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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:** Look out for 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 Bundle</u>.

Inside the bundle, you can explore all the tools you need for empowered manifesting, all in one place.