

# Manifestation Challenge

30 DAY CHALLENGE TO GET INSPIRED, MOTIVATED & MANIFEST YOUR INNER PURPOSE

*Often times we can get caught up in the shuffles of life. We can sometimes lose our identity and purpose to other things such as relationships, motherhood, divorce, new jobs, etc. However its okay now is the time to reclaim your purpose and not live for others but for what you were truly destined to do. With in the next 30 days we will be on a journey to manifesting change in our lives together. I look forward to walking along this journey with you. Keep me posted on the progress in the P3 Empowerment Challenge Group.*

*Just know this is a the first step to reclaiming your purpose. This challenge is designed to get you on track and into the flow of things. This challenge does require commitment as you will sign a contract with yourself saying you will commit yourself to the journey of the next 30 days. Come rain or shine, you have to do it. This is for YOU, to help you feel good, get to where you want and have a miraculous month, so commit.*

*Commit by creating a new reality for yourself. Reconnect yourself with your dreams and goal of life. The challenge is meant to be fun and make you feel great about yourself. Its not about what you havent done in the past but more about where you are are trying to go in the future.*

*So lets start with a brain dump of your goals, dreams and inspirations. Habakkuk 2:2 Says write the vision and make it plain. So on your mark, get ready, set, go.*

# Motivational Brain dump

The first step on your journey to reconnect with your dreams is to get dreaming. Think about what you want to manifest into your life and write it down below. This doesn't just have to be business dreams, it can be anything you desire. Allow yourself to just have fun and write down whatever you want...

# Daily Routine

It's important that you create a routine. This will help you to stay on track for manifesting your vision. To help you with a daily routine here are some specific actions to get you going daily to realign yourself, feeling good about yourself and make progress towards your goals. Once you've completed each step every day, check it off.

## MORNING VISUALIZATION

Take 5-10 minutes vividly visualizing one of your dreams. Have fun with this, get lost in your imagination, experience having what you want. Work your mind muscles to help you create a wonderful reality for yourself.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

## GET FOCUSED

Take 5-10 minutes getting clear about your day ahead. What are your top goals for the day? What do you want to accomplish today? What tasks do you need to complete and at what time? Create your direction for the day. Use the daily planner to help you with this.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

## PERSONAL DEVELOPMENT

Take 5-10 minutes today on personal development. Whether it's going on YouTube and watching an inspiring video, listening to a podcast, reading a blog post, reading a chapter of a book... just take time to learn and to grow on a personal level.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

## TAKE ACTION

Discipline yourself to do what you need to do today. To help you with this, set a reminder in your phone to go over every hour or at points throughout the day to remind you to check in with yourself. Take a moment and think about how your day is going, what you've been focusing on and adjust accordingly.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

# Daily Routine

## EXERCISE

Get your body moving, it will help you get back in the flow. 30 minutes of cardio will change your life. But if you dont have time just yet even if you just stand up and dance around for 5 minutes... do it. Move your body and get your heart pumping!

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

## HAVE FUN

Every day, take a moment to get intentional about how you're going to have fun and feel good. Having fun and feeling good is transformational, so make it a part of every single day. What will you do today to have some fun?

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

## QUIET TIME

Take 5-10 minutes having some quiet time. Go outside or in a quiet space, focus on your breath. Breath in deeply, relax. Be in the moment. Pay attention to your hear beating, notice how your hands and fingers feel - tune in with yourself. **Self-care is always important.**

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

## BE GRATEFUL

Think of 3 things you're most grateful for today and really feel the gratitude spread throughout your body. Be thankful for the wonderful things that happen in your day - whether it's just that you're here, breathing and living.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

# Daily Planner

## TOP GOALS FOR THE DAY:

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## PLAN FOR THE DAY:

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## DAILY ROUTINE

- **Visualize**
- **Create daily goals & plan**
- **Personal development**
- **Check in with yourself**
- **Exercise**
- **Have fun**
- **Quiet time**
- **Be grateful**

I will speak life into every aspect of my life. I feel great. I feel connected. I am aligned with my purpose and dreams.