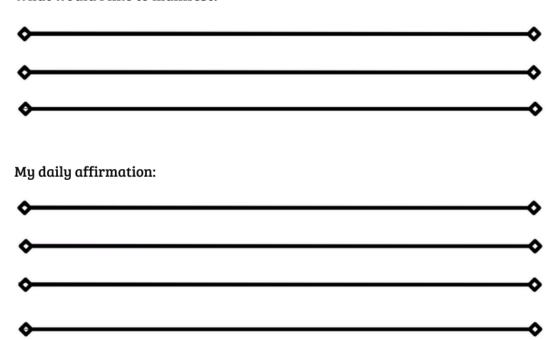
369 Manifestation Journaling Method



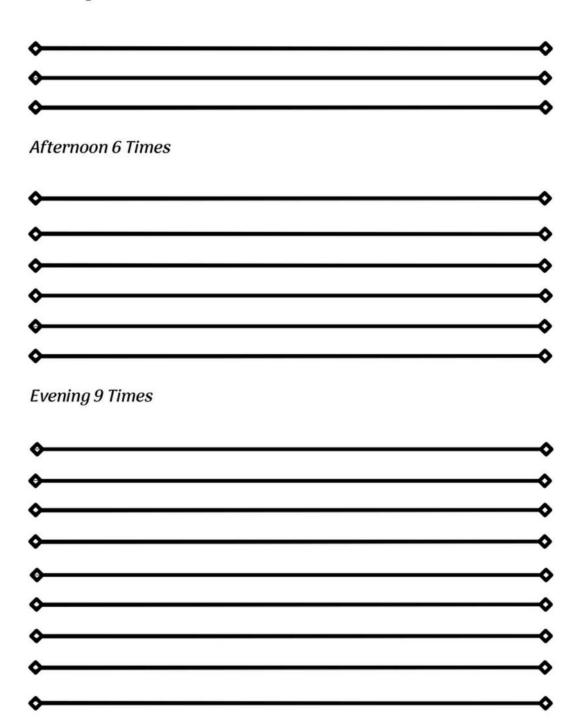
What would I like to manifest?



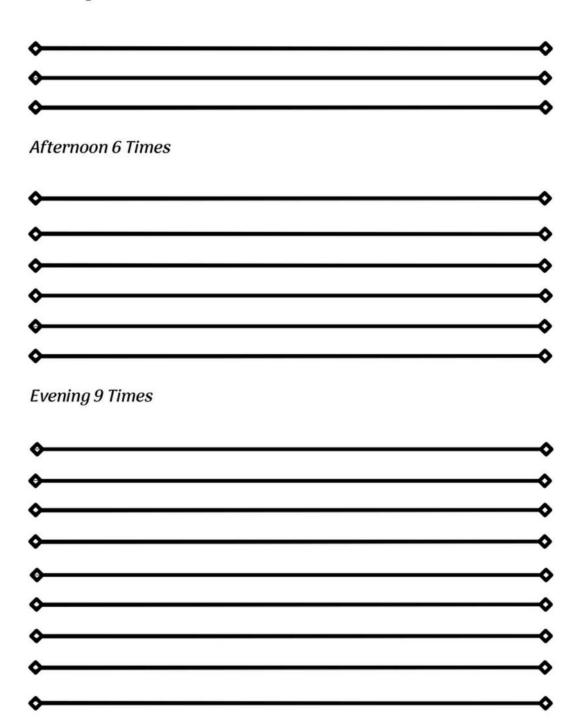
Here are some concise tips for writing effective affirmations:

- · Use present tense to embody your desired state now
- Choose words that evoke the emotions you'll feel upon manifestation
- Infuse your affirmations with genuine gratitude and appreciation
- Keep them concise, specific, and focused on your core desires
- Ensure they align with your values and resonate deeply with you
- Phrase them positively, focusing on what you want rather than what you don't
- · Repeat them regularly with conviction and feel the truth of the words
- Write your affirmation 3 times in the morning, 6 times in the afternoon,
 and 9 times in the evening

Morning 3 Times

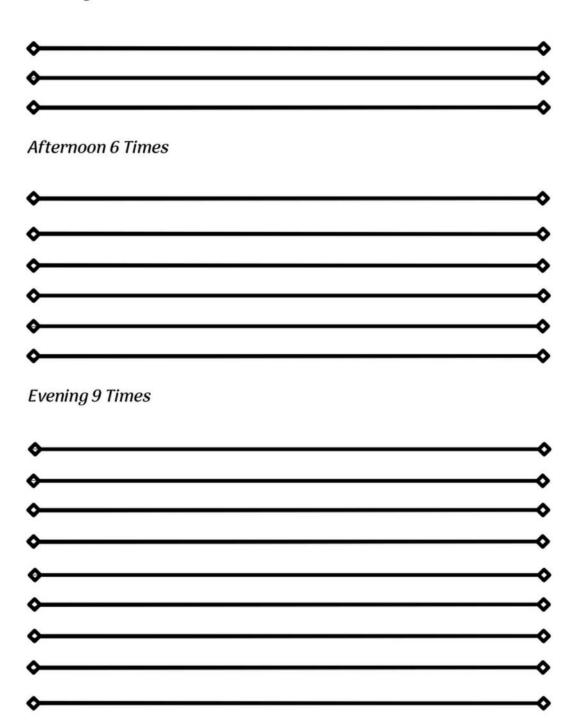


Morning 3 Times



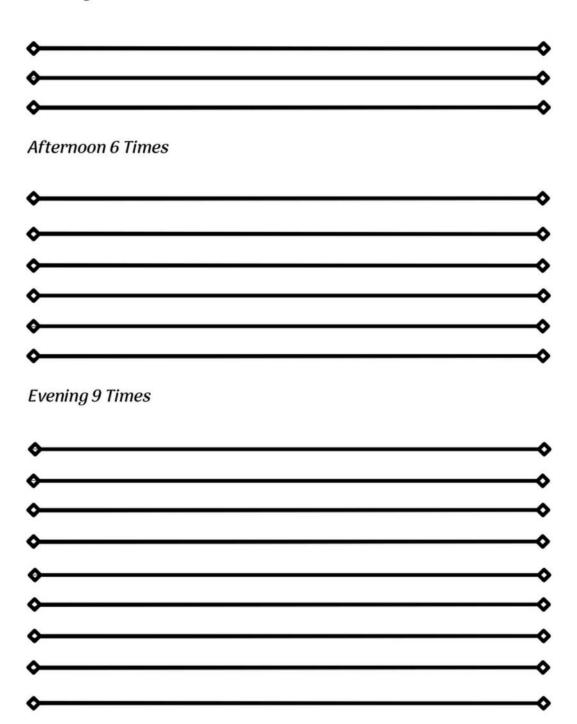
DAY#3

Morning 3 Times

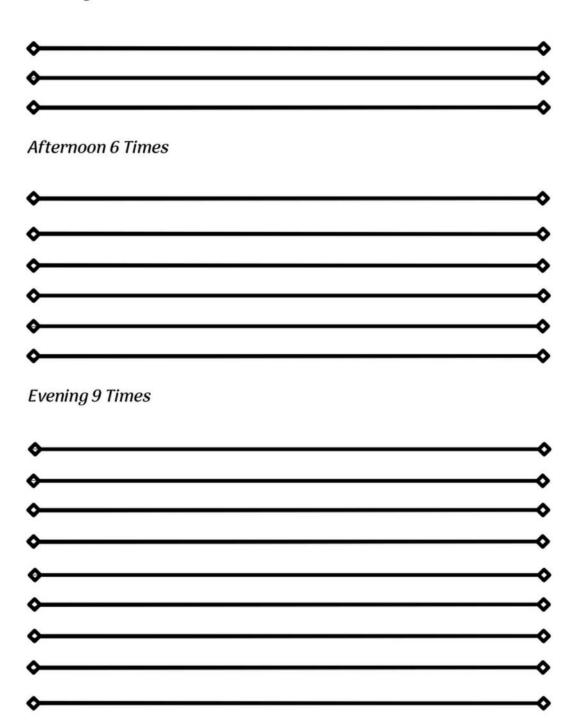


DAY#4

Morning 3 Times

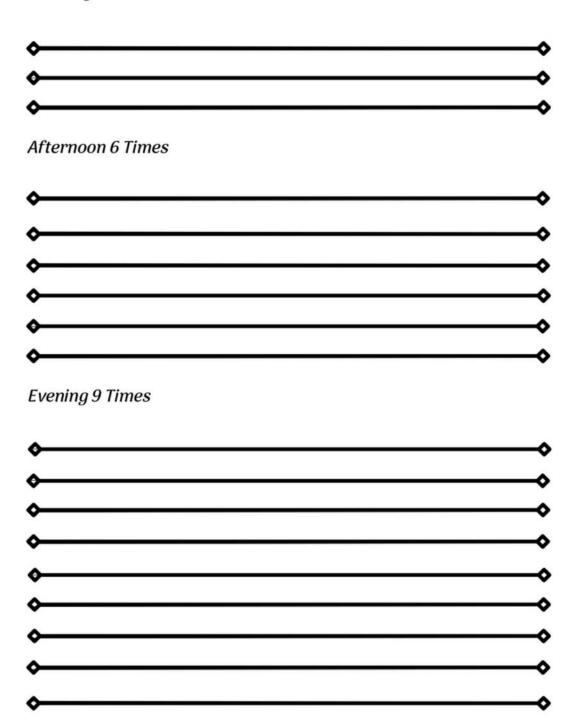


Morning 3 Times



DAY#6

Morning 3 Times



Morning 3 Times

