



7-Day

Law of
Attraction

Kickstart Guide



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Haven

www.law-of-attraction-haven.com

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, stay consistent, 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 clear 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.”



*declutter your
mind*

DAY 2

**“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.”



*affirm with
feeling*
DAY 3

**“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.”



*visualize your
desires*

DAY 4

**“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. Act as if it is already a reality.
- 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.”



*embrace
gratitude*
DAY 5

“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.”



*release &
trust*

DAY 6

“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 detachment, a vital key to manifestation.



“I am a powerful creator.”



*take inspired
action*

DAY 7

**“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:

☀️ **Go Deeper:** The universe responds to the energy you cultivate every day.

Keep learning, growing, and manifesting with hundreds of free metaphysical and Law of Attraction books at the [Law of Attraction Haven](#).



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