

# Manifestation Journal Prompts

Here's your free list of journal prompts – enjoy!

Detailed instructions and more ideas: <https://manifestlikewhoa.com/manifestation-journal-ideas/>

FREE 60-second quiz (very insightful!): <https://manifestlikewhoa.com/free-quiz>

Feel free to use these prompts however you like, including sharing them with your friends or on your website/social media. If you do use them, please give credit back to my website as a common courtesy.

Thanks, and happy manifesting!

-Alex



## Manifestation Journal Prompts

1. When you think of manifesting, what is the first thing that comes to mind?
2. Why are you interested in the law of attraction?
3. Do you have any doubts about the law of attraction?
4. What are your limiting beliefs?
5. Write down reasons for your limiting beliefs.
6. What are 3 of your biggest, long-term life goals?
7. What are 3 of your smaller, short-term life goals?
8. Who would you be if you could be someone else?
9. If you could live anywhere, where would you live?
10. If you had unlimited money, what type of house would you buy?
11. When you see yourself driving in your dream car, what kind of car is it?
12. List some of your biggest priorities in life?
13. What are you the most grateful for in your life?
14. What are some amazing things you have already accomplished?
15. Who in your life is most important to you?
16. Talk about how grateful you are for your pets.
17. What is one of your favorite memories? Why do you think it's a favorite?
18. On a scale of 1-10, how important is money and abundance?
19. On a scale of 1-10, how important is love?
20. From 1-10, how important is building stronger friendships?
21. On a scale of 1-10, how important is being more successful?
22. On a scale of 1-10, how important is it to find your purpose in life?
23. Spend a few minutes visualizing your IDEAL life, then write about what you experienced.
24. What do you think is one of your biggest challenges with the law of attraction?
25. Talk about something you tried to manifest, that didn't come to you.
26. Talk about something you tried to manifest, that DID come to you.
27. Try to list 10 intentions related to what you want to manifest.
28. How many things are you trying to manifest right now?
29. Write down everything you want in life in stream of consciousness style.
30. Imagine you are your highest level self – career, body, health, relationships, lifestyle. How is it different from who you are right now?
31. Write down 10 personality traits you love about yourself.
32. List ten physical traits you love about yourself.
33. Write down any 10 things you love and admire about yourself.
34. Write down how and why you are worthy of love and friendship.
35. What are your thoughts on money?
36. How do you feel about your physical health right now?
37. How do you feel about your mental health right now?

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38. Morning exercise – Write down a script of how you want your day to go.
39. Night exercise – Write down a script of how you wish your day would have gone.
40. Make a list of negative thoughts or feelings you have, then flip them around into something positive.
41. Try meditation breathing exercises for 5 minutes, then write down your desires.
42. What is your deepest, most burning desire right at this moment?
43. What is something that tends to take over your thoughts whenever you try to meditate?
44. On a scale of 1-10, how hopeful are you about the law of attraction?
45. What has inspired you to manifest something into your life?
46. What do you feel is holding you back from living your dream life?
47. Write about your anxiety, and what causes you the most fearful, anxious thoughts.
48. Write ONLY positive things today in your journal. Nothing but positive, optimistic, loving thoughts.
49. If you could pick just one motivation for wanting to manifest more in your life, what would it be?
50. How have your desires changed over the years?