

OCTOBER

- 1.Revisit last October. How has life changed for you?
- 2.Write one sentence to express your gratitude for this year so far.
- 3.What's your biggest manifestation?
- 4.What's your favourite affirmation? How have they served you to date?
- 5.Reflect on the goals and intentions you set earlier this year. How have they evolved? And how have you evolved?
- 6.List 3 achievements you're most proud of this year. How did you manifest them? How did you celebrate?
- 7.Reflect on this year's manifestation. Which was most difficult to achieve and why?
- 8.What are you most grateful for that has manifested in your life recently?
- 9.Describe your manifestation process.
- 10.How do you feel when you think about your manifestations coming true?
- 11.What daily practices can help you cultivate a mindset of abundance and receptivity?
- 12.Create an affirmation that could speed up your manifestation process.
- 13.Write a gratitude letter to yourself.
- 14.List all your desires. Which one scares you the most, and why?
- 15.How do you release attachments to your desires?
- 16.What small changes can you make today to improve your manifestation practices?
- 17.Do you believe in yourself? Why or why not?
- 18.On a scale of 1-10 (10 is the highest), how confident are you in manifesting your goals and dreams? Explain your answer.
- 19.Reflect on a desire that was difficult to manifest but you achieved it anyway.
- 20.Do you believe that you deserve to have your desires, goals and dreams? Explain your answer.
- 21.Who has been your biggest supporter in your manifestation journey? How can you show appreciation to this person?
- 22.What role does gratitude play in your life?
- 23.Name one thing that you think it's underappreciated. Why do you feel this way?
- 24.How do you handle setbacks or delays in your manifestation process?
- 25.What role does gratitude play in your manifestation?
- 26.What limiting beliefs do you need to release to manifest your desire?
- 27.A lesson you can offer to someone new on their manifestation journey...
- 28.List 3 things you can do this month to nurture your short-term goals.
- 29.Reflect on a past manifestation that took longer than expected. What kept you going?
- 30.What slows down your manifestation process? How can you prevent this from happening?
- 31.How do you balance action and patience in your manifestation journey?