

# BE-DO-HAVE MANIFESTATION LIST

Hello dear friend!

Thanks so much for downloading this free worksheet! I hope you get a lot out of this great exercise (it has worked for so many people, myself included.)

Feel free to share this worksheet however you wish.

Drop a link on social media, share it directly with friends, link to it on your website, post it in forums, or wherever.

All I ask is that you do not alter the file and please give credit back to my website as a common courtesy.

That way, whoever you share this with gains access to even more manifesting tips to help them in their life too!

With love, light, and most of all – magic,

-Alex

[manifestlikewhoa.com](http://manifestlikewhoa.com)

## HELPFUL RESOURCES:

- **Manifestation List Tutorial**  
<https://manifestlikewhoa.com/manifestation-list/>
- **Free “Life Path” Reading**  
<https://manifestlikewhoa.com/freereading>
- **2 Free Tarot Readings Every Month**  
<https://manifestlikewhoa.com/free-tarot/>



# BE-DO-HAVE MANIFESTATION LIST

## INSTRUCTIONS

This worksheet will help you create an effective manifestation list using the be-do-have method. Here's how it works:

**BE:** Here, you make a list of everything you want to BE in your life. Be as specific as possible and go as deep as you can. Instead of "I want to be successful", think about what you can BE successful at. Try "I want to be a successful yoga instructor," for example.

**DO:** Here, you'll write everything you want to DO in your life. If wish to manifest weight loss, you might say, "I want to walk at least ten thousand steps every day."

**HAVE:** You can write material desires "I want to have a brand new luxury car." Or you can focus on non-material desires. "I want to have a beautiful baby."

**TIPS:** This is just a list so strive to write one phrase or sentence per line. Take a few deep breaths before starting and get centered and grounded. Try to "feel" your way through this exercise. Pay attention to what resonates with you most. Feel free to print multiple copies of this worksheet. This is one that you could do every day and it never gets old!

Good luck and have fun!



# BE-DO-HAVE MANIFESTATION LIST

List 3-5 things that you want to be:

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List 3-5 things that you want to do:

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List 3-5 things that you want to have:

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# BE-DO-HAVE MANIFESTATION LIST

Now, go through each item, pick the strongest two (from any column), and list any actions you can take within the next 24-hours for each to help make them become more real. Then, make it happen!

Goal #1: \_\_\_\_\_

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Goal #2: \_\_\_\_\_

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Repeat this process as often as you desire!

