



Manifest

FREE GUIDE

A 7-DAY, 5-MINUTE-A-DAY WORKBOOK

Your Manifestation *Starter Kit*

A simple, guided week to set one goal, affirm it, see it, and feel it
— so the law of attraction becomes a habit, not a someday.

GOAL SETTING

AFFIRMATIONS

VISION BOARD

VISUALIZATION

You've already taken the first step.

Most people never write down what they want. They keep it as a vague wish, somewhere in the back of their mind. By opening this guide, you've decided to do it differently.

Over the next seven days you'll build a small, steady practice: one clear goal, a few words you believe, a picture you can see, and a moment each day where you feel it as already real. Nothing here takes more than five minutes.

You don't need to believe in anything special to begin. You only need to show up — morning and night — and notice what changes. Be gentle with yourself. Consistency matters far more than perfection.

*With love,
The Manifest App team*

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5 minutes

Each day is short on purpose. Small and steady beats big and rare.

Morning & night

Read your goal when you wake up, and again before you sleep.

Print or type

Write in the spaces on each page, or keep notes on your phone.

Goal. Affirm & visualize. Log it, and repeat.



01

Set one specific goal

Name what you want in the present tense, with a date. One goal gives your attention a single, clear direction.

02

Affirm and visualize

Read your affirmations out loud, then spend a minute seeing your goal as already yours – with feeling.

03

Log it and repeat

Note how the session felt. A visible streak turns a nice idea into a habit you actually keep.

5'

The only rule for this week: do something every day, even if it's small. Missed a day? No guilt – simply pick up where you left off. The practice works through repetition, not perfection.

Choose your one goal

Clarity is the foundation of everything that follows. Today you'll turn a wish into one specific, dated goal, written as if it has already happened.



Your 5-minute practice

1. Pick one area: money, love, health, career, home or growth.
2. Ask: *what would I love to be true by a specific date?*
3. Write it in the present tense, as if it's done.
4. Read it out loud once. Notice how it feels.

Make it land

Be specific enough that you'd know when it's real. "More money" is vague; "I earn \$6,000 a month doing work I love" is clear.

"It is December 31. I'm so happy and grateful now that I live in my own light-filled home."

My one goal

PRESENT TENSE • WITH A DATE

It is _____ . I am so happy and grateful now that

Reflect

Why does this goal matter to you? Who else benefits when it comes true?



IN THE APP

Your goal lives at the top of the Manifest tab, so it's the first thing you see every time you open it.



Write your affirmations

Affirmations are short sentences you repeat until they feel natural. They keep your goal alive in the words you use about yourself every day.



The four rules of a strong affirmation

1. **Present tense** — “I am”, “I have”, never “I will”.
2. **Positive** — say what you want, not what you don’t.
3. **Personal** — about you, in your own words.
4. **Believable** — a stretch, but one you can feel.

Starters to borrow

I am worthy of everything I’m working toward.

Money flows to me easily and often.

Every day I grow closer to my goal.

My three affirmations

SAY EACH ONE OUT LOUD, THREE TIMES

- 1 _____
- 2 _____
- 3 _____

Reflect

Which affirmation felt most true? Which one felt uncomfortable — and why?

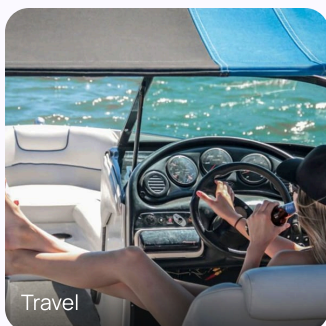


IN THE APP

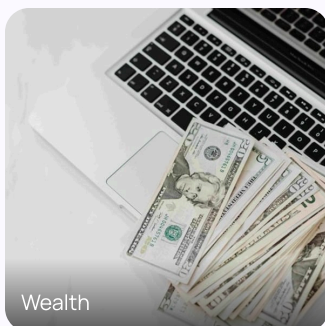
Save these in the Affirmations tab — or start from the built-in library on days the words won’t come.

Build your vision board

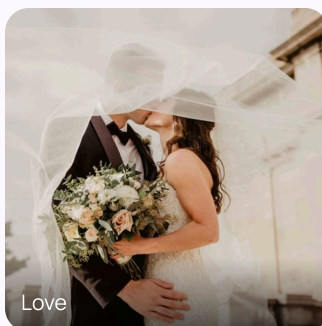
Words tell your mind what you want; pictures let you feel it. Today you'll gather a handful of images that make your goal something you can actually see.



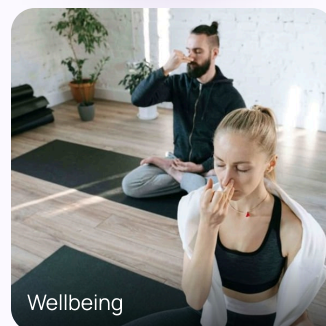
Travel



Wealth



Love



Wellbeing

Your 5-minute practice

1. Choose 5–7 images that match your goal and how it will feel.
2. Include at least one picture of the *moment* it comes true.
3. Give each image a short caption in the present tense.
4. Keep it somewhere you'll see it twice a day.

Choose images that...

- | | |
|--|---|
| ☐ Feel exciting | ☐ Look like you |
| ☐ Show the moment | ☐ Feel possible |
| ☐ Match your goal | ☐ Make you smile |

Tip: your own photos — a place you love, a person you care about — are often more powerful than stock images.

My captions



IN THE APP

The Vision Board tab holds your photos with a caption under each, ready whenever you need a reminder of why you started.

Visualize for 60 seconds

Visualization is rehearsal. For one minute, you step into the day your goal comes true and let yourself feel it — as vividly as you can.



A one-minute script

Close your eyes and take three slow breaths.
It's the day your goal has come true.

Where are you? Notice the light, the sounds,
the temperature. Who is with you, and what
do they say?

Look down at your hands. What are you
holding? Let the feeling rise — relief, joy,
gratitude.

Stay with that feeling for a few breaths. Then
open your eyes and smile.

Make it vivid

Use all five senses. Feeling matters more
than detail — if the picture is blurry but the
emotion is real, you're doing it right.

How vivid was it today?



It gets easier with practice. Notice how your
score changes over the week.

What I saw and felt

WRITE IT THE MOMENT YOU OPEN YOUR EYES

Reflect

Which detail made it feel most real? Add it to your
vision board.



IN THE APP

Prefer to be led? Guided visualizations for
money, your dream home and more are
narrated for you.

Gratitude & evidence

Gratitude trains your attention to notice what's already working.
Evidence — small signs of progress — keeps your belief growing.



Three things I'm grateful for today

BE SPECIFIC

- 1 _____
- 2 _____
- 3 _____

One sign I'm moving toward my goal

NO SIGN IS TOO SMALL

Why "evidence" matters

A kind message, an unexpected idea, a door that opened a crack — when you start writing these down, you start noticing more of them.

Today I felt...

- | | |
|-----------------------------------|-----------------------------------|
| ☐ Calm | ☐ Grateful |
| ☐ Hopeful | ☐ Excited |
| ☐ Doubtful | ☐ Tired |

Every feeling is welcome. Noticing it is the practice.



IN THE APP

After every session, the app asks how it felt — a quiet, private record you can look back on as your streak grows.

Take one aligned action

Manifesting isn't only wishing. It's showing up as the person who already has what they want — and taking the next small step that person would take.



Your 5-minute practice

1. Read your goal and affirmations out loud.
2. Ask: *what would the version of me who already has this do today?*
3. Choose one action you can finish in under 30 minutes.
4. Do it today — then write it down below.

Small actions count

Send the email. Book the viewing. Go for the walk. Save the first \$20. Ask the question you've been avoiding.

"Small actions, repeated daily, become the life you asked for."

My aligned action today

UNDER 30 MINUTES

☐ Planned it

☐ Did it

☐ Celebrated it

Reflect

How did it feel to act as if your goal was already on its way?



IN THE APP

Gentle morning and night reminders keep your goal top of mind, so the next right action is easier to see.



Review, celebrate & commit

Seven days ago, your goal was a wish. Now it has words, pictures, feelings and action behind it. Today, look back — and decide what comes next.



This week I...

- ☐ Wrote one clear, dated goal
- ☐ Created three affirmations
- ☐ Built my vision board
- ☐ Visualized with feeling
- ☐ Noticed gratitude and evidence
- ☐ Took an aligned action

Look back

What surprised you this week? What felt easiest? Is your goal still the right one — or does it need a small adjustment?

My commitment for the next 30 days

SIGN IT — MAKE IT REAL

I commit to five minutes a day — reading my goal, saying my affirmations and seeing my vision — because the life I want is worth showing up for.

SIGNATURE

DATE



IN THE APP

Your streak counter can carry you from day one to a full year of practice. Day 8 is one tap away — see the last page.

30 affirmations to start from

Borrow any that feel right, change a word or two, and make them yours. Say them slowly, out loud, and with a smile.



Money & abundance

Money flows to me easily and often.

I am open to receiving abundance in every form.

I make wise, confident choices with money.

My income grows as I grow.

There is more than enough for me and for others.

I deserve to be well paid for work I love.



Love & relationships

I attract loving, joyful relationships.

I am worthy of deep, lasting love.

I give and receive love freely.

My relationships are kind, honest and safe.

I am surrounded by people who lift me up.

I love and accept myself fully.



Health & energy

My body is healthy and full of energy.

I treat my body with patience and care.

Every breath I take calms and restores me.

I choose habits that make me feel alive.

I sleep deeply and wake up refreshed.

I am grateful for everything my body does.



Career & purpose

I do meaningful work that makes a difference.

Opportunities find me at the right time.

I am confident in my skills and my voice.

I learn quickly and grow every day.

My work is valued and rewarded.

I am building a future I'm proud of.

Confidence & self-worth

I am worthy of everything I desire.

I let go of what no longer serves me.

I am calm, capable and ready.

I trust myself and the timing of my life.

I believe in the person I am becoming.

Every day I grow closer to my goals.



Three techniques to try next

Once the daily practice feels natural, add one of these. Choose the one that excites you most — and give it a full week before you judge it.



WEEKLY · 10 MIN

Scripting

Write tomorrow's journal entry as if your goal already happened. Where are you? Who do you tell first? How does it feel?

"I can't believe I'm writing this from my new home..."

ONE PAGE · PRESENT TENSE · PURE FEELING

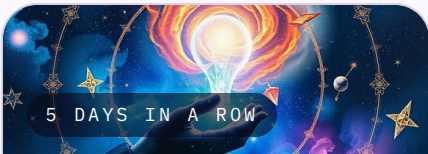


DAILY · 3 MOMENTS

The 3-6-9 method

Write your main affirmation 3 times in the morning, 6 times in the afternoon and 9 times before bed. The rhythm keeps your goal present all day long.

MORNING 3 · AFTERNOON 6 · NIGHT 9



5 DAYS IN A ROW

The 55x5 method

Write one short affirmation 55 times a day, for 5 days in a row. It's repetitive by design — the point is total, focused attention.

ONE SENTENCE · 55 TIMES · 5 DAYS

READ THIS ON HARD DAYS

When doubt shows up

Doubt isn't a sign it's not working. It usually means you're stretching toward something new.

- 1 **Go smaller.** If an affirmation feels like a lie, soften it: "I'm learning to..." or "I'm open to..."
- 2 **Look for evidence.** Reread your Day 5 list. Progress is easy to forget and easy to find.
- 3 **Act anyway.** One tiny aligned action does more than an hour of worrying.
- 4 **Rest, don't quit.** Miss a day if you need to — just don't miss two in a row.



IN THE APP

The Learn section and Master Manifestation lessons go deeper into these ideas, one short lesson at a time.

Your 7-day tracker

Tick each box as you go. Watching the row fill up is its own quiet kind of motivation.

DAY	READ GOAL (AM)	AFFIRM	VISUALIZE	GRATITUDE	READ GOAL (PM)	HOW I FELT
Day 1	☐	☐	☐	☐	☐	○ ○ ○ ○ ○
Day 2	☐	☐	☐	☐	☐	○ ○ ○ ○ ○
Day 3	☐	☐	☐	☐	☐	○ ○ ○ ○ ○
Day 4	☐	☐	☐	☐	☐	○ ○ ○ ○ ○
Day 5	☐	☐	☐	☐	☐	○ ○ ○ ○ ○
Day 6	☐	☐	☐	☐	☐	○ ○ ○ ○ ○
Day 7	☐	☐	☐	☐	☐	○ ○ ○ ○ ○

Notes, wins & surprises

ANYTHING WORTH REMEMBERING



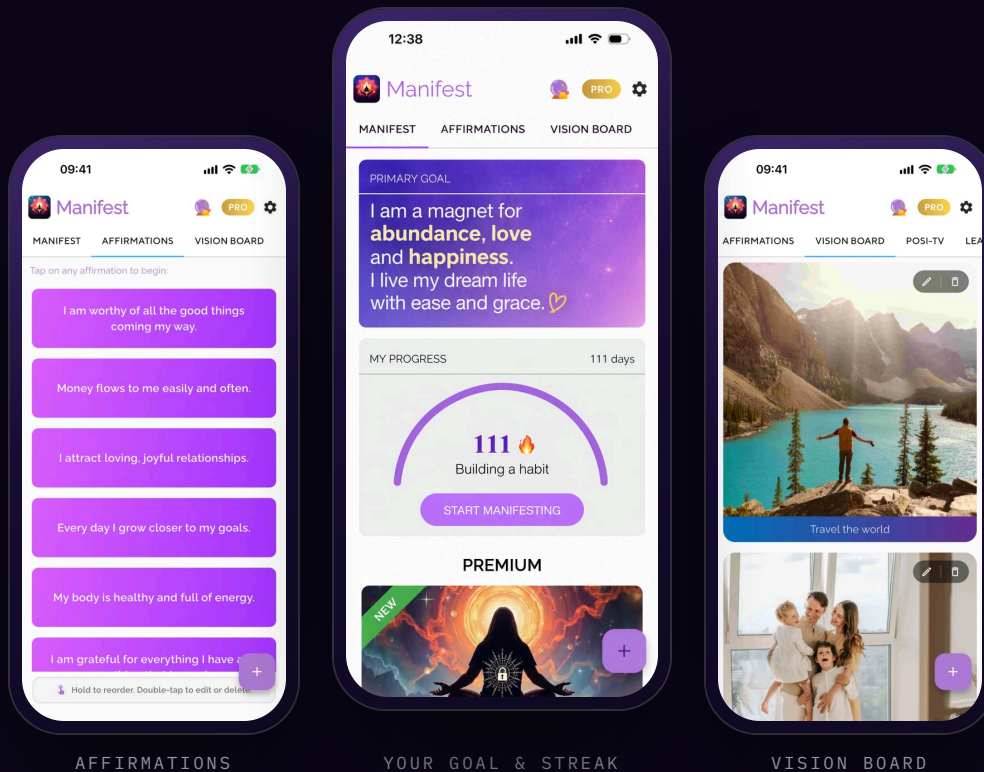
KEEP THE STREAK GOING

Paper works beautifully for a week. For the next 358 days, the app tracks every session and streak for you – automatically.

YOU DID IT

Day 8 starts *now*.

You've built the habit on paper. Keep it going with The Manifest App — your goal, affirmations, vision board and daily practice, all in one calm place that fits in your pocket.



Your goal, front and center

Seen every time you open the app.

Twice-daily reminders

Morning and night, so you never forget.

Guided visualizations

Narrated sessions when you want to be led.

Streaks & progress

From day one to a full year of practice.

Get The Manifest App — free

Tap a badge to download, or scan a code with your phone's camera.



IPHONE



ANDROID

★ 4.8 RATING · 1M+ ACTIVE USERS · 108+ COUNTRIES · [THEMANIFESTAPP.COM](https://themanifestapp.com)