

# HIGH-VIBE LIFESTYLE

## MANIFESTING RITUAL PLANNER

MANIFEST LIKE WHOA!

TIME: \_\_\_\_\_

TIME: \_\_\_\_\_

TIME: \_\_\_\_\_

TIME: \_\_\_\_\_

TIME: \_\_\_\_\_

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TIME: \_\_\_\_\_

NOTES

# HIGH-VIBE LIFESTYLE

## MANIFESTING RITUAL IDEAS

MANIFEST LIKE WHOA!

- Do a short exercise session
- Drink water, coffee or tea
- Try Mirror Work
- Take a high-vibe shower
- List 3 things you're grateful for
- Do a quick breathing meditation
- Set an intention for the day
- Create a video log for the day
- Take a "photo of the day"
- Read a few pages of a book
- Inspirational podcast or audio
- Work on a puzzle
- Learn something new
- Jot down 10 creative ideas
- Read uplifting, positive news
- Keep a dream journal
- Do something nice for someone
- Create something new
- Declutter/throw away something
- Care for plants/animals
- Go outside for fresh air
- Listen to uplifting music
- Cuddle or hug someone
- Remember someone you've lost

NOTES