

THE 5 DAY MANIFESTATION CHALLENGE

Day 2

Today is about setting clear, powerful intentions. Remember, an intention is a guiding principle for how you want to be, live, and show up in the world.

Let's begin!

Remember to use the supporting audio today as this will accelerate your journey.



Section 1: Reflection

Reflect on areas or improvement.	of your life	e where you se	ek change
Career		Family	
Finance		Health	
Relationships		Spirituality	
What feelings or in your life? Cons or fulfillment.	experienc ider joy, p	es do you wan eace, abundan	t more of ice, love,



Section 2: Visualization

What d notice? Be as de	oes it look ar Fragrances?	nd feel like? Wh ssible, use as m	ving that change. nat sounds do you any senses to

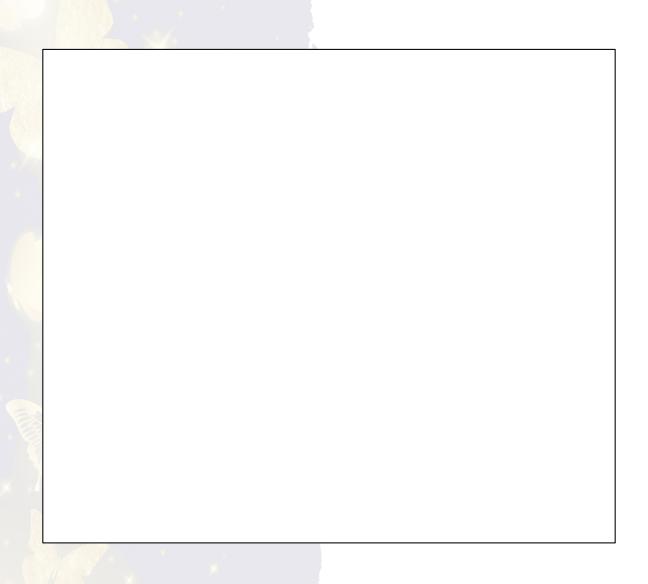


Section 3: Intention Setting

Intentions are where we define the transformation we want to experience.

Based on your reflections and visualization, write down 3-5 key intentions for your journey. Frame them positively.

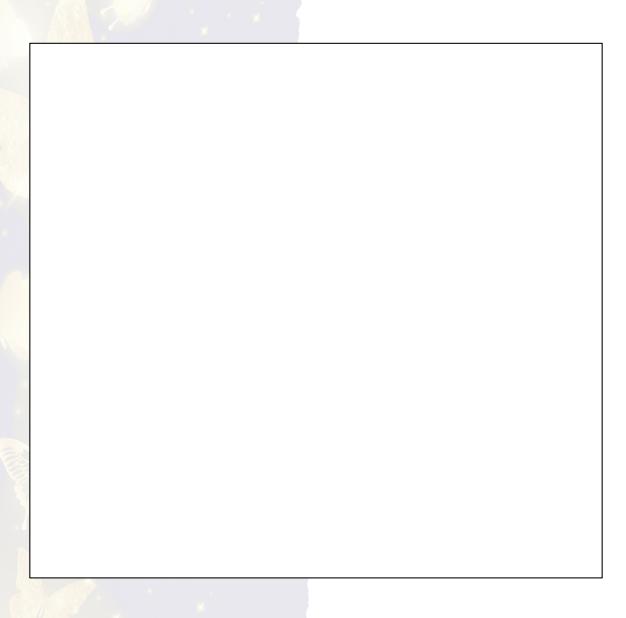
Example: "I want a healthy and active life," instead of "I want to lose weight."





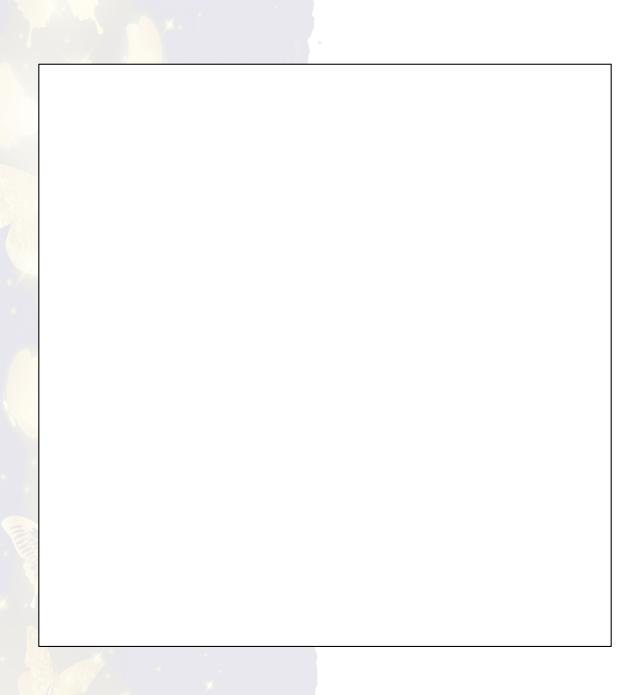
Section 4: Affirmation Creation

Affirmations are one way we can communicate directly with the subconscious to change our mindset and manifest our wishes.
Turn each intention into an affirmative statement that resonates with you. This is an affirmation you can repeat daily.



Section 5: Commitment

Make a commitment to yourself now. How will you remind yourself of these intentions every day?



Day 2 Completed!

Congratulations on setting your intentions! Keep this worksheet somewhere you can see it every day as a reminder of the path you're creating.

Remember, intention is the seed of manifestation—nurture it with your thoughts and actions, and watch as

it grows into reality.

"Your dreams are waiting for you on the other side of your intentions. Let's make them come true together."