

HIGH-VIBE LIFESTYLE

MANIFESTING RITUAL PLANNER

Example

MANIFEST LIKE WHOA!

TIME: 6-6:30AM

Wake up, smile, express gratitude. Review my intentions over a cup of coffee, then do 10 mins of yoga.

TIME: 6:30-7AM

Take a high-vibe shower, repeat positive affirmations and do some Mirror Work.

TIME: 8AM

Check e-mail, messages, news, etc... Start my day with a nourishing meal.

TIME: 12PM

Quick mid-day breath meditation. Check in w/my intentions and mood. How am I doing? What can I change?

TIME: 3PM

Cut off caffeine intake. Check water intake. Breath/intentions check-in. Go outside for fresh air.

TIME: 9PM

Answer daily journal questions, set intentions/plans for tomorrow. Quick meditation exercise. Read before bed

TIME: _____

TIME: _____

TIME: _____

NOTES

Remember to print affirmations cards and place them where I will see them. Also select good books to read to stimulate my imagination. Research new manifesting ideas and games to have fun creating my life I desire!