

90-DAY GUIDED MANIFESTA TION JOURNAL

As you follow along on this 90-day journey, keep your focus on the intentions you set for the first day. As you look at each day's prompt, realize that these are designed to change your belief system and lower resistance. This will help with the manifestation process.

If you miss a day, do not be hard on yourself. Pick up where you left off. Ultimately spiritual sync wants to help you reach your dreams and if you need any support, please leave us a comment or message.

To Your Success!

90 Day Manifestation Journal

Day 1:

Reflect on your current state of mind. What intention do you want to set for the next 90 days?

90 Day Manifestation Journal

Day 2:

List 5 things you are grateful for today and why.

90 Day Manifestation Journal

Day 3:

Visualize your ideal day. What does it look like from the moment you wake up to when you go to sleep?

90 Day Manifestation Journal

Day 4:

Identify one self-care action you can commit to doing daily. How will this support your well-being?

90 Day Manifestation Journal

Day 5:

Where do you feel your energy is most positive? How can you cultivate more of this energy?

90 Day Manifestation Journal

Day 6:

Write about a challenge you're facing and brainstorm possible solutions.

90 Day Manifestation Journal

Day 7:

Reflect on the past week. What have you learned about yourself?

90 Day Manifestation Journal

Day 8:

List activities that bring you joy. Aim to incorporate one into your day.

90 Day Manifestation Journal

Day 9:

Write down 3 positive affirmations that resonate with you.

90 Day Manifestation Journal

Day 10:

Describe a moment today where you were fully present. How did it feel?

90 Day Manifestation Journal

Day 11:

Reflect on your progress so far. Celebrate your accomplishments.

90 Day Manifestation Journal

Day 12:

Reflect on your current state of mind. How do you feel about the intention you set on day 1?

90 Day Manifestation Journal

Day 13:

List 5 things you are grateful for today and why.

90 Day Manifestation Journal

Day 14:

What is a new habit you want to cultivate starting today?

90 Day Manifestation Journal

Day 15:

What is a quote that motivates you? Write it down and reflect on its meaning.

90 Day Manifestation Journal

Day 16:

What is a skill or hobby you want to learn or improve? Take a step towards it today.

90 Day Manifestation Journal

Day 17:

Write about a challenge you're facing and brainstorm possible solutions.

90 Day Manifestation Journal

Day 18:

Reflect on the past week. What have you learned about yourself?

90 Day Manifestation Journal

Day 19:

List activities that bring you joy. Aim to incorporate one into your day.

90 Day Manifestation Journal

Day 20:

Write down 3 positive affirmations that resonate with you.

90 Day Manifestation Journal

Day 21:

What is one thing you can do today to simplify your life?

90 Day Manifestation Journal

Day 22:

Reflect on your relationships. What can you do to nurture them today?

90 Day Manifestation Journal

Day 23:

Reflect on your current state of mind. Have you noticed sign-posts from the universe about your day 1 intention?

90 Day Manifestation Journal

Day 24:

List 5 things you are grateful for today and why.

90 Day Manifestation Journal

Day 25:

What is a place that brings you peace? Describe it in detail.

90 Day Manifestation Journal

Day 26:

Identify one self-care action you can commit to doing daily. How will this support your well-being?

90 Day Manifestation Journal

Day 27:

Where do you feel your energy is most positive? How can you cultivate more of this energy?

90 Day Manifestation Journal

Day 28:

Describe a moment of synchronicity or a sign from the universe you noticed today.

90 Day Manifestation Journal

Day 29:

Reflect on the past week. What have you learned about yourself?

90 Day Manifestation Journal

Day 30:

What is a goal you achieved in the past? What qualities helped you succeed?

90 Day Manifestation Journal

Day 31:

Reflect on your self-care routine. What can you add or improve?

90 Day Manifestation Journal

Day 32:

Write about a person you admire. What qualities do you want to emulate?

90 Day Manifestation Journal

Day 33:

Reflect on your 90-day journey. How have you changed? What moments of growth, joy, and learning stand out to you? Write a letter of gratitude to yourself, acknowledging your dedication, resilience, and growth. What are your next steps to continue this path of mindfulness and self-improvement?

90 Day Manifestation Journal

Day 34:

Practice gratitude for your body. What can you do to nourish and care for it today?

90 Day Manifestation Journal

Day 35:

What is a boundary you need to set in your life? How can you communicate it effectively?

90 Day Manifestation Journal

Day 36:

Write about a time when you felt truly alive and authentic. How can you cultivate more of that feeling?

90 Day Manifestation Journal

Day 37:

Identify one self-care action you can commit to doing daily. How will this support your well-being?

90 Day Manifestation Journal

Day 38:

Practice forgiveness. Is there someone you need to forgive today, including yourself?

90 Day Manifestation Journal

Day 39:

What is a place you find inspiring? Describe how it makes you feel.

90 Day Manifestation Journal

Day 40:

Reflect on the past week. What have you learned about yourself?

90 Day Manifestation Journal

Day 41:

What is a creative project you want to start or make progress on today?

90 Day Manifestation Journal

Day 42:

Write about a challenge you are grateful for. How has it helped you grow?

90 Day Manifestation Journal

Day 43:

Practice self-acceptance. Write down five things you love about yourself.

90 Day Manifestation Journal

Day 44:

What is a skill or strength you possess? How can you apply it today?

90 Day Manifestation Journal

Day 45:

Reflect on your environment. What changes can you make to create a more positive space?

90 Day Manifestation Journal

Day 46:

List 5 things you are grateful for today and why.

90 Day Manifestation Journal

Day 47:

What is a book you want to read or a course you want to take? Make a plan to start.

90 Day Manifestation Journal

Day 48:

Reflect on your self-talk. Is it supportive or critical? Practice kind self-talk today.

90 Day Manifestation Journal

Day 49:

Write about a person who has shown you kindness. How can you pay it forward?

90 Day Manifestation Journal

Day 50:

Reflect on your values. Are your actions aligned with them?

90 Day Manifestation Journal

Day 51:

Reflect on the past week. What have you learned about yourself?

90 Day Manifestation Journal

Day 52:

Practice gratitude for the challenges in your life. How are they helping you grow?

90 Day Manifestation Journal

Day 53:

Write down 3 positive affirmations that resonate with you.

90 Day Manifestation Journal

Day 54:

What is a limiting belief you are ready to release? Write it down and let it go.

90 Day Manifestation Journal

Day 55:

Practice random acts of kindness. What can you do to brighten someone's day today?

90 Day Manifestation Journal

Day 56:

What is a quote that inspires you to take action? Write it down and apply its message.

90 Day Manifestation Journal

Day 57:

List 5 things you are grateful for today and why.

90 Day Manifestation Journal

Day 58:

Visualize your ideal day. What does it look like from the moment you wake up to when you go to sleep?

90 Day Manifestation Journal

Day 59:

Identify one self-care action you can commit to doing daily. How will this support your well-being?

90 Day Manifestation Journal

Day 60:

Where do you feel your energy is most positive? How can you cultivate more of this energy?

90 Day Manifestation Journal

Day 61:

Reflect on your progress in this manifestation journey. What insights have you gained?

90 Day Manifestation Journal

Day 62:

Reflect on the past week. What have you learned about yourself?

90 Day Manifestation Journal

Day 63:

List activities that bring you joy. Aim to incorporate one into your day.

90 Day Manifestation Journal

Day 64:

Write down 3 positive affirmations that resonate with you.

90 Day Manifestation Journal

Day 65:

Describe a moment today where you were fully present. How did it feel?

90 Day Manifestation Journal

Day 66:

What is a limiting belief you want to transform into an empowering one?

90 Day Manifestation Journal

Day 67:

Practice mindfulness in nature. Take a walk and observe your surroundings with all your senses.

90 Day Manifestation Journal

Day 68:

What is a creative outlet you enjoy? Make time to engage in it today.

90 Day Manifestation Journal

Day 69:

Reflect on your boundaries. Are they being respected? Do you need to reinforce them?

90 Day Manifestation Journal

Day 70:

Identify one self-care action you can commit to doing daily. How will this support your well-being?

90 Day Manifestation Journal

Day 71:

Practice gratitude for your body. What amazing things is it capable of?

90 Day Manifestation Journal

Day 72:

Reflect on your self-talk. What words do you want to use to describe yourself?

90 Day Manifestation Journal

Day 73:

Reflect on the past week. What have you learned about yourself?

90 Day Manifestation Journal

Day 74:

Reflect on your communication style. How can you listen more actively and empathetically?

90 Day Manifestation Journal

Day 75:

Write down 3 positive affirmations that resonate with you.

90 Day Manifestation Journal

Day 76:

Describe a moment today where you were fully present. How did it feel?

90 Day Manifestation Journal

Day 77:

What is a quote that reminds you of your strength? Write it down and embody its message.

90 Day Manifestation Journal

Day 78:

Reflect on your environment. What elements bring you joy and inspiration?

90 Day Manifestation Journal

Day 79:

1. Practice mindfulness in your relationships. Give others your full attention and presence.

90 Day Manifestation Journal

Day 80:

What is a course or workshop you want to attend? Research options and make a plan.

90 Day Manifestation Journal

Day 81:

Identify one self-care action you can commit to doing daily. How will this support your well-being?

90 Day Manifestation Journal

Day 82:

Where do you feel your energy is most positive? How can you cultivate more of this energy?

90 Day Manifestation Journal

Day 83:

Write about a challenge you're facing and brainstorm possible solutions.

90 Day Manifestation Journal

Day 84:

Reflect on the past week. What have you learned about yourself?

90 Day Manifestation Journal

Day 85:

List activities that bring you joy. Aim to incorporate one into your day.

90 Day Manifestation Journal

Day 86:

Write down 3 positive affirmations that resonate with you.

90 Day Manifestation Journal

Day 87:

What is a fear you have conquered? Reflect on the growth and lessons learned.

90 Day Manifestation Journal

Day 88:

Reflect on your progress. What are you most proud of in this manifestation journey?

90 Day Manifestation Journal

Day 89:

Write about a moment of laughter from today. Savor the joy it brought you.

90 Day Manifestation Journal

Day 90:

Congratulations, you made it to the end of the 90-day journal. Reflect and write down all the changes you have seen during your journaling.