



## Manifestation Exercise

Date: \_\_\_\_\_

A Life Stock take and Manifestation – take action and be accountable for your journey!

Ask yourself, “What am I ultimately choosing to manifest for my life journey?”

1. Acceptance (Past) What areas?	2. Awareness (Present) What is the truth?	3. Gratitude (Future) <del>*do not use: want, will, better, more, less, no, should, try, can't, don't</del>	4. Actions What to do?	5. Time By When?
(Nouns)	(Adjectives)	(Verbs – Manifestations) i.e. “I am / I have / I choose _____ with ease/happily/abundantly/successfully/joyfully”	(Verbs)	(Verbs)
e.g. Car	1 car, 2011, reliable but in need of repair, owned (no debt).	I <u>love my</u> new reliable safe car; 4 door, modern, owned, great phone & sound system.	- Research cars - Test drive cars	1/10 1/11
e.g. Home	High rent, 30 mins from work, need more space, not my style.	I <u>am</u> so grateful for my beautiful new home, close to work, 4 bedrooms...	- Speak to Financial advisor	1/12
<b>Self Development</b>	The Pillar Code “Consciously Connecting People / Leaders / Organisations” - Program fees \$ _____	I am so grateful that the Universe has delivered back to me the fees for my - self / business development Program.		
<b>SELF</b>		I am happy, healthy, fit and fun....		
• Mind				
• Body				



1. Acceptance (Past) What areas?	2. Awareness (Present) What is the truth?	3. Gratitude (Future) *do not use: want, will, better, more, less, no, should, try, can't, don't	4. Actions What to do?	5. Time By When?
<ul style="list-style-type: none"><li>Soul</li></ul>				
HEALTH				
<ul style="list-style-type: none"><li>Exercise</li></ul>				
<ul style="list-style-type: none"><li>Eating</li></ul>				
<ul style="list-style-type: none"><li>Sleep</li></ul>				
RELATIONSHIPS				
<ul style="list-style-type: none"><li>Partner</li></ul>				
<ul style="list-style-type: none"><li>Children</li></ul>				



1. Acceptance (Past) What areas?	2. Awareness (Present) What is the truth?	3. Gratitude (Future) <i>*do not use: want, will, better, more, less, no, should, try, can't, don't</i>	4. Actions What to do?	5. Time By When?
<ul style="list-style-type: none"><li>Family</li></ul>				
<ul style="list-style-type: none"><li>Friends</li></ul>				
<ul style="list-style-type: none"><li>Pets</li></ul>				
<b>CAREER</b>				
<ul style="list-style-type: none"><li>Work</li></ul>				
<ul style="list-style-type: none"><li>Colleagues</li></ul>				
<b>FINANCES</b>		I am financially abundant and free - happily, healthily and easily ....		
<ul style="list-style-type: none"><li>Savings</li></ul>				



1. Acceptance (Past) What areas?	2. Awareness (Present) What is the truth?	3. Gratitude (Future) *do not use: want, will, better, more, less, no, should, try, can't, don't	4. Actions What to do?	5. Time By When?
<ul style="list-style-type: none"><li>Investments</li></ul>				
<ul style="list-style-type: none"><li>Debts</li></ul>				
<b>ASSETS</b>				
<ul style="list-style-type: none"><li>Home</li></ul>				
<ul style="list-style-type: none"><li>Car</li></ul>				
<ul style="list-style-type: none"><li>Other</li></ul>				
<b>FUN</b>				
<ul style="list-style-type: none"><li>Hobbies</li></ul>				
<ul style="list-style-type: none"><li>Holidays</li></ul>				



1. Acceptance (Past) What areas?	2. Awareness (Present) What is the truth?	3. Gratitude (Future) <del>*do not use: want, will, better, more, less, no, should, try, can't, don't</del>	4. Actions What to do?	5. Time By When?
	When this column is complete it simply has the truth about your life (whether that be positive, negative or somewhere in between).	When complete, this column simply has all of the things that make up your ideal life, including the things that you already have and choose to keep and the new things that you are manifesting in. Every word here is in the positive and in the now! Enjoy!		

ONE WORD THAT WOULD DESCRIBE YOUR LIFE OF CHOICE: \_\_\_\_\_

**Note:**

\*review/re-do every 2 months \*save dated versions

\*feel free to be creative \*include emotion with  
what you are choosing