

# onthly editation indfulness anifestation

5 min guided meditation 3 mins morning affirmations

Stretch with a Yoga pose

5 min deep breathing exercise List 3 things you are grateful for

listen to a manifestation podcast

Visualize a place you love Look in the mirror & say 'I am enough" Walk a new route write down 3 things you want to manifest

10 min morning guided meditation Put the phone away for an hour

A mindful minute of deep breathing Do nothing at all for 15 minutes and observe

Smell fresh flowers and write how you feel

Soak up some sun for 5 mins

write the 3 good things you see in yourself

Take 1 mindful meal

Connect with nature

Massage with some essential oil

10 min morning meditation

Diffuse some essential oil List all the amazing things that happened today

24 10 minutes of visualizing the life you desire 25 Don't check your social media today

Practice body stretches for 15 mins

Listen to mindful meditation music Write 5
reasons why
you love
yourself

10 minutes energy cleanse meditation 30 List 3 things you are grateful for

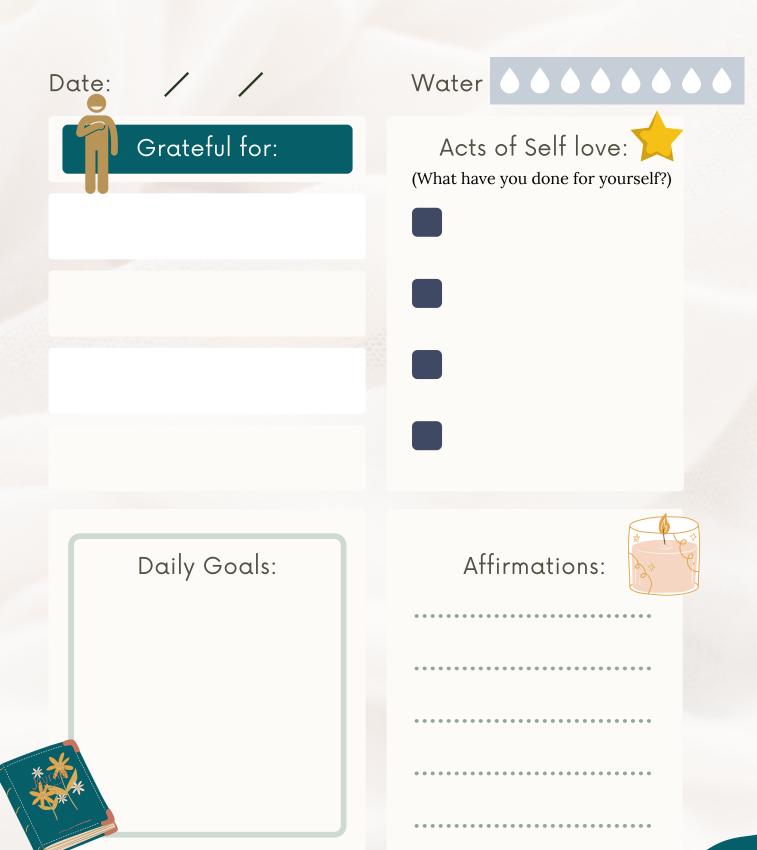
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List 5 persons you love and why



### Daily Gratitude









The 3-6-9 method was created by the Serbian American inventor Nikola Tesla.

This method involves writing down what you'd like to manifest three times in the morning, six times during the day, and nine times in the evening.

The 3-6-9 practice tracks with the law of attraction, which states that we tend to attract what we give our attention to.

This is how the 3-6-9 method is practiced:

- 1. Write down your affirmation three times as soon as you wake up in the morning.
- 2. Write down your affirmation six times during the afternoon.
- 3. Write your affirmation nine times before you go to bed.

## 6-9 method

#### Date: Morning Manifestation

1.	

- 3.

#### Today's Affirmations

- 3.

Action Steps taken to reach your goals

Visualization of goals. Be the person who already has, does and feels your goals

- www.extraordinarylifestyle.com

#### Afternoon Manifestation

- 1.
- 3. \_\_\_\_\_
- 4.

#### **Bedtime Manifestation**

- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8.







JANUARY	FEBRUARY	MARCH	APRIL
MAY	JUNE	JULY	AUGUST
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER

MINI MANIFESTING JOURNAL MAKE 3 GOALS Get clear what you want & why. Why do you believe you can have it & it's coming to you? REASONS I BELIEVE I CAN HALE GOAL #1 REASONS I WANT IT ATASONS I BELIEVE I CAN HALE GOAL #2 **REASONS I WANT IT** RELIEVE I CAN HALF GOAL #3 REASONS I WANT IT



## 5 Senses GROUNDING MEDITATION



SIGHT - focus on a picture, statue, candle or flame



SOUND - listen to a singing bowl, windchimes, meditation music or sounds in your environment



SCENT - burn incense , sage, essential oils or be in nature and breathe in what's around you



TASTE - sip tea or water, slowly tasting and noticing flavors and sensations



TOUCH - hold prayer beads, a worry stone, crystals or object that is meaningful to focus on