



MANIFESTATION JOURNALING TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



MANIFESTATION JOURNALING

▷ What You Will Discover

- What manifestation journaling is.
- Why you should give manifestation journaling a try.
- How manifestation journaling works.
- How to do manifestation journaling.

▷ What Manifestation Journaling Is

Manifestation Journaling is journaling that incorporates the Law of Attraction. The Law of Attraction is the universal law that you attract into your life what you focus on. Most people believe that with the Law of Attraction they just need to be “high vibe” all of the time and they will attract their desires. Well it’s not that simple. Effectively using the Law of Attraction involves visualizing the future you desire and more importantly FEELING what manifesting that future, or that thing that you desire, will elicit. It’s about being in the vibration of already having that which you desire. Believing it is possible and that it is already yours. That brings the manifestation out of the energetic realm and into your reality.

▷ How to Do Manifestation Journaling

The most effective way to be in the vibration of already having what you’re desiring is through manifestation journaling. Also called future-self journaling. To do this you create a journal entry



for a date in the future where you have already manifested your desire or the day it happens. You complete this journal entry by discussing the events of your day for a date in the future when you already have, or have received that day, what you are trying to manifest. So you would pick a (realistic) date in the future when you plan to have manifested what you are trying to attract. That could be a few days in the future, a month in the future, a year in the future, or 5 years in the future. It all depends on the scope of the manifestation. In your journal you will write this future date as the date of the entry. You will also note on the other side of the page the actual date. Now create a journal entry talking about your day expressing what you would be doing and feeling having manifested what you wanted. The key here is to work into your journal entry normal, everyday stuff to make this journal entry feel real. Errands you would normally run, things you would normally be doing, people you would normally be talking to.



How Manifestation Journaling Works

The thing is (and this is scientifically proven) your brain doesn't know the difference between reality and fantasy. That's why pro athletes visualizing perfectly executing their maneuvers over and over again in their mind improves their performance. More importantly the more you do this you start doing the really tricky part... training your subconscious that it IS possible. Often what holds us back from achieving what we want is our subconscious blocks which are really just our beliefs about what is possible for us. As a compliment to mindset journaling, manifestation journaling is a great way to reframe what your subconscious believes is possible for you so you can stop being blocked from manifesting your desires.

So here's the thing. Even if you don't believe in Law of Attraction, Manifestation Journaling helps build your own belief in what is possible.

Now when you're doing your manifestation journaling you want to make sure that you aren't just journaling the facts about what you want to manifest being part of your life in the present but also, more importantly, is how it is making you FEEL. How you are reacting, what you are doing, your gratitude, your celebration.



"Whatever the mind of man can conceive and believe, it can achieve."

NAPOLEON HILL

One of the key things with manifestation journaling is to be really clear on what you want and why you want it. If you aren't truly in alignment with what you are trying to manifest it will hinder the process. But don't worry! In future weeks we will be Journaling for Clarity, Journaling for Purpose, doing Goal Setting Journaling and more to ensure you're doing your manifestation journaling in an aligned and authentic way.

▷ Exercise

So let's give this a go shall we. Think of something you want to manifest.

When do you want to manifest this by? Write that date on your entry. Record today's date in brackets on the other side of the page.

Begin journaling, like it's any other day that you are reflecting on your day, and recount how the experience of having what you want would feel and affect your day. Tie it in with regular goings on you typically experience.

For example. If you are wanting to manifest a dollar amount in your business, journal that today you hit that milestone. What were you doing when you found out? Who did you tell? How did you celebrate? How is it effecting your plans for the rest of the week?

Maybe you're trying to manifest a love partner. Journal on how meeting him felt. What was your first date like? Who did you rush to call and tell about it?

I recommend doing an exercise like this daily, even if it's only a few sentences.



Notes

A series of horizontal dotted lines for writing notes.

