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Alleraction

Haven







align

attract

manifest

*Welcome

If you're here, it's no accident. You're ready to shift your mindset, align with your desires, and begin manifesting what you truly want.

This 7-day kickstart guide is designed to rewire your energy, one small step at a time. Keep it simple, <u>stay consistent</u>, and allow your reality to catch up to your new vibration.

Small daily shifts in alignment **will** lead you to great awakenings.

"Consistency is my power."



set your intention DAY 1

"Energy flows where attention goes."

Today's Practice: Grab a notebook and write ONE <u>clear</u> sentence about what you want to attract. Focus on the *feeling* behind it.

Example: "I am attracting joyful, consistent income doing what I love."

Bonus: Close your eyes for 2 minutes and feel it as if it's already yours.

"My energy creates my reality."



"You cannot attract a new reality with old thoughts."

Today's Practice: Journal this question: "What limiting belief might be holding me back?"

Then: Rewrite it as an empowering truth.

Example:

"I don't deserve wealth"

→becomes →

"Abundance is my birthright."

"What I seek is seeking me."



"Thoughts become things—when backed by belief."

Today's Practice: Speak these affirmations aloud (or write your own):

- I am open and ready to receive
- Everything is always working out for me
- I trust the timing of my life

Tip: Look in the mirror while saying them.

"I am a magnet for miracles."



"What you imagine with emotion, you invite into your world."

Today's Practice:

- Close your eyes and imagine your ideal life as it will be when you manifest your desire. <u>Act as if it is already a reality</u>.
- Engage all five senses. What do you see, hear, feel, smell, and taste?

Tip: Set a 5-minute timer and fully immerse yourself in the scene.

"As I believe, so it is."



"Gratitude is the fastest gateway to abundance."

Today's Practice: Write down 5 things you're deeply grateful for right now.

Boost: Include one thing you want as if you already have it.

Example: "I am so thankful for the new and exciting income streams coming my way!"

"I receive with ease."



"Let go, and let it in."

Today's Practice: Say this aloud:

"I release control and trust the universe to guide me."

Then: Go and do something joyful and completely unrelated to your desire. This creates <u>detachment</u>, a vital key to manifestation.

"I am a powerful creator."



"Manifestation = thought + belief + aligned action."

Today's Practice: Ask yourself:

What's one small step I feel called to take today?

It could be:

- Creating a vision board
- Signing up for a course
- Investing in manifestation resources

Act on it with confidence. The universe will meet you halfway.

"Abundance is mine."

Remember

You don't manifest what you want—you manifest what you believe is possible.

What's Next?

If something in this guide stirred your soul, you're just getting started. Here's how to keep your manifesting journey aligned and inspired:

- Stay Inspired: <u>Subscribe</u> and receive emails filled with manifestation tips, spiritual insights, and Law of Attraction resources.
- **Go Deeper:** Join thousands of likeminded souls who've said yes to manifesting a life of greater purpose and abundance with our <u>All-In-One Resource</u> Bundle.

You'll also receive our eBook <u>Money,</u>

<u>Abundance and the Law of Attraction</u>

completely free.