

Tranceformations



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 of your life where you seek change or improvement.

Career

Family

Finance

Health

Relationships

Spirituality

What feelings or experiences do you want more of in your life? Consider joy, peace, abundance, love, or fulfillment.



Section 2: Visualization

Visualize your ideal day after achieving that change. What does it look and feel like? What sounds do you notice? Fragrances?

Be as detailed as possible, use as many senses to create a powerful visualization.



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."