, empty rectangular box for writing the intention, with the faint illustration of the woman's hair visible in the background.

Write 9 times what you want to manifest be specific and visualize it

A large, empty rectangular box for writing the specific manifestation, with the faint illustration of the woman's hair visible in the background.

RAISE YOUR VIBRATION

One person with whom you share your adventures

One meal that reminds you of home

One memory that makes you giggle

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

DAILY SCHEDULE

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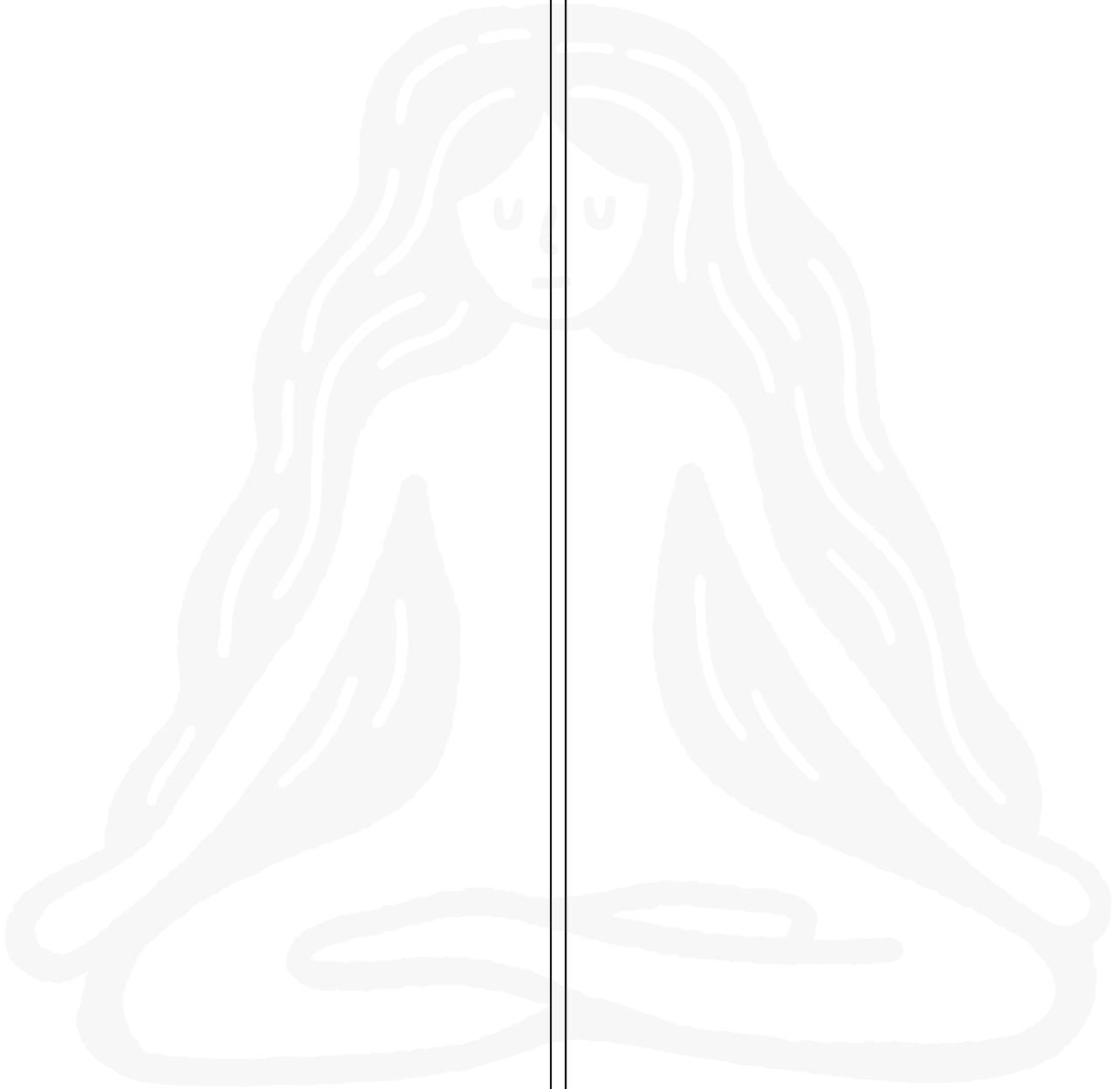
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ABUNDANCE MINDSET

Who want to be?

Who I want to Have?



DESIRE WORKSHEET

Defining my desire



A large, faint, light-gray illustration of a woman with long, wavy hair, looking down with a sad or thoughtful expression. The illustration is centered and spans across the three main sections of the worksheet.

Starting my why

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How would i feel

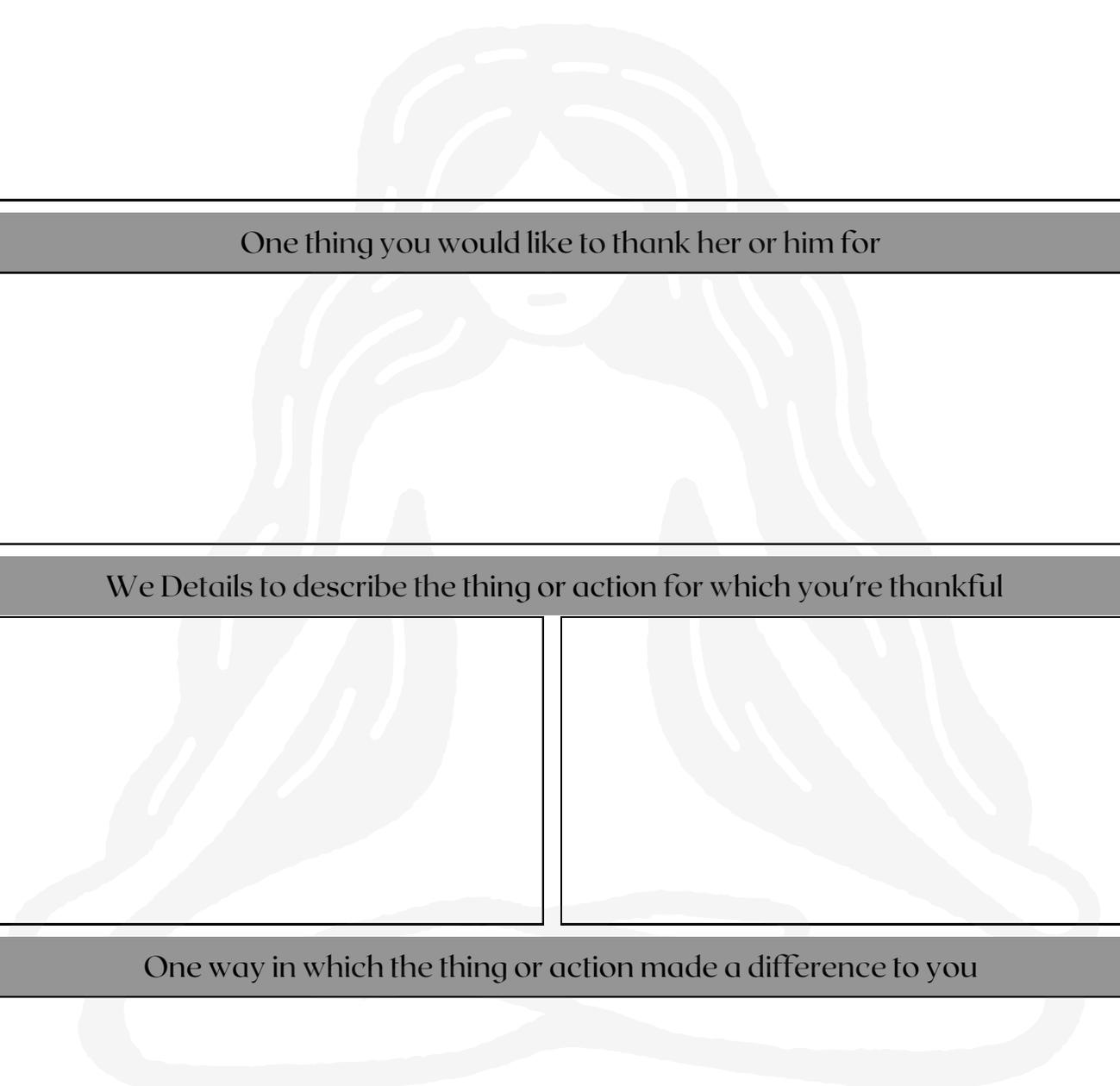
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10 MINUTES GRATITUDE

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Date:

One person you would like to thank



One thing you would like to thank her or him for

We Details to describe the thing or action for which you're thankful

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THOUGHT PATTERN

Negative

Positive

Negative

Negative

Negative

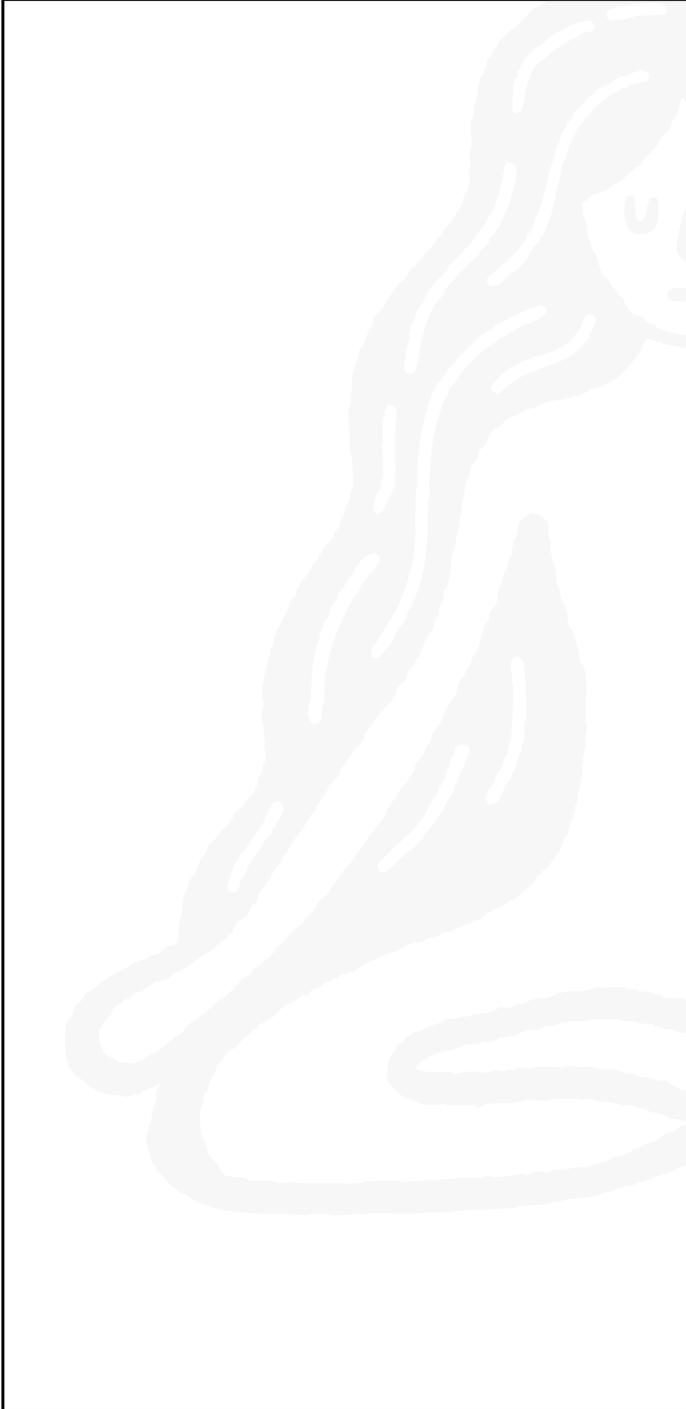
Negative

LIST OF ATTRACTIONS

SUMMARIZE WHAT YOU HAVE PREVIOUSLY ATTRACTED INTO YOUR LIFE AND WHAT YOUR 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

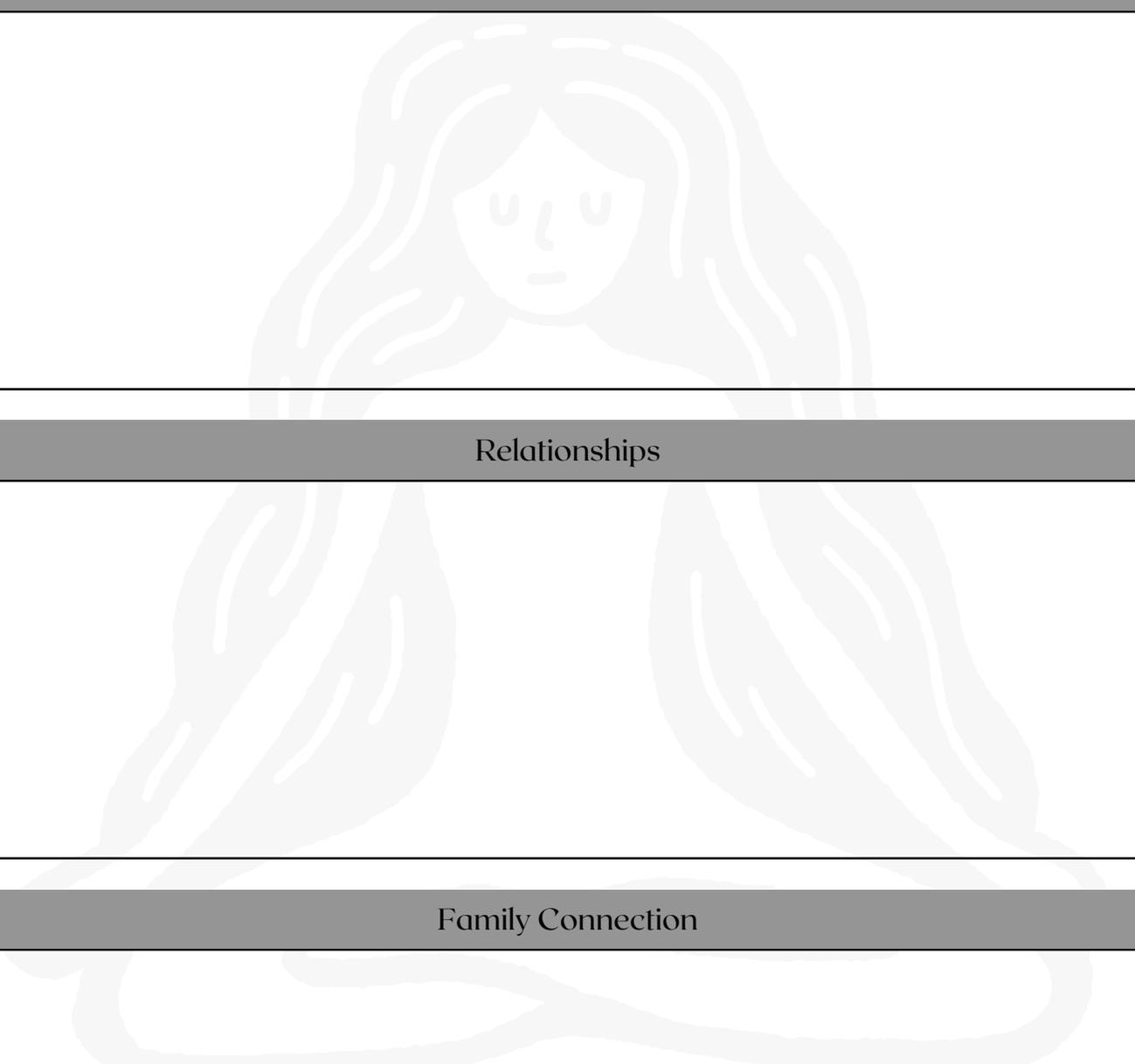
THINGS YOU WANT TO ATTRACT INTO YOUR LIFE



VISION BOARD

In the space provided below on what you hope for your life and relationships. Consider where you now are and where you wish to be. Do you notice a current trend in your life? Does one trend more work than others? How far off are your visions?

Friendships



Relationships

Family Connection

FISCAL TRACKER

Income Source # 1

Information about this income source

Hours per work	Type of income	Monthly income	Yearly income

Income Source # 1

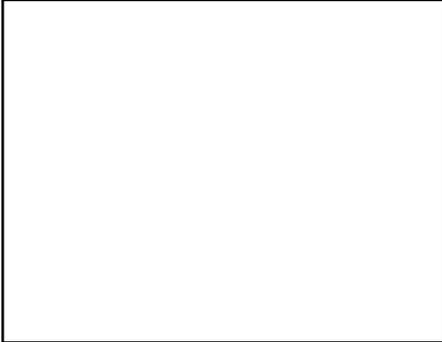
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Total Income	Monthly Income	Yearly Income
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	\$	\$

YEARLY GOALS

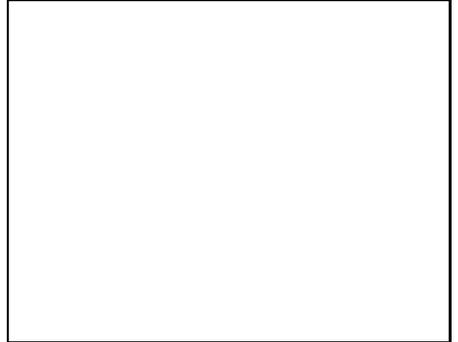
January



February



March



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August



September



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November



December



30 DAYS CHALLENGE

Challenge Title:

Start Date:

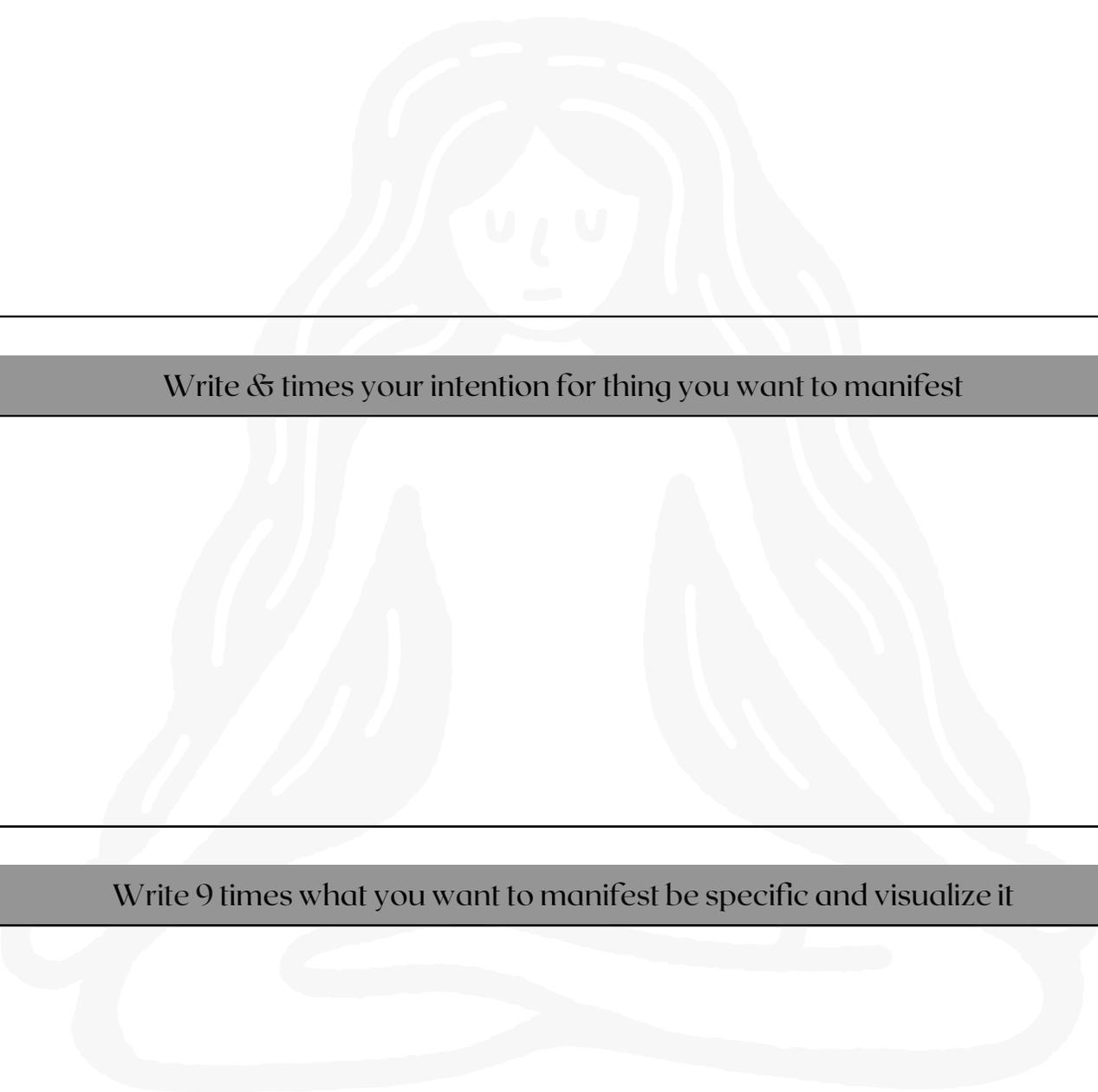
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One meal that reminds you of home

One memory that makes you giggle

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One thing you believe now more than ever

One kind of surprise that brightens your day

One Music that you love to listen

DAILY SCHEDULE

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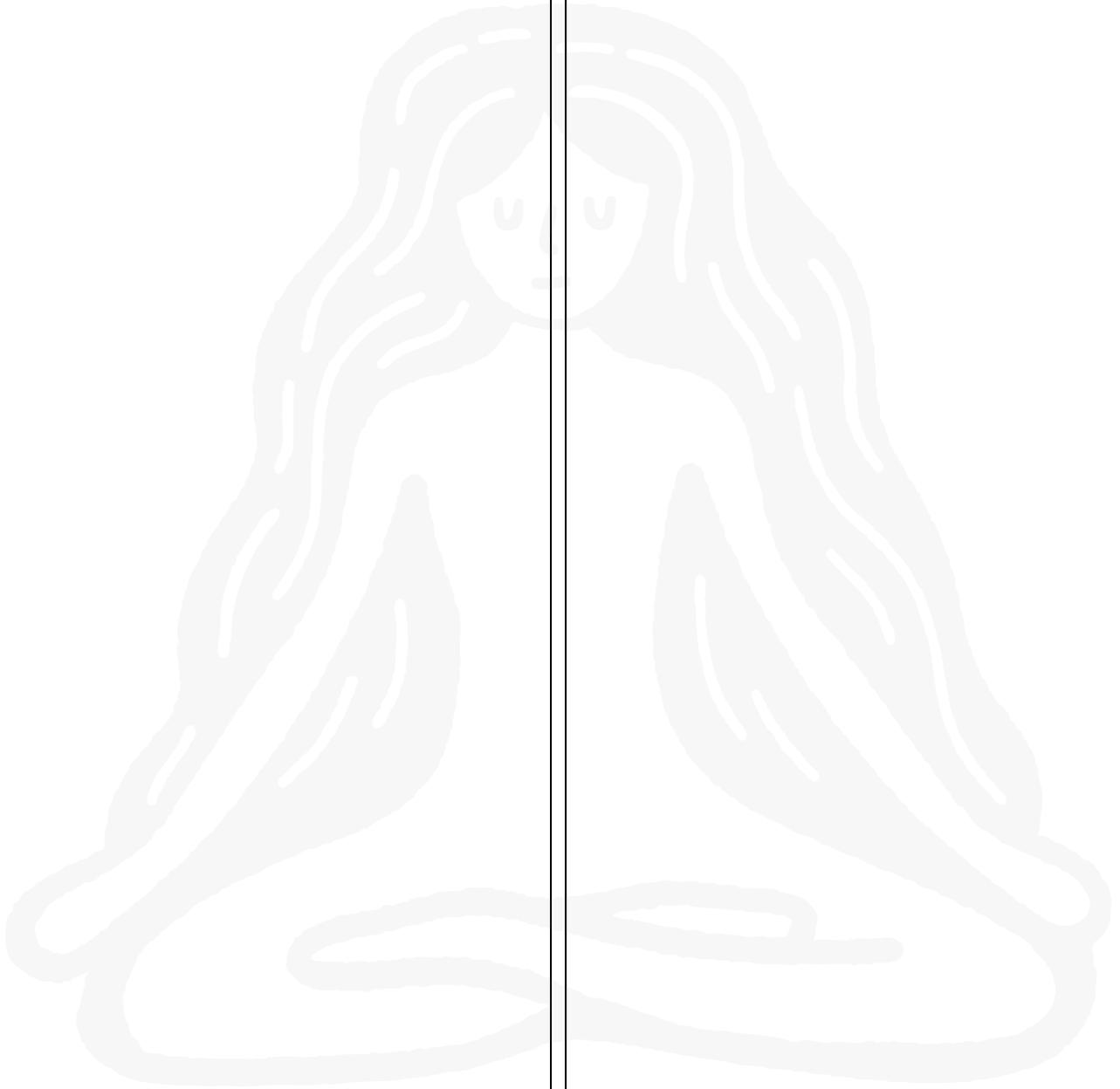
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ABUNDANCE MINDSET

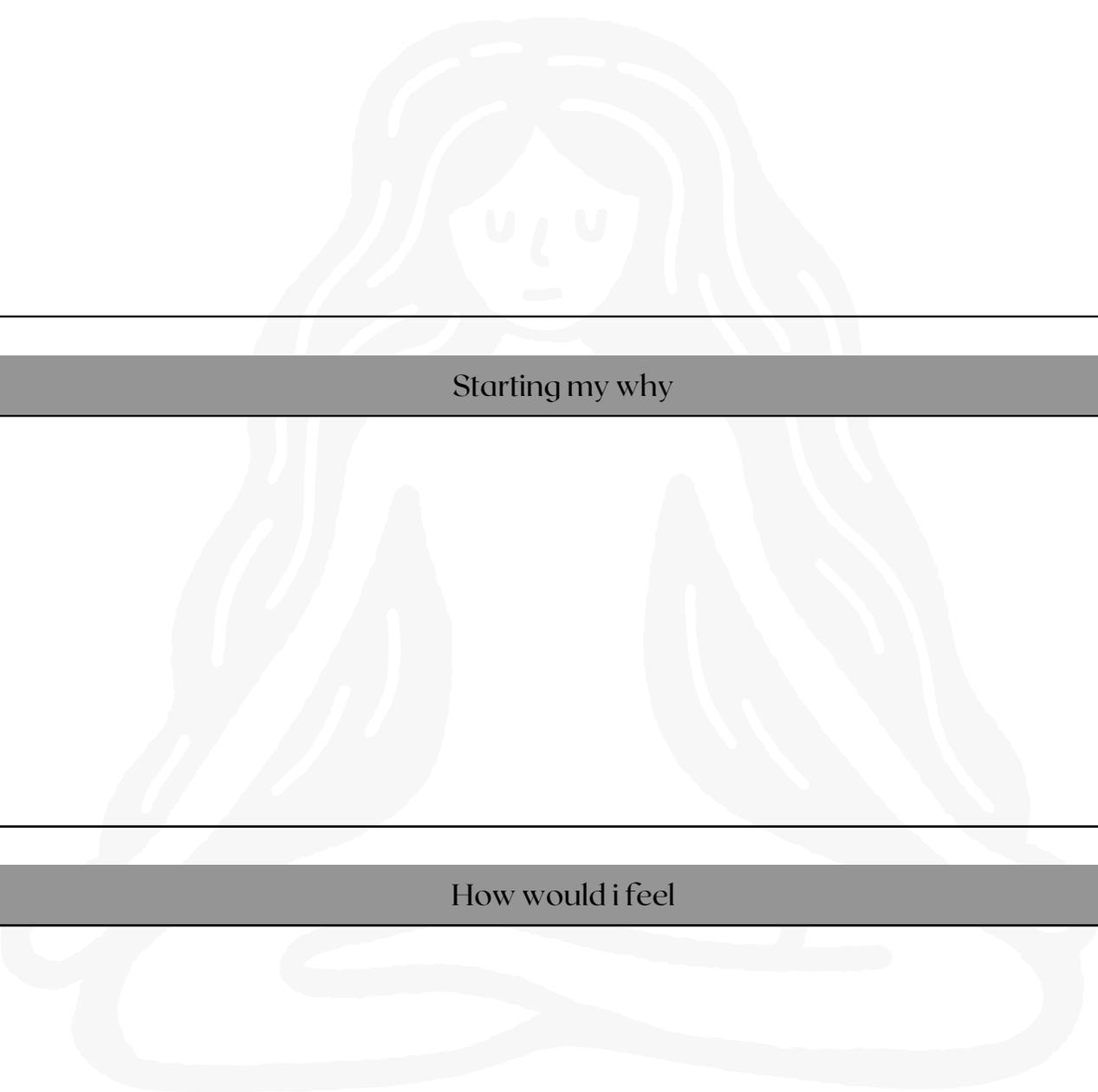
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Who I want to Have?



DESIRE WORKSHEET

Defining my desire



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How would i feel

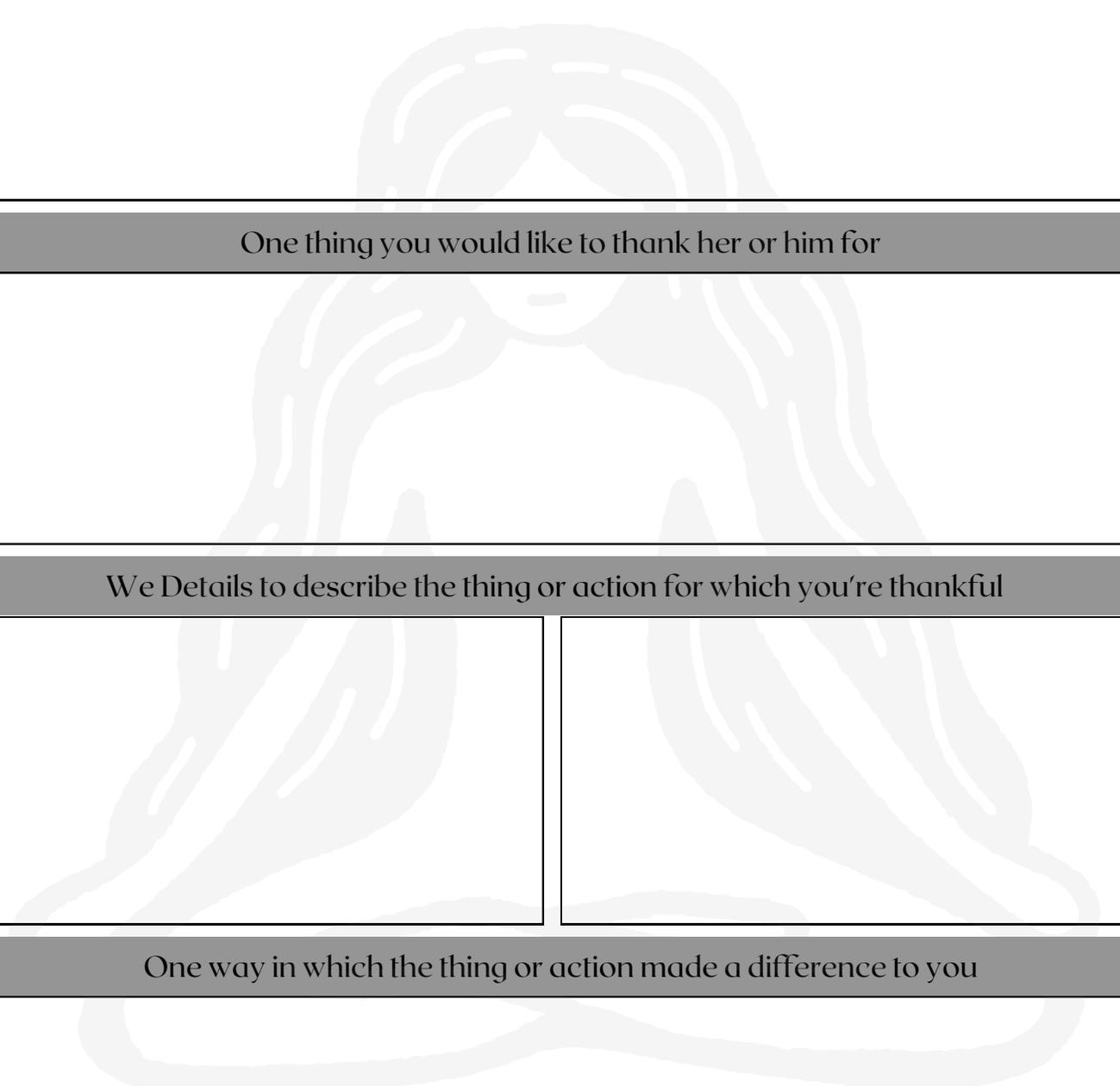
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10 MINUTES GRATITUDE

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One thing you would like to thank her or him for

We Details to describe the thing or action for which you're thankful

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One way in which the thing or action made a difference to you

GETTING TO KNOW MYSELF

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THOUGHT PATTERN

Negative

Positive

Negative

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Negative

Negative

LIST OF ATTRACTIONS

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THINGS YOU HAVE ATTRACTED INTO YOUR LIFE

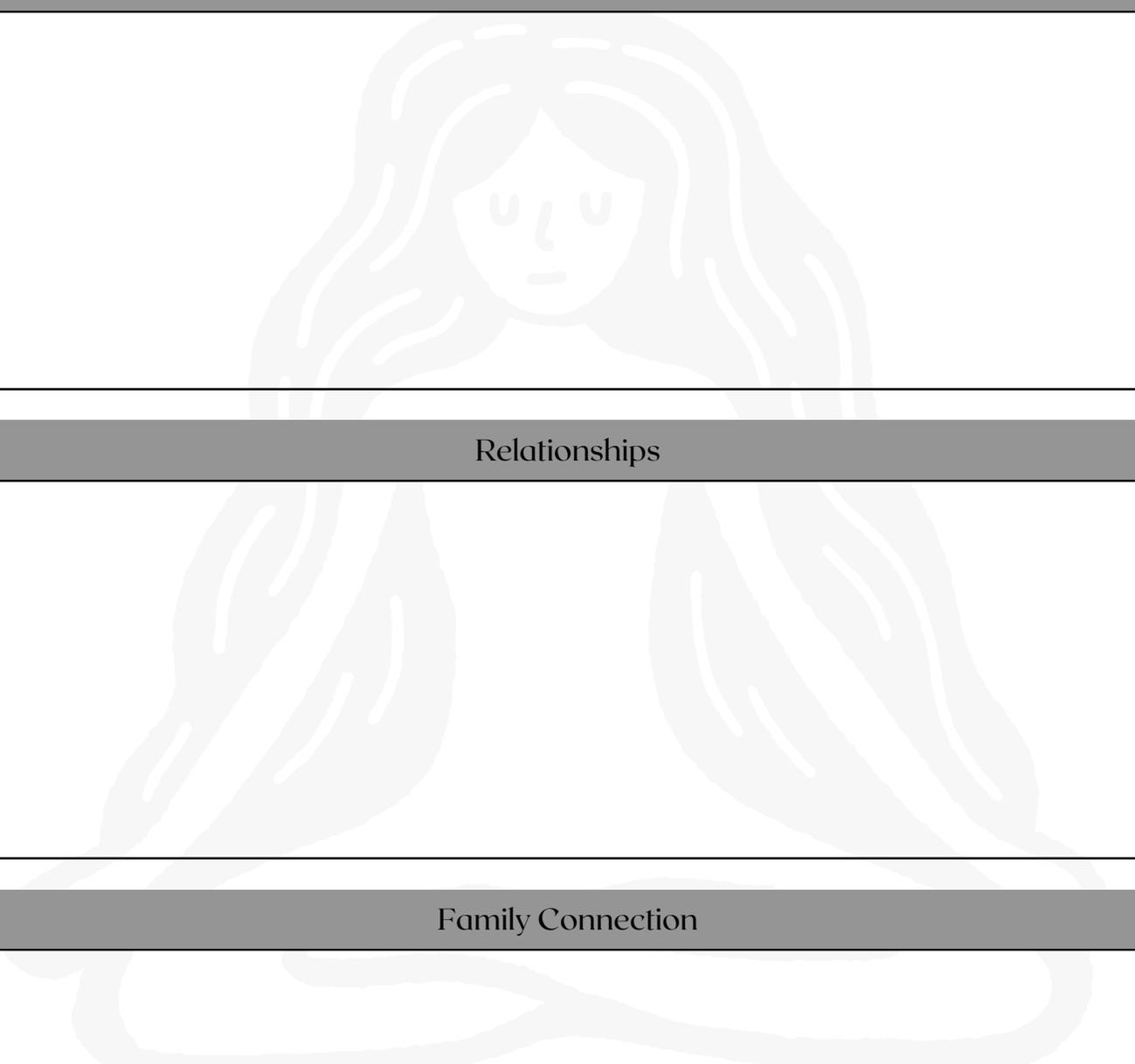
THINGS YOU WANT TO ATTRACT INTO YOUR LIFE



VISION BOARD

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Friendships



Relationships

Family Connection

FISCAL TRACKER

Income Source # 1

Information about this income source

Hours per work	Type of income	Monthly income	Yearly income

Income Source # 1

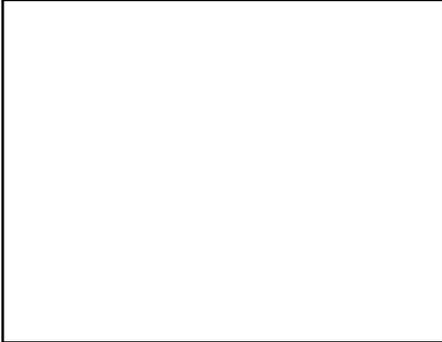
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YEARLY GOALS

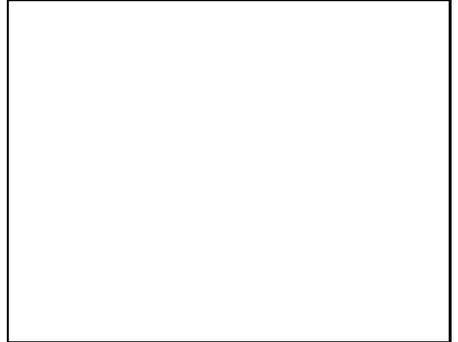
January



February



March



April



May



June



July



August



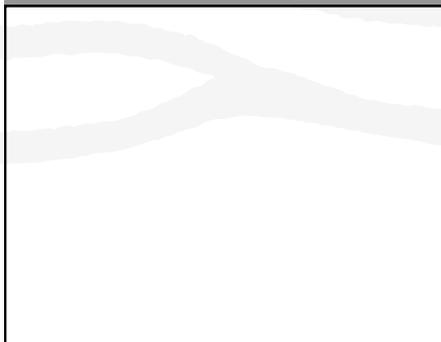
September



October



November



December



30 DAYS CHALLENGE

Challenge Title:

Start Date:

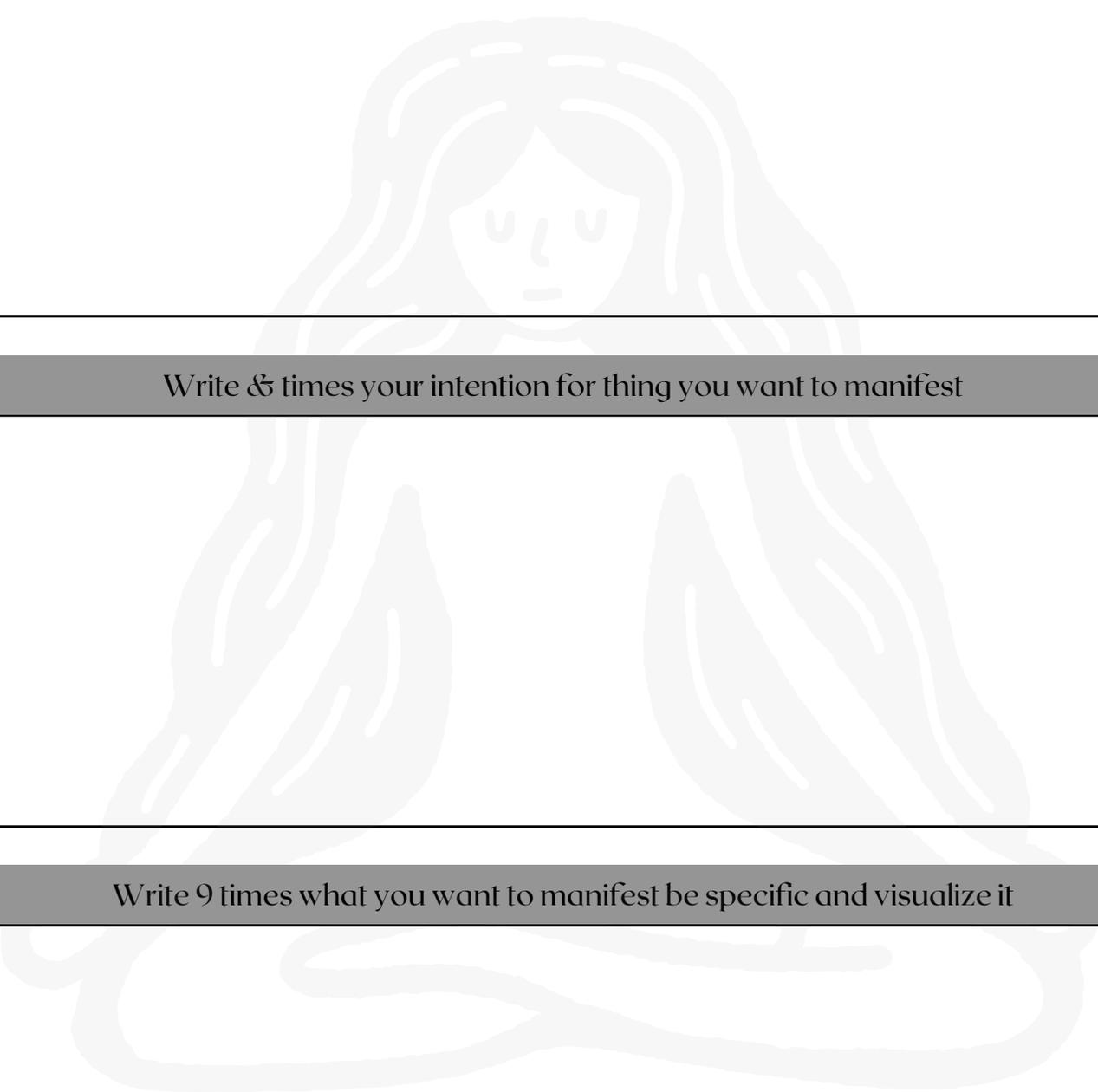
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3-6-9 METHOD

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A large, empty rectangular box for writing what you want to manifest, being specific and visualizing it.

RAISE YOUR VIBRATION

One person with whom you share your adventures



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One meal that reminds you of home

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One memory that makes you giggle

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One errand you're always up for

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One thing you believe now more than ever

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DAILY SCHEDULE

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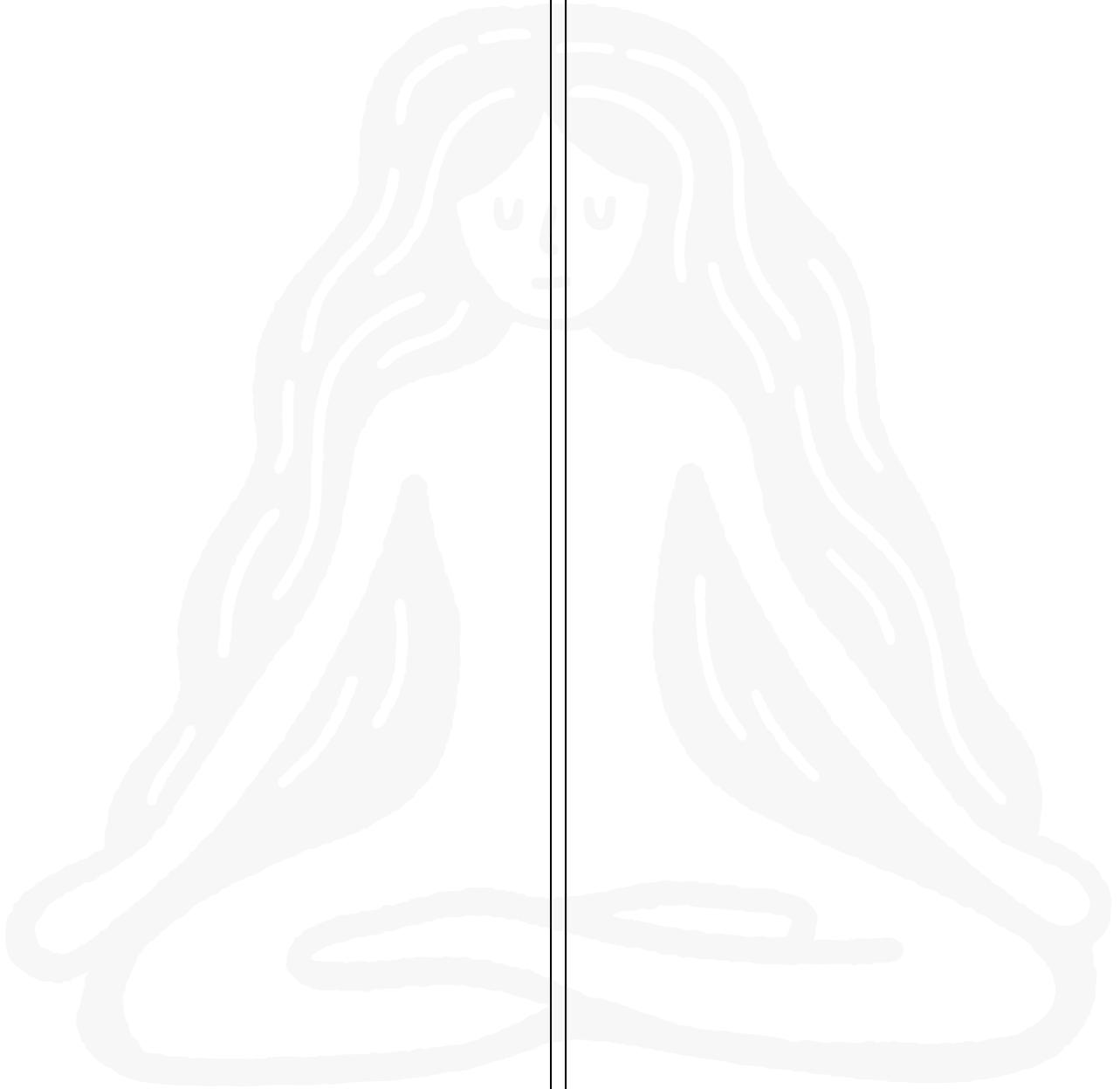
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ABUNDANCE MINDSET

Who want to be?

Who I want to Have?



DESIRE WORKSHEET

Defining my desire



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Starting my why

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How would i feel

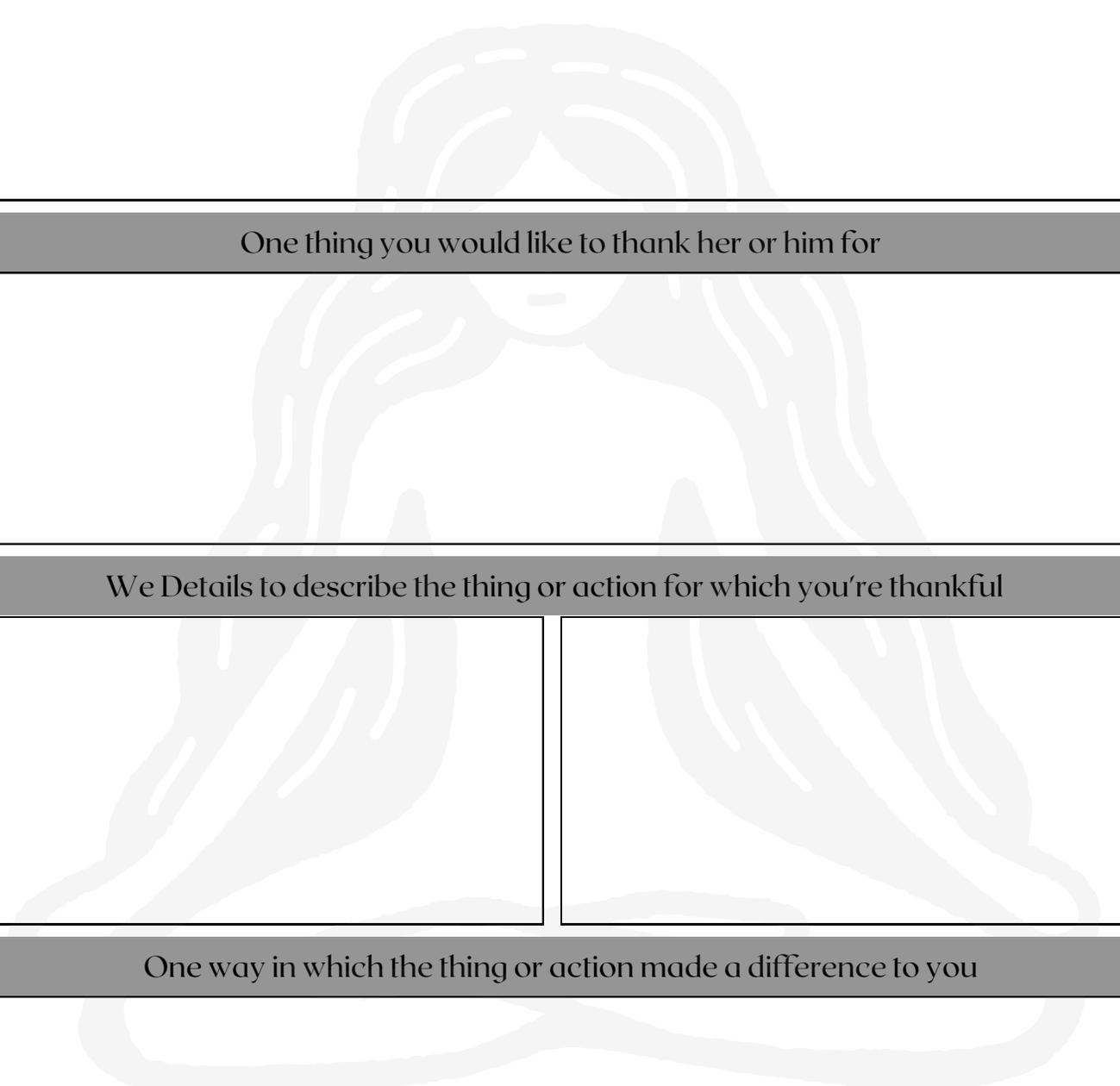
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One thing you would like to thank her or him for

A large, empty rectangular box for writing the specific thing or action to thank for.

We Details to describe the thing or action for which you're thankful

--	--

Two side-by-side rectangular boxes for providing details about the thing or action.

One way in which the thing or action made a difference to you

A large, empty rectangular box for describing how the thing or action made a difference.

GETTING TO KNOW MYSELF

Answer the following questions there are no rules,
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What is my higher self like ? Describe in Details



THOUGHT PATTERN

Negative

Positive

Negative

Negative

Negative

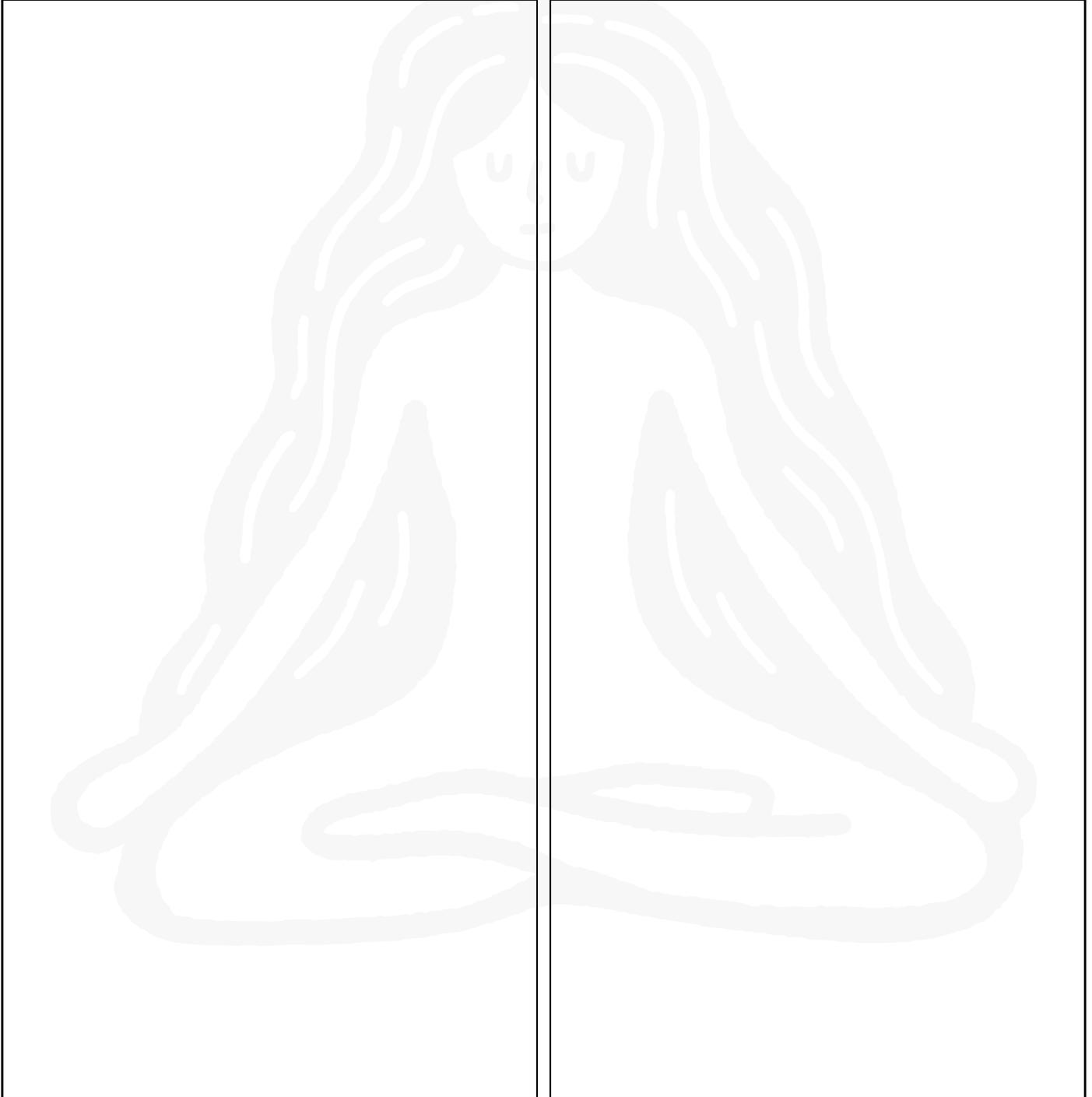
Negative

LIST OF ATTRACTIONS

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THINGS YOU HAVE ATTRACTED INTO YOUR LIFE

THINGS YOU WANT TO ATTRACT INTO YOUR LIFE



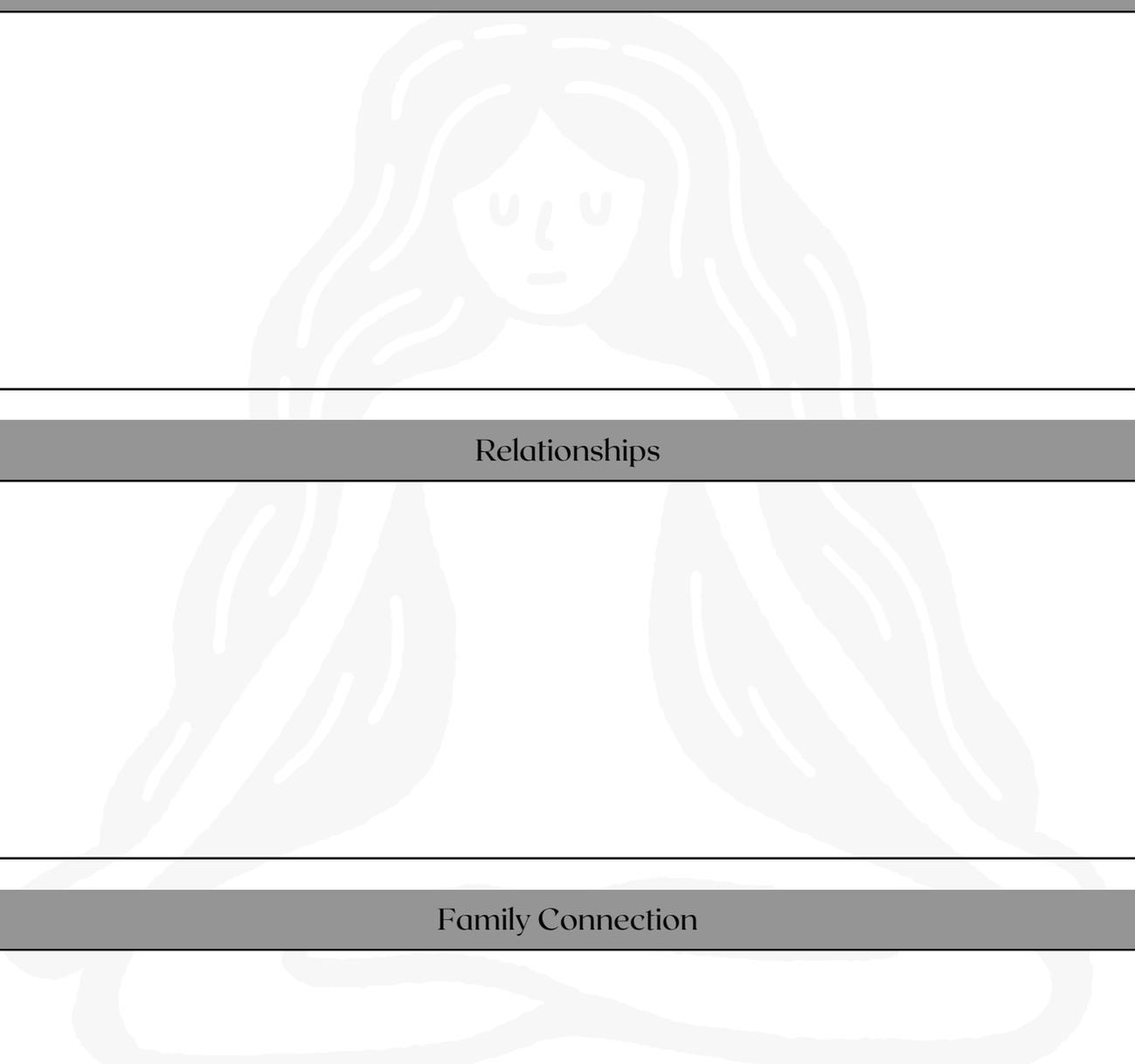
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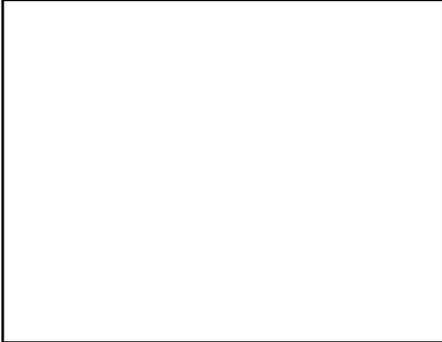
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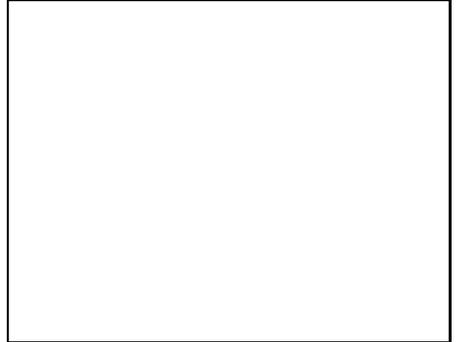
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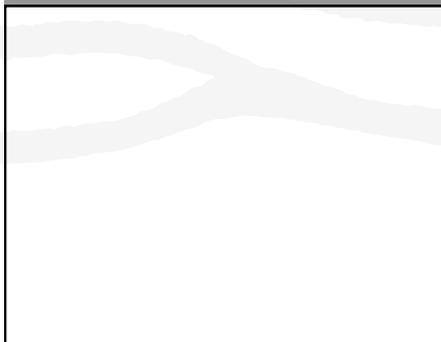
September



October



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30 DAYS CHALLENGE

Challenge Title:

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Thank
you