

365

MANIFESTATION

POWER

WORKBOOK

365 MANIFESTATION POWER WORKBOOK

The Journey Of Manifestation

Welcome to the 365 Manifestation Workbook.

Before you start, here are simple guidelines for you to utilize this workbook to aid you in your manifestation journey:

1. This workbook consists of 365 quotes, corresponding to the 365 days we have in a year.
2. Each quote is designed to motivate, encourage and inspire you to manifest your goals every day.
3. There are different quotes for a different day, and the blank spaces provided for certain days/quotes are for you to scribble or jot down your thoughts.

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4. Your thoughts can be either; your action plans, your experiences for the day, your aspirations or anything that you find significant to your manifestation journey.
5. By the end of the workbook, you may revisit your entire journey by looking back at the previous quotes and what you have written down. Observe how much you have grown and did you manage to manifest your dreams?

All the best!

365 MANIFESTATION POWER WORKBOOK

January 1st

Happy New Year!

A new day, a new month, a new year and definitely a new beginning. Focus on becoming a bigger and better version of yourself. Set actionable goals and stick to it! This is the start of manifestation.

- Take time to reflect deeply on your dreams and desires.
- Visualize it in detail, as though it has already belonged to you.
 - Write down your goals for this year, month and week.

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January 2nd

Be willing to embrace the “New You”.

To achieve your New Year’s resolutions, you must embrace a lifestyle change. A lifestyle change is the key to successful growth whether your goal is focused on a change of health, wealth or relationships.

- List down steps you can take in order to achieve the goals you have made earlier.

365 MANIFESTATION POWER WORKBOOK

January 3rd

Stop living in the past and start creating your future. Move forward and let go of all the thoughts holding you back. Take responsibility of how you want your day to turn out. Focus on the here and now.

365 MANIFESTATION POWER WORKBOOK

January 4th

Practice mindfulness. Be aware of all the consequences of your actions as this plays a major role in the manifestation of your goals. Channel your energy to things that are meaningful to you. Don't be sidetracked.

365 MANIFESTATION POWER WORKBOOK

January 5th

Don't be too hard on yourself. Practice baby steps for everything you want to achieve, but remember to keep going.

Consistency is key.

365 MANIFESTATION POWER WORKBOOK

January 6th

It's okay to make mistakes. Do not give up completely if things are not going as planned. Everyone has their ups and downs and this is what makes the journey more meaningful and memorable.

365 MANIFESTATION POWER WORKBOOK

January 7th

You do not become an expert in one day. You did not learn to walk in one day. It is impossible to master everything in one day. Give it some time and practice, and believe you will get there.

- Review your goals and plans for the week. Was there progress so far?
- If no, what can you do to improve and see progress?

365 MANIFESTATION POWER WORKBOOK

January 8th

You are in control of the energy you want to immerse yourself in. It is completely normal to not engage with people who are toxic to your growth and development. Choose your circle.

365 MANIFESTATION POWER WORKBOOK

January 9th

You can make all that you dream of come true. When you have the drive and passion to do so, equipped with proper planning and consistency, you are no doubt on the right track!

365 MANIFESTATION POWER WORKBOOK

January 10th

Acknowledge the power of self-reflection. Sometimes, all you need to do is to stop and ponder. You must have your own set of values that will guide you in both good and bad circumstances, where you are able to reflect your choices.

365 MANIFESTATION POWER WORKBOOK

January 11th

What you focus on expands. Focus more on the positive side of things rather than the negative. Your results and achievements are dependent on what you focus your energy on.

- Write down a list of positive affirmations to counteract the negative thoughts and doubts in your mind.
- Remind yourself of these affirmations whenever these thoughts come to mind.

365 MANIFESTATION POWER WORKBOOK

January 12th

Live your dreams. Commit to working on yourself. Stop looking at what others have achieved and comparing your life with theirs. Instead, start committing to your own self-improvement, develop an actionable plan and work towards it!

365 MANIFESTATION POWER WORKBOOK

January 13th

Structure a plan. Once you have decided what you want to achieve, plan it out. It does not have to be a long-term plan. It can be as simple as saving a dollar a day, reading a book a day or even cooking a meal a day for yourself.

365 MANIFESTATION POWER WORKBOOK

January 14th

Get your priorities right. Do not channel your energy towards things that will only slow down your progress. Stop wasting time and start achieving!

365 MANIFESTATION POWER WORKBOOK

January 15th

Overcome your limiting beliefs. Your beliefs may influence the majority of the decisions you make and the actions you take.

365 MANIFESTATION POWER WORKBOOK

January 16th

You are the only one who can realize and make your dreams
come true.

365 MANIFESTATION POWER WORKBOOK

January 17th

The only thing constant in life is change. You only progress
and move forward by embracing change.

365 MANIFESTATION POWER WORKBOOK

January 18th

Work on your inner elements. When you are in tune with your inner self, it will project through your outer self.

365 MANIFESTATION POWER WORKBOOK

January 19th

You are an inspiration to those around you. Never doubt that you have something to offer to the table. You might not see it, but you have your own unique qualities that people aspire to be.

365 MANIFESTATION POWER WORKBOOK

January 20th

Be open to what life has to offer to you. Embrace all experiences as a stepping-stone to your success.

365 MANIFESTATION POWER WORKBOOK

January 21st

Create meaningful memories while you can and appreciate every moment. You never know when it will be your last.

- When was the last time you created memories with your family and friends? Make some time to do so today.

365 MANIFESTATION POWER WORKBOOK

January 22nd

Take chances and grab every opportunity that comes your way. When you succeed, keep the momentum going. When you fail, you learn to grow.

365 MANIFESTATION POWER WORKBOOK

January 23rd

Keep learning and keep growing. Whether you are 20 or 80, it
is never too late to start.

365 MANIFESTATION POWER WORKBOOK

January 24th

The difference in winning and losing is, most often, not
quitting.

- Walt Disney

365 MANIFESTATION POWER WORKBOOK

January 25th

Always engage in transformative learning. Always have a new,
empowering perspective each and every day.

365 MANIFESTATION POWER WORKBOOK

January 26th

Start living differently. In order to have a massive transformation on your life, you must change the way you talk, think and act until you finally see the results.

365 MANIFESTATION POWER WORKBOOK

January 27th

The effective way to reduce our problems and create happiness is by focusing on the positive and disregarding the negative.

365 MANIFESTATION POWER WORKBOOK

January 28th

You are able to make the world a better place by helping out others to realize their own dreams or personal growth.

365 MANIFESTATION POWER WORKBOOK

January 29th

The more you help others to search for their purpose in life,
the clearer you are of yours.

365 MANIFESTATION POWER WORKBOOK

January 30th

Be yourself, everyone else is already taken

- Oscar Wilde

365 MANIFESTATION POWER WORKBOOK

January 31st

You only live once, but if you do it right, once is enough

- Mae West

365 MANIFESTATION POWER WORKBOOK

February 1st

Each of us has something to offer to the universe. All of us possess our very own special talents that we need to discover.

365 MANIFESTATION POWER WORKBOOK

February 2nd

The outcome of your actions is dependent on your state of mind. Your state of mind also influences your state of emotions. If you want your actions to be meaningful and lead to positive emotions, you have to improve your state of mind.

365 MANIFESTATION POWER WORKBOOK

February 3rd

In order to attract wealth and to be wealthy, you need to first believe you are worthy of being wealthy. Always remember the law of attraction.

365 MANIFESTATION POWER WORKBOOK

February 4th

Always make time to work on your passion projects and to do
what you love.

365 MANIFESTATION POWER WORKBOOK

February 5th

Failure is not a roadblock to your achievements. It is a huge stepping stone to success, only if you learn from it.

365 MANIFESTATION POWER WORKBOOK

February 6th

We are all scared to face changes in life. However, acknowledge that whenever you feel this way, you are doing something out of the ordinary. You are changing for the better. You are not playing it safe!

365 MANIFESTATION POWER WORKBOOK

February 7th

Do one thing at a time. This is when you have complete focus on what you do and giving it your all.

365 MANIFESTATION POWER WORKBOOK

February 8th

You are responsible of your own life and the decisions you
make.

365 MANIFESTATION POWER WORKBOOK

February 9th

Make the present moment as the main focus of your attention. Do not dwell on the past. Acceptance is the key to inner peace.

365 MANIFESTATION POWER WORKBOOK

February 10th

Do the thing you fear, and continue to do so. This is the
quickest and surest way of all victory over fear.

- Dale Carnegie

365 MANIFESTATION POWER WORKBOOK

February 11th

Get to know yourself before anything else. This will help you to discover your true capabilities and untapped potential.

With awareness comes transformation and freedom.

365 MANIFESTATION POWER WORKBOOK

February 12th

Be aware of envy, as it is the product of ego. Giving in to your ego may have many negative consequences to your life in terms of behavior and relationships.

365 MANIFESTATION POWER WORKBOOK

February 13th

The hard part is what separates good from great

- Noah Kagan

365 MANIFESTATION POWER WORKBOOK

February 14th

Nurture your inner child. Many people don't treat themselves well and forget to reward themselves whenever they managed to achieve their goals or even simple tasks. You should acknowledge yourself whenever you have successfully achieved your target. This is a source of motivation and to keep you moving forward!

- Review your plans and goals. How much did you accomplish so far?

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February 15th

Be compassionate with yourself. Have compassion for your flaws and weaknesses. Look at yourself through the lens of a loving parent nurturing their child. Accept everything about yourself unconditionally.

365 MANIFESTATION POWER WORKBOOK

February 16th

Forgiveness means you are mature enough to look past the person at fault and the situation. You are doing yourself a favor by letting go and granting yourself inner peace.

365 MANIFESTATION POWER WORKBOOK

February 17th

If you believe you can, it is true. If you believe you can't, it is also true. You realize what you believe.

365 MANIFESTATION POWER WORKBOOK

February 18th

Set healthy boundaries between you and others. You deserve your own personal space. Do be clear of what you can and cannot tolerate. You determine how you should be treated.

365 MANIFESTATION POWER WORKBOOK

February 19th

To fall in love with yourself is the first secret to happiness

- Robert Morley

365 MANIFESTATION POWER WORKBOOK

February 20th

Let go of judgment towards others. You should not construct an identity for another person. Free yourself from negative thoughts.

365 MANIFESTATION POWER WORKBOOK

February 21st

Being courageous does not mean not having fear, it's just that the feeling doesn't control you. Establish a basic personal philosophy that fears is an opportunity to grow, not something you run from.

- Judith Orloff

365 MANIFESTATION POWER WORKBOOK

February 22nd

Do not worry about other people's perception towards you.

This will only hinder your personal growth and who you
should really be.

365 MANIFESTATION POWER WORKBOOK

February 23rd

Build up your mental strength. Remind yourself of your important and strong traits. Write them down and they are likely to materialize when you believe in them.

365 MANIFESTATION POWER WORKBOOK

February 24th

The time is now. If you do not go for what you want, there
will be no second chances.

365 MANIFESTATION POWER WORKBOOK

February 25th

It's not about your failures, but your courage to get back up
again!

365 MANIFESTATION POWER WORKBOOK

February 26th

Sometimes bravery means raising the up that white flag, accepting defeat, and finding the will to move on from the defeat without resentment, and with wisdom.

- Kovie Biakolo

365 MANIFESTATION POWER WORKBOOK

February 27th

You do not always have to take what other people say about you into account. The most important thing is, how do you feel about yourself.

365 MANIFESTATION POWER WORKBOOK

February 28th

Each of your thoughts will either make you or break you. It will either be your drive towards success or failure. Therefore, choose your thoughts wisely.

365 MANIFESTATION POWER WORKBOOK

March 1st

You are never too late or too early to start. You are never too old or too young. The time is now.

365 MANIFESTATION POWER WORKBOOK

March 2nd

There are 3 major success factors; focus, competence and
passion.

365 MANIFESTATION POWER WORKBOOK

March 3rd

Worrying will only make you lose focus. Always remember that whatever you worry about is only in the mind and is not reality.

365 MANIFESTATION POWER WORKBOOK

March 4th

Stop blaming others for your mistakes. Focus on yourself and the changes you need to make.

365 MANIFESTATION POWER WORKBOOK

March 5th

When you complain, you make yourself a victim. Leave the situation, change the situation, or accept it. All else is madness.

- Eckhart Tolle

365 MANIFESTATION POWER WORKBOOK

March 6th

To make the impossible possible, you must push yourself and think big. Your desire to succeed must be bigger than your fear of failure.

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March 7th

The sweetest victory does not come from easy rides. It often comes from your struggles and trying times.

365 MANIFESTATION POWER WORKBOOK

March 8th

Experience is the best teacher. Even if you did not acquire formal education, your experiences in life will take you far, especially if you learn from them.

365 MANIFESTATION POWER WORKBOOK

March 9th

Have you ever noticed yourself making excuses when the going gets tough? Have you ever neglected taking responsibilities and trying to justify your actions? This is a sign that you are living a life full of excuses. This causes you to not live up to your fullest potential. Stop giving excuses and start acting now!

365 MANIFESTATION POWER WORKBOOK

March 10th

If you are always seeking the attention of others, you are not living your life to the fullest. You only seek the validation of others.

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March 11

If you are still trying to find your true purpose in life, try and travel the world. As you travel, you are exposed to different cultures, people and lifestyles that are totally different than what you are accustomed to back home. This gives you new insights, and you get to explore what you truly want in life.

365 MANIFESTATION POWER WORKBOOK

March 12th

The world is a book, and those who do not travel only read

one page

- Saint Augustine

365 MANIFESTATION POWER WORKBOOK

March 13th

Live your life without regrets. Do what you need to do and cherish every moment.

365 MANIFESTATION POWER WORKBOOK

March 14th

It's not always about the destination; it's the journey that matters. This is how you grow.

365 MANIFESTATION POWER WORKBOOK

March 15th

The three pillars of success are:

A dream, your burning desire and an actionable plan.

365 MANIFESTATION POWER WORKBOOK

March 16th

Think big, beyond your comfort zone to achieve big results.

Small thinking leads to small returns.

365 MANIFESTATION POWER WORKBOOK

March 17th

Sometimes, you are forced to do things you don't like in order to reach your goals. All you need to do is to persevere and believe that your hard work will pay out in the end.

365 MANIFESTATION POWER WORKBOOK

March 18th

Focus on the positive aspects of every situation. Reflect on every situation and ask yourself what is good and positive about it.

365 MANIFESTATION POWER WORKBOOK

March 19th

Eliminate toxic phrases from your life. These phrases are
“what ifs” and “I should have”.

365 MANIFESTATION POWER WORKBOOK

March 20th

Spend time sharing your accomplishments and passion with the people around you. This will inspire them and help them accomplish their own goals in life.

365 MANIFESTATION POWER WORKBOOK

March 21st

Whatever you do, follow your own path in life. Don't be confined to what society expects from you. Be true to yourself as well as your purpose.

365 MANIFESTATION POWER WORKBOOK

March 22nd

Make health your priority. There's no use in achieving your dreams if you are not able to enjoy the fruits of your labor by the end of the day. Be healthy both mentally and physically.

- Have you been taking care of your health? When you are healthy only then you will be able to work towards your goal without any distractions. Pick up a sport, or start a swimming class. It's really up to you.

365 MANIFESTATION POWER WORKBOOK

March 23rd

Always have the courage to try out new things. Experiment and step out of your comfort zone and you will be amazed of what you are truly capable of.

365 MANIFESTATION POWER WORKBOOK

March 24th

Time is precious. How well you spend every second of your life now determines how you will end up in the future.

365 MANIFESTATION POWER WORKBOOK

March 25th

Live the legacy you would want to leave one day.

365 MANIFESTATION POWER WORKBOOK

March 26th

Tell people who mean a lot to you how much you love and care about them, today. It's easy to take people for granted and you never know which moment will be your last.

365 MANIFESTATION POWER WORKBOOK

March 27th

Nothing worthwhile ever comes easy. Everything that comes
easy is most probably not worthwhile.

365 MANIFESTATION POWER WORKBOOK

March 28th

You are the creator of your own opportunities.

365 MANIFESTATION POWER WORKBOOK

March 29th

Always take time to meditate and reflect on your life choices
and the consequences of your decisions.

365 MANIFESTATION POWER WORKBOOK

March 30th

Always express gratitude for even the simplest blessings in your life. Not everyone is as privileged as you.

365 MANIFESTATION POWER WORKBOOK

March 31st

Don't be scared to start all over again. Take it as a new opportunity to achieve your level best this time around.

365 MANIFESTATION POWER WORKBOOK

April 1st

Work on your weaknesses and continue to improve on your existing strengths. Solely focusing on your weaknesses will only turn your existing strengths into weaknesses.

- Think about your strengths and weaknesses, and write them down.
- Reflect on ways to further improve on them, and set goals on a realistic time frame, eg : speaking to a random stranger once a week (addressing social phobia),etc.

365 MANIFESTATION POWER WORKBOOK

April 2nd

Your drive to succeed should be greater than your fear of
failing.

365 MANIFESTATION POWER WORKBOOK

April 3rd

Always seek to keep your mind free of clutter. If your mind is always cloudy, it won't matter if the path ahead is bright - you won't be able to see it.

365 MANIFESTATION POWER WORKBOOK

April 4th

We are all capable of achieving our wildest dreams. All it takes is a dash of pure courage and the willingness to do what it takes to get there.

365

MANIFESTATION POWER WORKBOOK

April 5th

I have been impressed with the urgency of doing. Knowing is not enough. We must apply. Being willing is not enough. We must do.

- Leonardo da Vinci

365 MANIFESTATION POWER WORKBOOK

April 6th

Attract what you expect, reflect what you desire, become
what you respect, mirror what you admire.

365 MANIFESTATION POWER WORKBOOK

April 7th

Go confidently in the direction of your dreams. Live the life
you have imagined.

- Henry David Thoreau

365 MANIFESTATION POWER WORKBOOK

April 8th

The people around you are a big influence on your life's journey and successes; be sure to surround yourself with people who will help you grow and succeed.

365 MANIFESTATION POWER WORKBOOK

April 9th

Reflect on the people who have helped, inspired, motivated or encouraged you in the past and how their actions have made you the person you are today. Do the same for the people around you today.

365 MANIFESTATION POWER WORKBOOK

April 10th

The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.

- Confucius

365 MANIFESTATION POWER WORKBOOK

April 11th

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.

- Maya Angelou

365 MANIFESTATION POWER WORKBOOK

April 12th

Better to have tried before than to never have done it at all.

365 MANIFESTATION POWER WORKBOOK

April 13th

We do not know what life holds; the very next moment may be the greatest moment of your life, or the end of your life.

So take joy and be grateful for life's every moment.

- What are you grateful for today?

365 MANIFESTATION POWER WORKBOOK

April 14th

Expect nothing from others, and lend a helping hand to everyone whenever you can.

365 MANIFESTATION POWER WORKBOOK

April 15th

Identify negative, self-limiting thoughts and beliefs you have (complaints, excuses, etc) and jot it down. Resolve to think empowering thoughts instead when these thoughts come to mind.

365 MANIFESTATION POWER WORKBOOK

April 16th

Believe in your infinite potential. Your only limitations are
those you set upon yourself.

- Roy T. Bennett

365 MANIFESTATION POWER WORKBOOK

April 17th

Don't sit around wishing and waiting for your dreams to happen. Take action today and make it a reality.

365 MANIFESTATION POWER WORKBOOK

April 18th

Failure is not the opposite of success, but a stepping stone to
success.

- Arianna Huffington

365 MANIFESTATION POWER WORKBOOK

April 19th

Desire, dedication, determination, concentration and the will
to win is all it takes to be a champion.

365 MANIFESTATION POWER WORKBOOK

April 20th

You cannot tailor-make the situations in life but you can
tailor-make the attitudes to fit those situations.

- Zig Ziglar

365 MANIFESTATION POWER WORKBOOK

April 21st

There is that tiny spark of brilliance in each and every one of us that is just waiting to be revealed to the world.

365 MANIFESTATION POWER WORKBOOK

April 22nd

Death is inevitable - all of us will die someday, it's just only a matter of time. Choose instead to live life to the fullest you possibly can, so that you'll have no regrets when you die.

365 MANIFESTATION POWER WORKBOOK

April 23rd

Reflect on the goals you've set earlier this year. How much have you accomplished so far? Are there any things you would like to add?

365 MANIFESTATION POWER WORKBOOK

April 24th

Every new day is a brand new start, a chance to change your
life. Seize the opportunity!

365 MANIFESTATION POWER WORKBOOK

April 25th

Be the change you want to see in your life.

- What changes would you like to see in your life? And how are you willing to change in order for that to happen?

365 MANIFESTATION POWER WORKBOOK

April 26th

Don't let your emotions distract you from what needs to be done. Control your emotions or your emotions will control you.

365 MANIFESTATION POWER WORKBOOK

April 27th

Some people want it to happen, some wish it would happen,
others make it happen.

- Michael Jordan

365 MANIFESTATION POWER WORKBOOK

April 28th

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

- Norman Vincent Peale

365 MANIFESTATION POWER WORKBOOK

April 29th

In the face of failure, never admit defeat. Get up kicking and ready to fight back. And never, ever give up.

365 MANIFESTATION POWER WORKBOOK

April 30th

An idea not coupled with action will never get any bigger than
the brain cell it occupied.

- Arnold Glasgow

365 MANIFESTATION POWER WORKBOOK

May 1st

Treat failure as a lesson on how not to approach achieving a goal, and then use that learning to improve your chances of success when you try again. Failure is only the end if you decide to stop.

- Richard Branson

- Reflect on your past experiences, whether negative or positive, from the past few months (or years).
- List down the lessons that you have gained from these experiences.

365 MANIFESTATION POWER WORKBOOK

May 2nd

I truly believe that everything that we do and everyone that we meet is put in our path for a purpose. There are no accidents; we're all teachers - if we're willing to pay attention to the lessons we learn, trust our positive instincts and not be afraid to take risks or wait for some miracle to come knocking at our door.

- Marla Gibbs

365 MANIFESTATION POWER WORKBOOK

May 3rd

The problems and setbacks we face in life are merely opportunities given by life to help us along on your way towards success.

365 MANIFESTATION POWER WORKBOOK

May 4th

Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.

- Brian Tracy

365 MANIFESTATION POWER WORKBOOK

May 5th

Pessimism leads to weakness, optimism to power.

- William James

365 MANIFESTATION POWER WORKBOOK

May 6th

Passion plays a very significant role in your goals - it is its driving force, the key thing your goals are made of. Pursue passion.

365 MANIFESTATION POWER WORKBOOK

May 7th

Running away from your problems is never the solution.

Rather, it is rising up to the challenge to overcome the problem. And that my friend, is the secret to success.

- Are there any issues or problems right now that you are refusing to confront? List down these issues and also feasible steps you can take in order to address these issues head on.

365 MANIFESTATION POWER WORKBOOK

May 8th

Difficult times provide valuable lessons.

It is only during times of adversity that your weaknesses and strengths, as well as your truest friends, are revealed to you.

365

MANIFESTATION POWER WORKBOOK

May 9th

Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think.

- A.A. Milne

365 MANIFESTATION POWER WORKBOOK

May 10th

The gem cannot be polished without friction, nor man
perfected without trials.

- Chinese Proverb

365 MANIFESTATION POWER WORKBOOK

May 11th

True friends are the ones who make the bad times good, and the good times unforgettable. Be grateful for them.

- Contact your friends and the people you love today to tell them how much you appreciate them for their presence in your life.

365 MANIFESTATION POWER WORKBOOK

May 12th

All the adversity I've had in my life, all my troubles and obstacles have strengthened me... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you.

- Walt Disney

365 MANIFESTATION POWER WORKBOOK

May 13th

Hard work is always the difference between opportunities.

-Eric Rewitzer

365 MANIFESTATION POWER WORKBOOK

May 14th

Desire is the key to motivation, but it's the determination and
commitment to unrelenting pursuit of your goal - a
commitment to excellence - that will enable you to attain the
success you seek.

- Mario Andretti

365 MANIFESTATION POWER WORKBOOK

May 15th

When the why gets stronger, the how get easier.

- Jim Rohn

365 MANIFESTATION POWER WORKBOOK

May 16th

Have you been doing all you can in order to achieve the life that you want? How much harder are you willing to push yourself for it? Are you willing to sacrifice all that it takes?

365 MANIFESTATION POWER WORKBOOK

May 17th

You can set a direct course for your future by defining your goals, or, you can take the opposite position and just let the future haphazardly unfold by itself.

- Catherine Pulsifer

365 MANIFESTATION POWER WORKBOOK

May 18th

Ask yourself today... “What am I doing today that will get me closer to where I want to be tomorrow?” It definitely won’t be an easy journey, but it will be well worth it.

365 MANIFESTATION POWER WORKBOOK

May 19th

Our minds are powerful forces not to be reckoned with- what we think, we become. Therefore, we need to use this force wisely for our own wellbeing.

365 MANIFESTATION POWER WORKBOOK

May 20th

It takes courage....to endure the sharp pains of self-discovery
rather than choose to take the dull pain of unconsciousness
that would last the rest of our lives.

- Marianne Williamson

365 MANIFESTATION POWER WORKBOOK

May 21st

I am here for a purpose and that purpose is to grow into a mountain, not to shrink to a grain of sand. Henceforth will I apply ALL my efforts to become the highest mountain of all and I will strain my potential until it cries for mercy.

- Og Mandino

365 MANIFESTATION POWER WORKBOOK

May 22nd

Whatever we are waiting for - peace of mind, contentment, grace, the inner awareness of simple abundance - it will surely come to us, but only when we are ready to receive it with an open and grateful heart.

- Sarah Ban Breathnach

365 MANIFESTATION POWER WORKBOOK

May 23rd

Never settle for less, don't ever think it's too late, and never,
ever, ever compromise a dream.

- Mike Dooley

365 MANIFESTATION POWER WORKBOOK

May 24th

Being thankful for what you already have is a powerful process that will cause a shift in energy within you, and bring to your life an abundance of good things.

365 MANIFESTATION POWER WORKBOOK

May 25th

We're scared and cautious and over think everything, and although you have your dreams and goals, and believe in what you're doing, it's easy to slip into a glass-half-empty mentality.

- Matthew Turner

- What are your fears and doubts? List them down and find ways to overcome them.

365 MANIFESTATION POWER WORKBOOK

May 26th

If you can tune into your purpose and really align with it, setting goals so that your vision is an expression of that purpose, then life flows much more easily.

- Jack Canfield

365 MANIFESTATION POWER WORKBOOK

May 27th

In the midst of your relentless pursuit of your desires and wants, remember to pause, reflect and be grateful for what you already have.

365 MANIFESTATION POWER WORKBOOK

May 28th

Reflect on your desires and wants. Visualize it and think of it as already belonging to you, with no doubts or worries in the way - and let it come to you.

365 MANIFESTATION POWER WORKBOOK

May 29th

Set your thoughts on the right things, and you will create the right results you want. Set your thoughts on the wrong things, and you would have failed before you have started.

365 MANIFESTATION POWER WORKBOOK

May 30th

Doing good is a simple and universal vision. A vision to which each and every one of us can connect and contribute to its realization. A vision based on the belief that by doing good deeds, positive thinking and affirmative choice of words, feelings and actions, we can enhance goodness in the world.

- Shari Arison

- Share some goodness today with the world! Lend a helping hand to someone today.

365 MANIFESTATION POWER WORKBOOK

May 31st

What we plant in the soil of contemplation, we shall reap in
the harvest of action.

- Meister Eckhart

365 MANIFESTATION POWER WORKBOOK

June 1st

We have now reached the first half of the year. List down what resolutions you have achieved thus far:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

365 MANIFESTATION POWER WORKBOOK

June 2nd

Always remember that it is never too late to start. There is still space for you to grow and achieve your goals!

365 MANIFESTATION POWER WORKBOOK

June 3rd

Organize your time wisely. Here's a simple checklist for today:

- Complete the most important tasks first
 - 20 minutes exercise/meditation
 - Sleep at least 7-8 hours

365 MANIFESTATION POWER WORKBOOK

June 4th

The best gift you can give others is your time. Therefore,
ensure you spend it with the right company.

365 MANIFESTATION POWER WORKBOOK

June 5th

Procrastination and delaying your work will only create more stress, as opposed to completing your tasks bit by bit along the way.

365 MANIFESTATION POWER WORKBOOK

June 6th

Plan your schedule or to do list at least a month ahead so you
get the big picture.

365

MANIFESTATION POWER

WORKBOOK

June 7th

Always remember to have time for yourself as well. Treat yourself today by doing things you love. It can be spending some time in that coffee shop you love, dining out or going for a pampering session at a spa.

365 MANIFESTATION POWER WORKBOOK

June 8th

Log your activities for today. Write down what you did for the day. From what you ate to the tasks you have accomplished. You'll gain a lot of insight by discovering how you truly spend your time on. This will help you in your future plans as well as time management.

365 MANIFESTATION POWER WORKBOOK

June 9th

Write the deadline in your calendar or planner once you get a new assignment or task at hand.

365 MANIFESTATION POWER WORKBOOK

June 10th

List down the reasons why you are unable to accomplish your plans even if you have planned ahead:

365 MANIFESTATION POWER WORKBOOK

June 11th

What do you stress about when it comes to your future plans? Write them down here.

365 MANIFESTATION POWER WORKBOOK

June 12th

Always remember you are creative and resourceful. You have what it takes to make anything you want work as well as having the same amount of time that everyone has to do what you plan to do!

365 MANIFESTATION POWER WORKBOOK

June 13th

Pick up a new hobby today or take up something you have never tried before and see how accomplished you will feel!

365 MANIFESTATION POWER WORKBOOK

June 14th

List down things that you are thankful for today:

365 MANIFESTATION POWER WORKBOOK

June 15th

Do things better today than you did yesterday.

365 MANIFESTATION POWER WORKBOOK

June 16th

Take 10-15 minutes today to update your finances. It can be either your shopping expenses, car loan or even your monthly bills. This will keep you aware on your expenditures.

365 MANIFESTATION POWER WORKBOOK

June 17th

Be early today. If you have a meeting to attend, show up for the meeting early. Show up for that dinner date early or just simply, show up for work early. People respect those who show up early.

365 MANIFESTATION POWER WORKBOOK

June 18th

Until we can manage time, we can manage nothing else

- Peter F. Drucker

365 MANIFESTATION POWER WORKBOOK

June 19th

If you fail to plan, you plan to fail. You will only be living life
day to day.

365 MANIFESTATION POWER WORKBOOK

June 20th

The bad news is, time flies.

The good news is, you are the pilot

– Michael Altuher

365 MANIFESTATION POWER WORKBOOK

June 21st

Read something beneficial today. It can be an article, a book,
a poem or any content that will uplift you.

365 MANIFESTATION POWER WORKBOOK

June 22nd

List down the things you did today that you think was worth
your time:

365 MANIFESTATION POWER WORKBOOK

June 23rd

Use the spare time you have to your advantage. Do not waste your precious time by committing to things you will regret later.

365 MANIFESTATION POWER WORKBOOK

June 24th

Either you run the day, or the day runs you

- Jim Rohn

365 MANIFESTATION POWER WORKBOOK

June 25th

Eliminate from your schedule activities that do not inspire you. You will find more joy in the ones you continue to participate in.

365 MANIFESTATION POWER WORKBOOK

June 26th

Some of the simple activities you can do daily and starting today to maximize your free time is:

- Walking
- Gardening
- Cooking
- Reading
- Journaling or writing

365 MANIFESTATION POWER WORKBOOK

June 27th

It's okay to take a time out when you feel like everything is overwhelming to you. However, remember to get back up and continue what you need to do when you have taken your time to calm down. Zone out, tune in and reconnect with yourself.

365 MANIFESTATION POWER WORKBOOK

June 28th

Take some time to do a health check on yourself. When you are too busy with your life, you tend to forget what matters the most; your health.

365 MANIFESTATION POWER WORKBOOK

June 29th

Every morning, make a conscious effort to tune in to your emotional, mental, physical and spiritual needs.

365 MANIFESTATION POWER WORKBOOK

June 30th

Identify and tick which of the following do you spend your
time and energy on the most:

- Work
- Friends and family
 - Clubs
 - Exercise
 - Chilling
 - Hobbies

365 MANIFESTATION POWER WORKBOOK

July 1st

No one can achieve their dreams by just talking about it. Start surrounding yourself with positive people who know what it means to start doing than dallying.

365 MANIFESTATION POWER WORKBOOK

July 2nd

List down what you want to achieve this month:

365 MANIFESTATION POWER WORKBOOK

July 3rd

Remember to chase your dreams, not the money that comes with it. It will end up trailing you anyway.

365 MANIFESTATION POWER WORKBOOK

July 4th

Do not mandate productivity. You need to provide the best tools for yourself to bring out your very best.

365 MANIFESTATION POWER WORKBOOK

July 5th

Focus on one thing that you are really good at. Practise, practise and practise until you are very good at it. Doing so will get you very far with what you are trying to achieve.

365 MANIFESTATION POWER WORKBOOK

July 6th

Adopt the ways of a product manager; brain of an engineer,
heart of a designer and speech like a diplomat.

- Deep Nishar, LinkedIn

365 MANIFESTATION POWER WORKBOOK

July 7th

Remember, you either do or do not. There is no in between.

There is no try. Most importantly, there are no excuses.

365 MANIFESTATION POWER WORKBOOK

July 8th

There is no such thing as needing more time, all you need to do is decide.

365 MANIFESTATION POWER WORKBOOK

July 9th

No one can build their reputation based on what they think they are going to do. Reputation exists once you earn your place. Do not give up.

365 MANIFESTATION POWER WORKBOOK

July 10th

List down the things you want to improve on yourself:

365 MANIFESTATION POWER WORKBOOK

July 11th

Life is too short to dawdle. Go outside, and do stuff that matters to you the most.

365 MANIFESTATION POWER WORKBOOK

July 12th

The way you interpret your life and other people's problems in any given situation is nothing more than a viewpoint. One of the many possible perspectives. Do not let your mind trap you in a conceptual prison.

365 MANIFESTATION POWER WORKBOOK

July 13th

The thinking mind is a useful and powerful tool, but is also very limiting when it takes over your life completely. Enlighten yourself by realizing that it is only a small aspect of the consciousness that you are.

365 MANIFESTATION POWER WORKBOOK

July 14th

Do something out of the ordinary today that might challenge you. It can be saying hello to a complete stranger, signing up for a martial arts class or just a jog in the park after work.

365 MANIFESTATION POWER WORKBOOK

July 15th

Don't let people tell you your ideas won't work. If you are truly passionate about your ideas and dreams, prove to yourself that it is worth it.

365 MANIFESTATION POWER WORKBOOK

July 16th

Do not dismiss criticism so easily. Use it to improve yourself, your business, your product or anything that needs attention.

365 MANIFESTATION POWER WORKBOOK

July 17th

Try to be at ease with the state of 'not knowing'. This will take you beyond mind because the mind is always trying to conclude and interpret. Over interpreting things will get you nowhere.

365 MANIFESTATION POWER WORKBOOK

July 18th

Do not complain when things get rough. Make it better. Let it go by taking all the necessary action to make it better than before.

365 MANIFESTATION POWER WORKBOOK

July 19th

Should you encounter failure, remember the words of Thomas Edison; 'I have not failed. I've just found 10,000 ways that won't work.'

365 MANIFESTATION POWER WORKBOOK

July 20th

When you innovate, you've got to be prepared for people
telling you that you are nuts.

-Larry Ellison, Oracle

365 MANIFESTATION POWER WORKBOOK

July 21st

There is only one mantra of success; 'Do not ever lose sight of your goals.'

365 MANIFESTATION POWER WORKBOOK

July 22nd

What motivates you the most today:

- Money
- Friends and family
- Your passion
- Your purpose

365 MANIFESTATION POWER WORKBOOK

July 23rd

Sometimes life's greatest lesson is usually learnt during the worst of times and from the worst of mistakes.

365 MANIFESTATION POWER WORKBOOK

July 24th

Should you find no solution to your problems, take a step back and look at it in a different angle. Most probably it is not a problem you should be solving. Rather, it is a truth you should be accepting.

365 MANIFESTATION POWER WORKBOOK

July 25th

If you suddenly decided to quit anything that you are doing, quit being lazy, quit making excuses and quit waiting for the right time.

365 MANIFESTATION POWER WORKBOOK

July 26th

List down the things you have achieved today that you are
proud of:

365 MANIFESTATION POWER WORKBOOK

July 27th

We don't grow when things are easy. We grow when we
faced life greatest challenges.

365 MANIFESTATION POWER WORKBOOK

July 28th

Not everyone can have a good day every day. At times bad days are bound to be experienced. All you need to do is face that day with a good attitude.

365 MANIFESTATION POWER WORKBOOK

July 29th

Maybe the journey you are going through isn't so much about becoming anything. Maybe it is about unbecoming everything that isn't really you. This is so you can be who you were meant to be in the first place.

365 MANIFESTATION POWER WORKBOOK

July 30th

You are responsible for your act no matter how you feel about it. Man up, take responsibility and face the challenge.

365 MANIFESTATION POWER WORKBOOK

July 31st

Another month goes by, another growth experienced. It is painful, change is painful. But nothing is as painful as staying stuck somewhere you don't really belong.

365 MANIFESTATION POWER WORKBOOK

August 1st

Start your month by investing all your energy to something that is going to contribute to your growth. List it down:

365 MANIFESTATION POWER WORKBOOK

August 2nd

Remember to never stops learning, because life will never
stops teaching you.

365 MANIFESTATION POWER WORKBOOK

August 3rd

A mistake repeated more than once is considered a decision.

Will you repeat the cycle?

365 MANIFESTATION POWER WORKBOOK

August 4th

For that is worth in this world, do not ever regret a day in your life. Each day contributes to your growth. Good days are bound to provide you with happiness. Bad days are there to give experiences. The very worst days impart lessons to you and the very best days leave memories.

365 MANIFESTATION POWER WORKBOOK

August 5th

List down the challenges you wish to face today:

365 MANIFESTATION POWER WORKBOOK

August 6th

There are four things in this life that will change you in time.
Love, music, art and lows. The first three will keep you wild
and full of passion. May you allow the last one to make you
brave.

-Erim Van Vuren

365 MANIFESTATION POWER WORKBOOK

August 7th

Show respect even to the people who don't deserve it; not as a reflection of their character but because as a reflection of yours.

365 MANIFESTATION POWER WORKBOOK

August 8th

Start your day today by counting on your blessings and feeling grateful for each and every one of them.

365 MANIFESTATION POWER WORKBOOK

August 9th

Sometimes, the only way to manifest your goals is by learning to let go of what's behind you and start reaching to what's in front of you.

365 MANIFESTATION POWER WORKBOOK

August 10th

Your mind will always believe anything and everything that you tell it. So start feeding it with hope, dreams, truth and success. Most importantly, feed it with love and self-care.

365 MANIFESTATION POWER WORKBOOK

August 11th

The more you love and respect your own decisions, the less
you will need others to love them too.

365 MANIFESTATION POWER WORKBOOK

August 12th

Do not allow your life to be compared to others. There's no comparison between the sun and the moon. They shine when it is time for them.

365 MANIFESTATION POWER WORKBOOK

August 13th

List down the traits you possess which are unique and you
are proud of:

365 MANIFESTATION POWER WORKBOOK

August 14th

I believe that what we regret the most are our failures of courage whether it's the courage to be kinder, to show up, to say how we feel, to set boundaries, to be good to ourselves. For all that reasons, regret can be the birthplace of empathy.

- Brene Brown

365 MANIFESTATION POWER WORKBOOK

August 15th

You don't necessarily get what you wish for. However, you do
get what you work for.

365 MANIFESTATION POWER WORKBOOK

August 16th

Sometimes you have to act as if you already have it. The Universe, in all of its power will have no choice but to let it come to you instead.

365 MANIFESTATION POWER WORKBOOK

August 17th

A quiet mind is able to hear intuition over fear. Set it at peace
and listen to the stillness of your mind.

365 MANIFESTATION POWER WORKBOOK

August 18th

Do not ever allow yourself to be upset over things that didn't work out for you. Instead feed yourself with gratitude. Be glad that you learned something that teaches you to be better for next time.

365 MANIFESTATION POWER WORKBOOK

August 19th

If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present.

- Lao Tzu

365 MANIFESTATION POWER WORKBOOK

August 20th

Today, list down the things you would want to let go. This can be your past or anything related to yourself:

365 MANIFESTATION POWER WORKBOOK

August 21st

Be still and know. You have to start focusing on yourself.
Focus on one idea. One task. one moment. And finally, find
joy in manifesting that idea into reality. Give your 100%
today!

365 MANIFESTATION POWER WORKBOOK

August 22nd

All situations are temporary. Nothing truly lasts forever. We know this intellectually even. Plants will wilt. Building can collapse. Tyres may flat. Everything is always in transition.

Changes are inevitable.

365 MANIFESTATION POWER WORKBOOK

August 23rd

You have survived all of the difficult moments of your past. Take a moment to think about all of the things that you've been through in your life. Cherish them and impart those lessons in your future endeavor.

365 MANIFESTATION POWER WORKBOOK

August 24th

You are stronger than you think you are. Trust in yourself.

365 MANIFESTATION POWER WORKBOOK

August 25th

List down new things you have learnt today:

365 MANIFESTATION POWER WORKBOOK

August 26th

It is not impermanence that makes us suffer. What makes us truly suffer wants things to be permanent when in truth; they are not and never will be.

365 MANIFESTATION POWER WORKBOOK

August 27th

Sometimes in life, your situation will keep repeating itself
until you learn your lesson.

365 MANIFESTATION POWER WORKBOOK

August 28th

Believe in your potential and your ability to succeed. Never
second guess that.

365 MANIFESTATION POWER WORKBOOK

August 29th

Whatever mistakes you commit today, own up to what you didn't do right. That is how you learn and earn respect.

365 MANIFESTATION POWER WORKBOOK

August 30th

Be afraid but just do it anyway.

365 MANIFESTATION POWER WORKBOOK

August 31st

As new month approaches, be thankful for all your struggles.

Without it, you wouldn't have stumbled upon your own strength. List down your struggles for the past month:

365 MANIFESTATION POWER WORKBOOK

September 1st

Here are some of things you can do to get a head start on a new month; express gratitude, set you intentions for the day, take five long breaths in and out, just smile for no reason in front of the mirror, and forgive yourself for yesterday's mistakes. Suit up and get ready to take action.

365 MANIFESTATION POWER WORKBOOK

September 2nd

When life is sweet, say thank you and celebrate. But when life
is suddenly bitter, say thank you and grow.

365 MANIFESTATION POWER WORKBOOK

September 3rd

If there's just one piece of advice I can give you, it's this – when there's something you really want, fight for it, don't give up not matter how hopeless it seems. And when you've lost hope, ask yourself in 10 years from now, you're going to wish you gave it just one more shot because the best things in life, they don't come free.

-Grey's Anatomy

365 MANIFESTATION POWER WORKBOOK

September 4th

Don't waste too much time on negative people. Don't
compromise yourself too much on it.

365 MANIFESTATION POWER WORKBOOK

September 5th

Don't expect to see a change if you don't make one.

365 MANIFESTATION POWER WORKBOOK

September 6th

List down the new beginnings you want today:

365 MANIFESTATION POWER WORKBOOK

September 7th

Sometimes, the Universe can be cruel when it needs to be but never without a purpose. It will always explain itself later, once there is enough time has passed and only once, you are ready to hear it.

365 MANIFESTATION POWER WORKBOOK

September 8th

Express how you feel to the people that are close to you today. You never know which moment is your last.

365 MANIFESTATION POWER WORKBOOK

September 9th

Look around you. This is your life. You are where you are as a culmination of all of your choices up until now. If you don't like this life, you are accountable. Make better choices.

365 MANIFESTATION POWER WORKBOOK

September 10th

You fail when you stop trying. Do not give up. Not today.

365 MANIFESTATION POWER WORKBOOK

September 11th

The problem is, we have made everything about being with “the one”. But maybe “the one” is just you, loving yourself, having fun and being happy. Maybe instead of looking for our other halves, we should be piecing ourselves together. And maybe, just maybe, you were born unfinished. Maybe you are the one who would make yourself better.

365 MANIFESTATION POWER WORKBOOK

September 12th

You have to break down in order to break through.

-R.H. Sin

365 MANIFESTATION POWER WORKBOOK

September 13th

The most effective way to achieve and manifest success, is to
just do it.

365 MANIFESTATION POWER WORKBOOK

September 14th

When you lose, don't lose the lesson.

365 MANIFESTATION POWER WORKBOOK

September 15th

You are your own jewel. Look inside. You already have everything that it takes to succeed.

365 MANIFESTATION POWER WORKBOOK

September 16th

Everyone keeps on talking about building relationships with your customers, teams even your family. But how is your relationship with yourself? Have you reflected upon the relationship you have with yourself? To build a successful relationship with others, your must build a relationship with yourself first. Be your own best friend. Reflect on this today.

365 MANIFESTATION POWER WORKBOOK

September 17th

List down the positive things you did today:

365 MANIFESTATION POWER WORKBOOK

September 18th

At times, it is best to slow down in life. Take a step back, relax, re-focus and bounce back. Take some time today to unwind and self-reflect.

365 MANIFESTATION POWER WORKBOOK

September 19th

You do not have to explain yourself every time. Those who understand you and your intention do not need any explanation, nor will they ask for it. Prioritize yourself today.

365 MANIFESTATION POWER WORKBOOK

September 20th

Have faith in the supreme power of the Universe. Trust that everything happens in the perfect time, space and sequence.

Just follow through the process and everything will start falling into pieces.

365 MANIFESTATION POWER WORKBOOK

September 21st

Do not ever control your destiny. Instead, create it by making
the choices you want to make.

365 MANIFESTATION POWER WORKBOOK

September 22nd

Control your mind by keeping it busy with goals. Drive your energy towards your purpose in life. Start constructing a plan that will guide you to your success today.

365 MANIFESTATION POWER WORKBOOK

September 23rd

This journey called life, much of it we will never be able to explain. At times you will face many challenging situations and events. It is up to you to face them or break down.

365 MANIFESTATION POWER WORKBOOK

September 24th

Ask yourself today:

- What is your vision and mission in life?
- What is it that you are passionate about?
 - What things are important for you?
 - What standards will you follow in living your life?
- If you have to live your dreams, what actions are required to fulfill those dreams?
- What is it that you want to become as a result of the actions you take?

365 MANIFESTATION POWER WORKBOOK

September 25th

You are you own unique self. You are a capable person. The
power is within you.

365 MANIFESTATION POWER WORKBOOK

September 26th

Don't let yourself be controlled by three things; people,
money or past experiences.

365 MANIFESTATION POWER WORKBOOK

September 27th

If you yourself are not clear of where you want to go, then how will you identify the opportunity that is right in front of you is the right choice for you? Today, gain clarity about what where you want to be in life.

365 MANIFESTATION POWER WORKBOOK

September 28th

Never ever compare yourself with others. All you need to do is study the life of successful people, and you will find that they too have flaws with them. Even with all the flaws of the past, they were on a mission to be the change they wanted to be.

365 MANIFESTATION POWER WORKBOOK

September 29th

So what if no one hops on this journey with you? What matters that you are with yourself. Trust yourself enough to be the driving force for yourself.

365 MANIFESTATION POWER WORKBOOK

September 30th

Spend a few hours alone doing things that you love to do the most today.

365

MANIFESTATION POWER

WORKBOOK

October 1st

Remember, there is no right or wrong. Begin a new month with a fresh perspective. Something may be right for people, but it is not for you. Something might be perfect for them, but it is not for you. You don't follow people's perception about the situation. Do what you feel is right you.

365 MANIFESTATION POWER WORKBOOK

October 2nd

Sometimes, we outgrow people who aren't growing. It is completely fine.

365 MANIFESTATION POWER WORKBOOK

October 3rd

List down the lessons you learnt from any mishaps today:

365 MANIFESTATION POWER WORKBOOK

October 4th

Move on. Don't waste too much time feeling sorry for yourself. Dwell on it for a moment, but remember to pick yourself up and carry on!

365 MANIFESTATION POWER WORKBOOK

October 5th

Evaluate yourself today. Stop being busy if you do not have the time to evaluate yourself. If you want to lead the successful life you've always wanted, you need to keep evaluating yourself. Regularly.

365 MANIFESTATION POWER WORKBOOK

October 6th

The moment you embark on the journey on self-development and self-awareness, you will realize that many of the concepts of ideas that you believed in might not reflect the most of your ideals. Learn to let it go.

365 MANIFESTATION POWER WORKBOOK

October 7th

We are so busy with being busy, we tend not to listen the bad signals going on around us, especially the ones within us.

365 MANIFESTATION POWER WORKBOOK

October 8th

Think about who you want to be. Ask these questions to yourself:

- How would you think?
- How would you speak?
- How would you live?

365 MANIFESTATION POWER WORKBOOK

October 9th

Reflection is the best tool for a better and clearer you. Make us of it now.

365 MANIFESTATION POWER WORKBOOK

October 10th

If you take the time to observe your wounds closely instead of patching it up in an instant, you will notice how they were actually your stepping-stones to success.

365 MANIFESTATION POWER WORKBOOK

October 11th

Do not give in to sufferings and do not be afraid of it either.
They are indications that you are moving towards a stronger
and a greater you.

365 MANIFESTATION POWER WORKBOOK

October 12th

We tend to forget that happiness doesn't necessarily come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have. Be grateful today!

365 MANIFESTATION POWER WORKBOOK

October 13th

It is not about perfection. It is about effort. And when you bring that effort every single day, to every single conflict and to every single challenge that is where transformation happens. That is how changes occur.

365 MANIFESTATION POWER WORKBOOK

October 14th

Before any victory, one must have experienced defeat many, many times. The very key to victory is to keep the focus on, work towards it and don't ever give up. Give your 100% focus today!

365 MANIFESTATION POWER WORKBOOK

October 15th

Only when you are not scared of failure will you succeed. No one can ever insult you without your permission. Do not give others the right to control your life. Take charge of your own life. Create your own voice.

365 MANIFESTATION POWER WORKBOOK

October 16th

Only when we face various of challenges that life has in store
for us, we look forward to love, happiness and most
important success.

365 MANIFESTATION POWER WORKBOOK

October 17th

Nobody likes to suffer. However, ever realized that our growth is mostly caused by it?

365 MANIFESTATION POWER WORKBOOK

October 18th

Sometimes people come into your life to show you what is right and what is wrong. Plus, they are there to show you who you can be and teaches you of love. Friends and family – not everyone is going to stay with you forever. Thank them for what they've given you. Thank the people who have been with you through thick and thin today.

365 MANIFESTATION POWER WORKBOOK

October 19th

List down what you want to improve on today:

365 MANIFESTATION POWER WORKBOOK

October 20th

On the journey of becoming a better you, enjoy the challenges that life presents in front of you. When you treat these challenges as experience, you are going to wing it!

365 MANIFESTATION POWER WORKBOOK

October 21st

Be the one who takes action and not the one who is sitting on
the bench, criticizing and complaining.

365 MANIFESTATION POWER WORKBOOK

October 22nd

If you do not learn to love yourself, you are actually restricting yourself from trusting the flow of life. If you continue not trusting on life, how will you be able to lead a successful life? Remember to put yourself first today and lead by example.

365 MANIFESTATION POWER WORKBOOK

October 23rd

Have you ever seen a view from a mountain? What about the view from a valley? See the views from both perspectives if you want to learn the way of those who appreciate life. Doing so will unlock the skill of knowing your weakness and strengths.

365 MANIFESTATION POWER WORKBOOK

October 24th

Never run back to whatever broke you before. Start putting yourself first.

365 MANIFESTATION POWER WORKBOOK

October 25th

Always have three different hobbies that you love; one that makes money, one to keep you in total shape and one to allow creativity flow in you.

365 MANIFESTATION POWER WORKBOOK

October 26th

God allows us to experience the low points of life in order to teach us lessons that we could learn in no other way.

-C.S Lewis

365 MANIFESTATION POWER WORKBOOK

October 27th

There are so many beautiful reasons to be happy. One of them being able to stay alive to achieve your goals.

365 MANIFESTATION POWER WORKBOOK

October 28th

In order to love who you are now, you cannot hate the experiences that has shaped you.

365 MANIFESTATION POWER WORKBOOK

October 29th

Do the right thing even when no one is watching. It is called integrity. Practice integrity starting today.

365 MANIFESTATION POWER WORKBOOK

October 30th

Do not ever listen to what people say. Instead watch what they do.

365 MANIFESTATION POWER WORKBOOK

October 31st

In this month, be grateful for all the struggles you go through.

In time, they will make you wiser, stronger and humble. Do not let them break you. Let them make you.

365 MANIFESTATION POWER WORKBOOK

November 1st

Do what you have to do until you can do what you want to
do.

-Oprah Winfrey

365 MANIFESTATION POWER WORKBOOK

November 2nd

Keep working hard in silence. Let your success make the noises for you.

365 MANIFESTATION POWER WORKBOOK

November 3rd

Do not wait until you've reached your goal to be proud of yourself. Always, and I mean always be proud of every step that you take towards reaching that goal.

365 MANIFESTATION POWER WORKBOOK

November 4th

The very key to success is to start even before you are ready.

-Marie Forleo

365 MANIFESTATION POWER WORKBOOK

November 5th

If you are caught in life's hardest hurdle yet, it doesn't mean life has given up on you - it means you just leveled up your game in life. Keep it up.

365 MANIFESTATION POWER WORKBOOK

November 6th

Always remember, success doesn't come from what you think you do occasionally. It comes from what you actually do, consistently.

365 MANIFESTATION POWER WORKBOOK

November 7th

Habits of a successful entrepreneur; makes time for yourself,
challenge yourself, educate yourself, understand guilt,
acknowledge it and move on.

365 MANIFESTATION POWER WORKBOOK

November 8th

Be humble. Be hungry. And always be the hardest worker in
the room.

365 MANIFESTATION POWER WORKBOOK

November 9th

Unsuccessful people make decisions based on their current situations. Successful people make decisions based on where they want to be. Which one are you?

365 MANIFESTATION POWER WORKBOOK

November 10th

If you don't build your own dream, one day, someone else
will hire you to help them build theirs.

365 MANIFESTATION POWER WORKBOOK

November 11th

One day, the temptation to quit will be the greatest just
before you are about to succeed.

365 MANIFESTATION POWER WORKBOOK

November 12th

Most of the successful person out there begins with one of the two beliefs; one, the future can be better than the present and two, I have the power to make it so.

365 MANIFESTATION POWER WORKBOOK

November 13th

In truth, what you cannot see is actually more powerful than you can see. No one would notice the effort goes behind becoming successful. It is the effort and the steps that you took which made you successful. Never forget that.

365 MANIFESTATION POWER WORKBOOK

November 14th

List down the efforts you have executed today to complete
your tasks:

365 MANIFESTATION POWER WORKBOOK

November 15th

No matter how many tools and resources are available at your disposal, if you are not willing to move forward yourself, then all of them will be deemed worthless.

365 MANIFESTATION POWER WORKBOOK

November 16th

You possess a level of greatness in you. The invisible will create the visible. Build your character the way that your persona attracts what you want. See yourself the person you always want to become.

365 MANIFESTATION POWER WORKBOOK

November 17th

Achieving goals is simple; if you are not enthusiastic and passionate about it, you are not enjoying the journey of what you are in the process of becoming successful.

365 MANIFESTATION POWER WORKBOOK

November 18th

The one true leader is beyond the definition of the 'the chosen one'. True leader carries his people along with him and not just make them follow him.

365 MANIFESTATION POWER WORKBOOK

November 19th

A little progress, consistent progress, each day adds up to
your big results. Start making progress today!

365 MANIFESTATION POWER WORKBOOK

November 20th

Every accomplishment starts with the very decision to try. If you don't try you will never uncover the uncertainty of your success. Ask yourself, what have you tried to do to accomplish your goals?

365 MANIFESTATION POWER WORKBOOK

November 21st

Your smile is your logo, your personality is your business card,
how you leave others feeling after an experience with you
becomes your very own business trademark.

-Jay Danzie

365 MANIFESTATION POWER WORKBOOK

November 22nd

There's always a misconception towards success. Truth is, success is not build on success. It is built upon a stack filled with failures. There's even a mountain of frustrations. Sometimes you can even see sea full of catastrophe. Those are the very ingredients of success. But note that the outcome is a breath-taking view.

365 MANIFESTATION POWER WORKBOOK

November 23rd

Some entrepreneurs think how can I make a lot of money?
But the better way is to think how can I make people's lives a
lot better? If you get it right, the money will come.

-Richard Branson

365 MANIFESTATION POWER WORKBOOK

November 24th

Save money with a prosperity mind-set of having abundance in life now and always. Saving money with a fearful mind-set will scale down your happiness quotient of having abundance in your life.

365 MANIFESTATION POWER WORKBOOK

November 25th

Track your expenses today. It is important to note how you spent your money so you are aware of your money spending habits.

365 MANIFESTATION POWER WORKBOOK

November 26th

Verily, success is not a competition with the world. It is a competition with yourself. Sit down in your own silence. Feel all the amazing things around you. Suddenly you'll hear a faint whisper from deep within saying, 'You've won.'

365 MANIFESTATION POWER WORKBOOK

November 27th

Every day is always a good day to look and make money.

365 MANIFESTATION POWER WORKBOOK

November 28th

Trust in yourself, if you have the courage to begin, you should have the courage to succeed. Why else did you start in the first place?

365 MANIFESTATION POWER WORKBOOK

November 29th

Do not ever judge yourself by your successes. Judge yourself by how many times you got pulled down and got back up again.

365 MANIFESTATION POWER WORKBOOK

November 30th

Final word from November, 1 year = 365 opportunities.

365 MANIFESTATION POWER WORKBOOK

December 1st

No risk and no pain equals to no gain. Until the time comes where you are finally willing to step out of your comfort zone and take action, you will not be able to achieve what you want to achieve. Start this month with this mindset.

365 MANIFESTATION POWER WORKBOOK

December 2nd

Be the person who illuminates. Do not depend too much on others. In darkness, even your shadow leaves you alone. Make yourself so strong that even in difficult times, your own light lights up the path for you.

365 MANIFESTATION POWER WORKBOOK

December 3rd

You did not wake up today to be mediocre. Be great!

365 MANIFESTATION POWER WORKBOOK

December 4th

So what's in today's agenda? Build your empire.

365 MANIFESTATION POWER WORKBOOK

December 5th

Successful people do what they need to do even when they don't feel like it. Toughen up. Face the challenges today!

365

MANIFESTATION POWER WORKBOOK

December 6th

Instead of going around saying 'I don't have time', try saying,
'It is not a priority' and see how that feels.

365 MANIFESTATION POWER WORKBOOK

December 7th

Note to your own self, you have to do this for you. This is for you, not for others but you. This isn't about anybody. Live for you. Honour you. Never ever lose sight of that.

365 MANIFESTATION POWER WORKBOOK

December 8th

The more you encourage yourself to accept your imperfections and faults, the better prepared and composed you are to work on them and move towards a new, fresh and better you.

365 MANIFESTATION POWER WORKBOOK

December 9th

The problem is never out there. It is within us. The solution is never out there. It is within us.

365 MANIFESTATION POWER WORKBOOK

December 10th

We fear of something not because of the fear of experiencing it but because we have not seen ourselves doing it. The fear of uncertainty will always haunt you. When we go through it, we know that there is no fear that can hold you back.

365 MANIFESTATION POWER WORKBOOK

December 11th

Focus on where you want to be in your life. The rest will follow through. For starters, list down what are your main focuses for today:

365 MANIFESTATION POWER WORKBOOK

December 12th

Let your distractions starve. But always feed your focus.

365

MANIFESTATION POWER

WORKBOOK

December 13th

If you can feel joy that means you know how it felt to go through sorrow, sadness and grief. It is important for us to accept and experience both the emotions, otherwise we cannot judge what joy and sorrow does to our lives.

365 MANIFESTATION POWER WORKBOOK

December 14th

Give the best to the world from the very bottom of your heart and soul. In doing so, you receive the best from the world which touches your heart and soul. Success and failure will not matter then.

365 MANIFESTATION POWER WORKBOOK

December 15th

Learn to respect other people's opinion and thought process
if you want them to respect yours as well.

365 MANIFESTATION POWER WORKBOOK

December 16th

You will win and prosper. Not immediately, but definitely.

365 MANIFESTATION POWER WORKBOOK

December 17th

You will never change your life until you change something you do daily. The very secret of your success is found in your daily routine.

-John C. Maxwell

365 MANIFESTATION POWER WORKBOOK

December 18th

Sometimes, the only way for you to live like a king is for you
to keep working like a slave.

365 MANIFESTATION POWER WORKBOOK

December 19th

No one is coming to save you. This life is 100% your responsibility. Ask yourself today, have you put yourself first today?

365 MANIFESTATION POWER WORKBOOK

December 20th

You can, you should and if you are brave enough to start, you
will.

-Stephen King

365 MANIFESTATION POWER WORKBOOK

December 21st

Procrastination is the best way to delay your success. Action is the only way to speed up your success. All that's left is a small step called action.

365 MANIFESTATION POWER WORKBOOK

December 22nd

Don't ever neglect to focus on your self-mastery first, then on the outside world. If you do not conquer yourself, someday someone else will conquer you soon.

365 MANIFESTATION POWER WORKBOOK

December 23rd

There will be no hope of success for a person who does not want to get ahead of life. Do not let your comfort zone cloud your decision.

365 MANIFESTATION POWER WORKBOOK

December 24th

Be wary of people whose words don't match their actions.

365 MANIFESTATION POWER WORKBOOK

December 25th

Successful weekend habits you can execute today; read for leisure, spend time with the family, exercise for a healthier mind and body, pursue your interest, as work is not the only aspect of your lives, eat well to reward yourself and sleep early to rest your body.

365 MANIFESTATION POWER WORKBOOK

December 26th

Do not forget to make peace with your past so it won't
disturb your future.

365 MANIFESTATION POWER WORKBOOK

December 27th

The only person in charge for your happiness is none other than yourself. Be in charge. What have you done to make yourself happy today?

365 MANIFESTATION POWER WORKBOOK

December 28th

Allow yourself to accept the beginner mindset. Nobody starts off as an expert right of the bat.

365 MANIFESTATION POWER WORKBOOK

December 29th

You can never cross the ocean until you have the courage to
lose sight of the shore.

-Christopher Columbus

365 MANIFESTATION POWER WORKBOOK

December 30th

If you are too comfortable, it is time to move one. Terrified of what's next? You're on the right track.

-Susan Fales-Hill

365 MANIFESTATION POWER WORKBOOK

December 31st

For this year's final opportunity - things end and people change. And you know what? Life continues. So how was your 2018?

List down 5 things you have accomplished and 5 things you wished you had done better.