

Monthly meditation mindfulness manifestation

calendar

1 5 min guided meditation

2 3 mins morning affirmations

3 Stretch with a Yoga pose

4 5 min deep breathing exercise

5 List 3 things you are grateful for

6 listen to a manifestation podcast

7 Visualize a place you love

8 Look in the mirror & say "I am enough"

9 Walk a new route

10 write down 3 things you want to manifest

11 10 min morning guided meditation

12 Put the phone away for an hour

13 A mindful minute of deep breathing

14 Do nothing at all for 15 minutes and observe

15 Smell fresh flowers and write how you feel

16 Soak up some sun for 5 mins

17 write the 3 good things you see in yourself

18 Take 1 mindful meal

19 Connect with nature

20 Massage with some essential oil

21 10 min morning meditation

22 Diffuse some essential oil

23 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

26 Practice body stretches for 15 mins

27 Listen to mindful meditation music

28 Write 5 reasons why you love yourself

29 10 minutes energy cleanse meditation

30 List 3 things you are grateful for

31 List 5 persons you love and why

Daily Gratitude



Date: / /



Grateful for:

Three large white rectangular boxes for writing gratitude.

Water



Acts of Self love: 

(What have you done for yourself?)

Four dark blue square checkboxes for listing acts of self-love.

Daily Goals:

A large white rectangular box with a green border for writing daily goals.



Affirmations:



Five horizontal dotted lines for writing affirmations.

Manifest

3-6-9 method

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.

Manifest

3-6-9 method

Reflection of the day

.....
.....
.....

3

Date:

Morning Manifestation

1.
2.
3.

Today's Affirmations

1.
2.
3.

Action Steps taken to reach your goals

1.
2.
3.

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

1.
2.
3.

6

Afternoon Manifestation

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

9

Bedtime Manifestation

1.
2.
3.
4.
5.
6.
7.
8.
9.

Monthly

MANIFESTATIONS

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

three goals



MAKE 3 GOALS

Get clear what you want & why. Why do you believe you can have it & it's coming to you?

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REASONS I BELIEVE I CAN HAVE IT

GOAL # 1

REASONS I WANT IT

GOAL # 2

REASONS I WANT IT

GOAL # 3

REASONS I WANT IT

REASONS I BELIEVE I CAN HAVE IT

REASONS I BELIEVE I CAN HAVE 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