PRINTABLE CHECKLIST

The Manifestation Practice Checklist

A small daily ritual — written down, so you can watch it build.

◆ PRINT IT · CHECK IT OFF · BREATHE ◆

Get specific

Vague intentions are hard to write about every day.

- [ ] **Choose one or two areas to focus on.** Love, money, career, health, home, growth.
- [ ] **Write what you want in one sentence.** Specific enough to picture.
- [ ] **Write why it matters to you.** The reason, not just the goal.
- [ ] **Turn it into an affirmation.** Present tense, positive, in your own words.

Try the 369 method

Three times in the morning, six at midday, nine at night.

- [ ] **Pick one affirmation.** Keep it the same for a while.
- [ ] **Write it three times in the morning.** Before you check your phone, if you can.
- [ ] **Write it six times at midday.** Set a reminder — this is the one people miss.
- [ ] **Write it nine times at night.** A calm way to end the day.
- [ ] **Track the days you complete.** A streak is motivating.

NOTES

Scripting

Write as if it has already happened.

- [ ] **Write in the present or past tense.** As though it's already happened.
- [ ] **Use the senses.** What you see, hear, feel.
- [ ] **Use a prompt when you're stuck.** "Today I woke up and..."
- [ ] **Keep entries dated.** Rereading old entries is part of the practice.

Build a vision board

A picture you'll see every day.

- [ ] **Group it by area of life.**
- [ ] **Choose images that feel right.** Not just ones that look nice.
- [ ] **Put it where you'll see it.** A wall, a phone background, the front of a journal.
- [ ] **Refresh it when your goals shift.**

NOTES

Gratitude

Three things, every day.

- [ ] **Write three things you're grateful for.** Specific, not general.
- [ ] **Include something that went right today.**
- [ ] **Reread a week of entries on Sunday.**

Keep it going

Small and consistent beats ambitious and abandoned.

- [ ] **Attach it to something you already do.** Morning coffee, lunch, brushing your teeth.
- [ ] **Keep it small.** Five to ten minutes is plenty.
- [ ] **Track goals as they progress.** Planted, growing, done.
- [ ] **Review once a month.** What's changed? What would you rewrite?

> **If you take one thing from this checklist:** keep it small enough to do on a bad day. A five-minute ritual you do every day will tell you more than an hour-long one you do twice.

> **Please note:** This is a journaling and reflection guide. It makes no promises about outcomes, and it isn't a substitute for professional, medical or financial advice.

NOTES

WHEN PAPER STOPS BEING ENOUGH

This checklist can't keep your streak.

Paper is a lovely place to start. It is harder to count streaks, keep a dated scripting journal, and see how a month of practice has added up.

The MDRN Manifestation Planner

A 369 tracker with live rings and a streak, a vision board, a scripting journal, a gratitude log and a goals tracker. Private, on your device.

mdrn-milestone-website.vercel.app/planners/manifestation.html

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