

# LAW OF ATTRACTION

*Planner*



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# INTENTION SETTING

MY GOALS FOR THIS YEAR:

DESCRIBE IT

HOW DOES THAT INTENTION RESONATE WITH YOU?

HOW DOES THAT INTENTION IMPACT THE FEELINGS OF OTHERS?

LIST THREE OR MORE WAYS IN WHICH YOUR INTENTION IS CURRENTLY BENEFITING YOU:

# FIRST 20 MINUTES

The initial 20 minutes of your day can set the mood for the entire day ahead. Consider the ways you can ensure that this time is enjoyable. Will you listen to an inspiring podcast? Or perhaps dive into a good book?

## FIRST 5 MINUTES

## FIRST 10 MINUTES

## FIRST 20 MINUTES

# MY MORNING ROUTINE

WEEK \_\_\_\_\_

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>S</b> SILENCE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>A</b> AFFIRMATIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>V</b> VISUALIZATIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>E</b> EXERCISE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>R</b> READING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>S</b> SCRIBING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY WHY

NOTES



# 10 MINUTES OF GRATITUDE

Craft a heartfelt thank-you note to express gratitude to someone you've wanted to acknowledge for quite some time but haven't had the opportunity to do so yet.

Date

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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 this thing or action impacted you:

# 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:

# MANIFEST YOUR DREAMS

HEALTH I feel vibrant and alive.

RELATIONSHIPS I feel so lucky to have loving people.

SPIRITUALITY I feel calm, centred and connected.

FINANCES I feel abundant.

MIND My mind is sharp and focused.



# MY DESIRE WORKSHEET

## DEFINING MY DESIIRE

## STATING MY WHY

## HOW WOULD I FEEL

# LIST OF ATTRACTIONS

Reflect on what you have successfully attracted into your life so far and envision what you wish to draw to you in the future. Use this reflection as a visual tool to support your practice of positive affirmations and to manifest your desired outcomes moving forward.

THINGS YOU HAVE ATTRACTED  
INTO YOUR LIFE

THINGS YOU WANT TO ATTRACT  
INTO YOUR LIFE

# 7 DAY LAW OF ATTRACTION

Date:

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M	T	W	T	F	S	S
---	---	---	---	---	---	---

## DAY 1

### Choosing Your Manifestation Goals

When deciding what to manifest, the key is to pick something small yet meaningful; something that truly excites you and aligns with your life's vision. After all, you should feel genuinely passionate about it as you move through the week ahead.

CHOOSE WHAT TO MANIFEST

# 7 DAY LAW OF ATTRACTION

Date:

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M	T	W	T	F	S	S
---	---	---	---	---	---	---

## DAY 2

### Affirmations

Create a collection of positive affirmations that align with your goals for the week. For instance, if you're seeking a date, you could say, "I will meet someone special to date this week."

1

2

3

4

5

6

7

# 7 DAY LAW OF ATTRACTION

Date:

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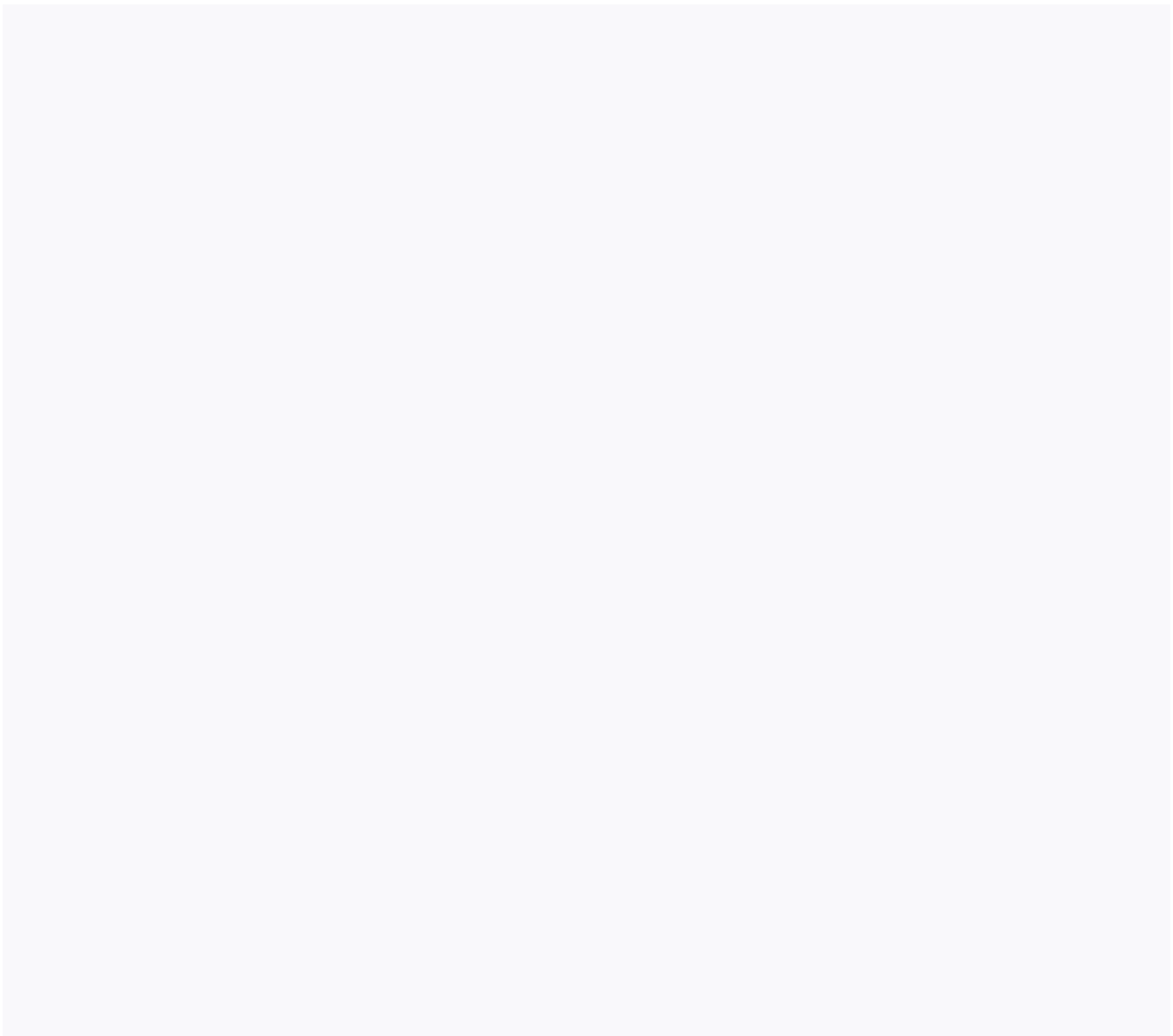
M	T	W	T	F	S	S
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## DAY 3

Visualize

On the third day, engage in creative visualization as often as possible. Create a clear and vibrant image of what it will be like to achieve your goal, incorporating all the related sights, sounds, scents, and emotions.

Your Vision Board:



# 7 DAY LAW OF ATTRACTION

Date: \_\_\_\_\_

M	T	W	T	F	S	S
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## DAY 4

Embrace the Concept of "Acting As If"

Maintain your belief that what you desire is on its way and behave as though you already possess it. This practice, known as acting "as if" (or sometimes referred to as "living in the knowing"), can be transformative. For instance, if you anticipate receiving a gift from a partner, immerse yourself in feelings of appreciation and gratitude, recognizing that you are loved. You'll find that living "as if" enhances your confidence and brightens your day.

Take a moment to jot down five ways you will act "as if" today.

1

2

3

4

5

# 7 DAY LAW OF ATTRACTION

Date: \_\_\_\_\_

M	T	W	T	F	S	S
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## DAY 5

Create a Gratitude List.

Reflect on the aspects of your life that mirror what you wish to manifest, but that you already possess. As you compile this list, immerse yourself in the feelings of gratitude that arise from recognizing these blessings in your life.

1

2

3

4

5

6

7

# 7 DAY LAW OF ATTRACTION

Date:

\_\_\_\_\_

M	T	W	T	F	S	S
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## DAY 6

### Elevate Your Energy

When you raise the frequency of your energy or vibration, you will feel lighter in your physical, emotional and mental states. This leads to enhanced personal power, clarity, peace, love and joy.

Choose 5 Methods to Elevate Your Vibration: Yoga, Meditation, Digital Detox, Breath Exercise etc.

1

2

3

4

5



# 7 DAY LAW OF ATTRACTION

Date:

\_\_\_\_\_

M	T	W	T	F	S	S
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## DAY 7

On the last day of your manifestation experiment, take a moment to reflect on your accomplishments and jot them down.

Keep in mind that your life is incredible, and all of your dreams are destined to come to fruition.

SHARE YOUR RESULTS

# VISION BOARD

Career / Business

Finance

Family / Friends

Love

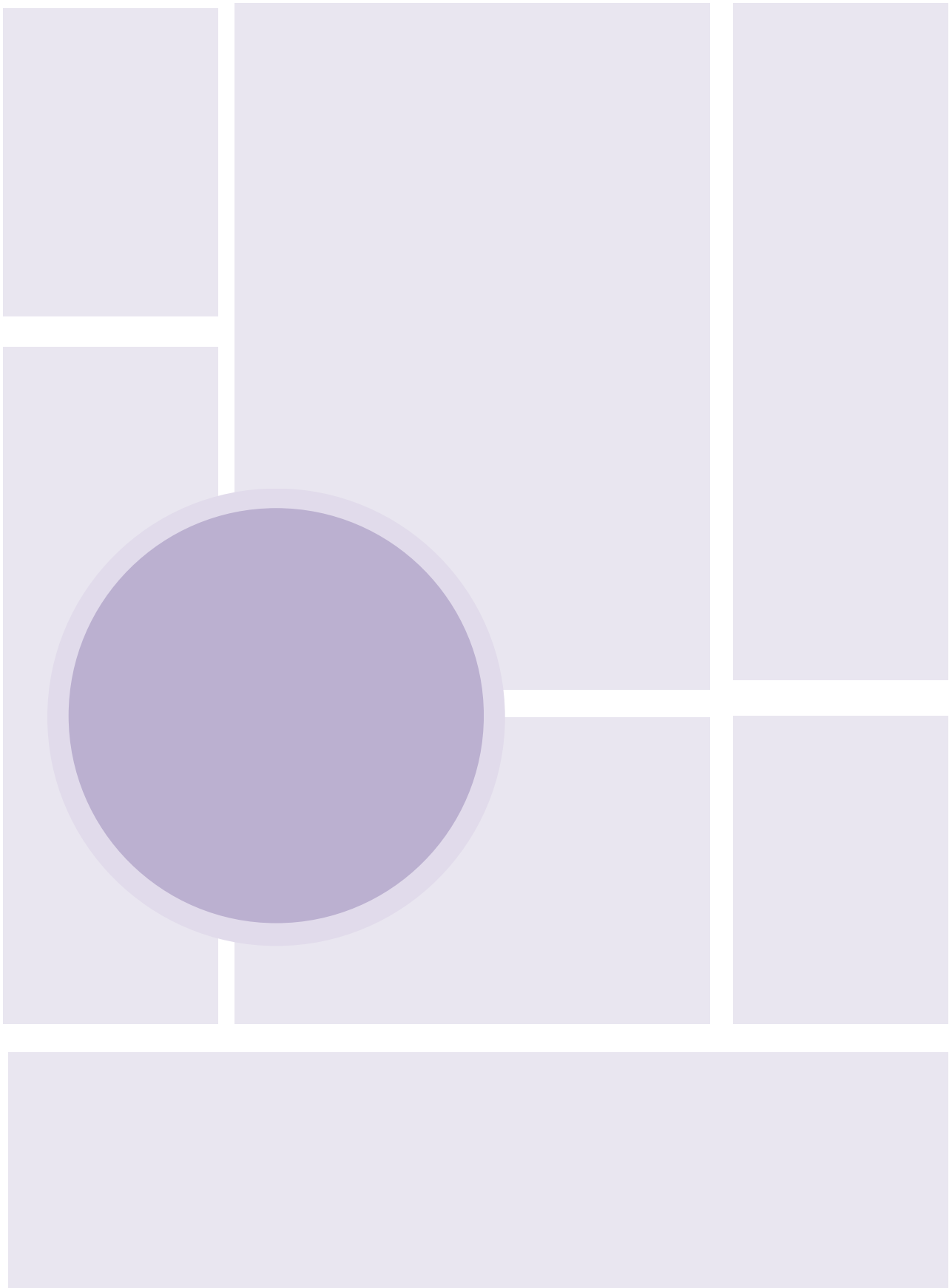
Personal Growth

Health

Leisure

Mind

# VISION BOARD





# MANIFESTING CHEAT SHEET

## IDENTIFY

I wish to manifest [your desire] as it will bring me [identify the emotions this manifestation will evoke in you].

## DAYDREAM

What does it feel like when your dreams become a reality? I feel a sense of joy and fulfillment. I am filled with gratitude for this achievement. I embrace the excitement that comes with it and cherish every moment.

## ALIGN

Compile a list of actions you can take TODAY to embrace the emotions discussed in part 1.

# 3-6-9 METHOD

Date

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Jot down 3 times the name of what you want to manifest:

List 6 times your intention for thing you want to manifest:

Write down 9 times what you wish to manifest. Be detailed .

# FUTURE SELF

## FUTURE ME

CAREER

HEALTH

RELATIONSHIPS

SPIRITUALITY

WEALTH

## VISUALIZATION

I HAVE

I FEEL

I SEE

I HEAR

I TOUCH

## NOTES

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# ABUNDANCE MINDSET

WHO I WANT TO BE?

WHAT I WANT TO HAVE?



# 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:

# MEDITATION

## MY MEDITATION GOAL

1

---

2

---

3

DATE	MY MEDITATION EXERCISE	TOTAL TIME

# MY 10 AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...

# GRATITUDE WORKSHEET

Date:

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Today I'm grateful for:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

People I'm grateful for:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Something awesome that happened:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

My best memories:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Best parts of my day:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Things that made me smile:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# KINDNESS TRACKER

MONTH \_\_\_\_\_

The form consists of a large rectangular area with a semi-circular arc on the left side. The arc is divided into 31 segments, numbered 1 through 31 from top to bottom. The grid lines extend from the arc across the rest of the page, creating a series of vertical columns of varying widths. The columns are wider at the top and become narrower as they approach the bottom, following the curve of the arc. This layout is designed for tracking kindness acts over the course of a month, with each segment representing a day.



# SOUL STUFF

LETTER

MY BEST FRIENDS ARE

MY FAVOURITE SONGS

MY FAVOURITE TV SHOW

MY FAVOURITE BOOK

MY FEARS





# MY BEST SELF

I AM AT MY BEST WHEN I:

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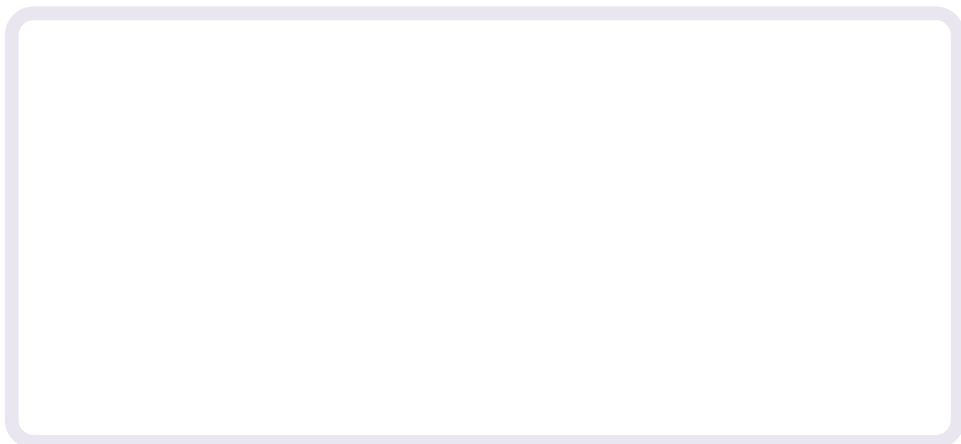
I FEEL \_\_\_\_\_ WHEN I AM AT MY BEST

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I AM "IN THE \_\_\_\_\_ " WHEN I AM MY BEST SELF

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HERE I AM AT MY BEST:





# DAILY JOURNAL




TODAY'S FOCUS

HOURS SLEPT

--	--

TO DO

MY SCHEDULE

  	
---	--

SELF CARE CHECKLIST

  	
---	--

MEAL PLAN

BREAKFAST

---

LUNCH

---

DINNER

---

SNACK/DESSERT

NOTES AND THOUGHTS

# WEEKLY JOURNAL

MONDAY

---

GOAL

1

2

3

TUESDAY

---

WEDNESDAY

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TO DO LIST

THURSDAY

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FRIDAY

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NOTES

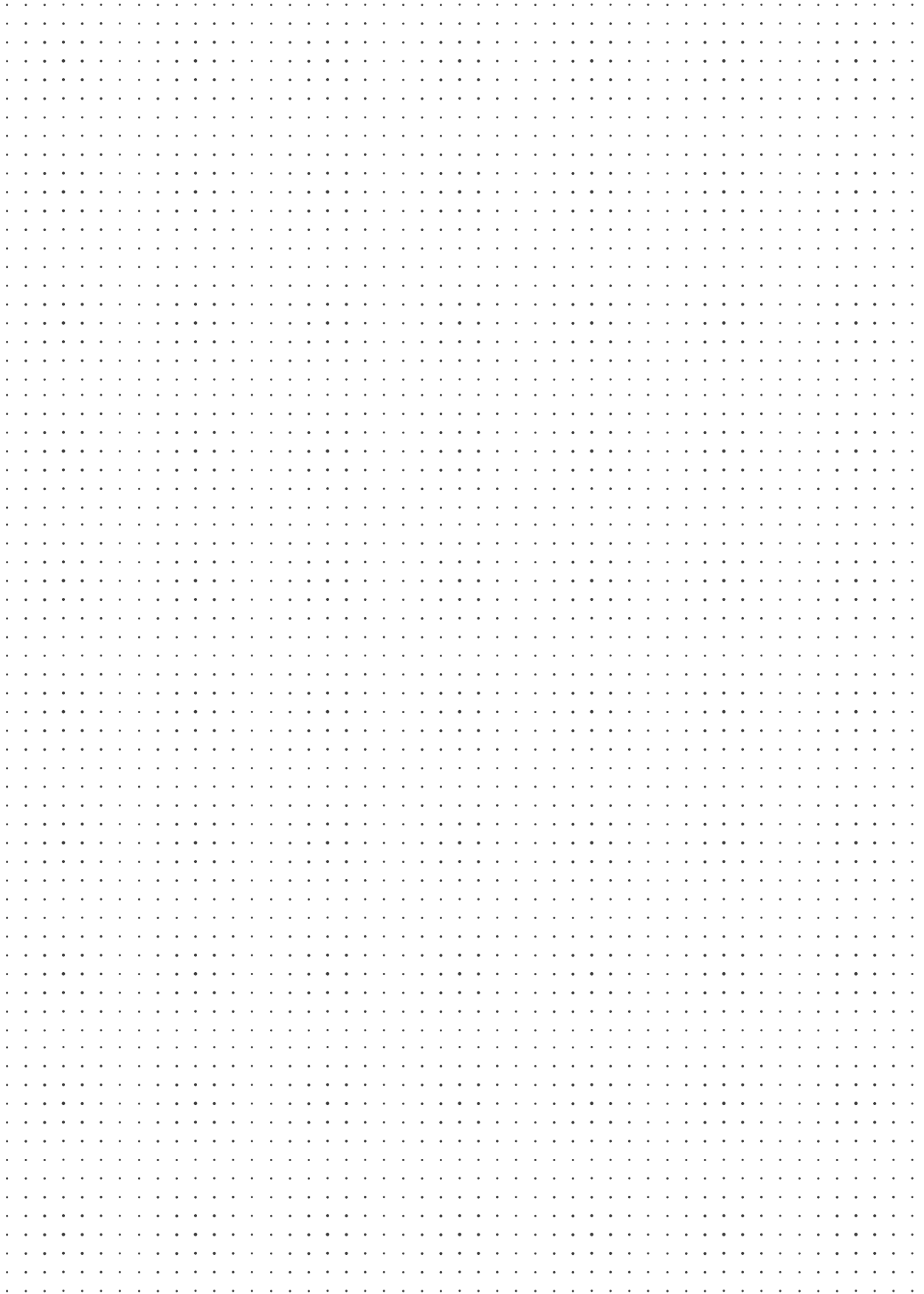
SATURDAY

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SUNDAY

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# JOURNALING



# JOURNALING





# JOURNALING

A series of 15 horizontal light gray bars, stacked vertically, providing a space for journaling. Each bar is uniform in width and height, and they are separated by small gaps.