

The Gratitude Exercise that Boosts Your Manifestation

Step 1: List the 5 top things you desire to manifest?

1.

2.

3.

4.

5.

Step 2 : Write each of the items above, in the first line of the tables below. Then list related good things that happened to you in the last 24 hours.

1.

Related good things that happened in the last 24 hours.

2.

Related good things that happened in the last 24 hours.

3.

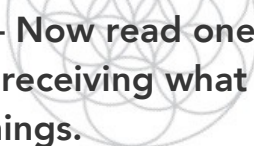
Related good things that happened in the last 24 hours.

4

Related good things that happened in the last 24 hours.

5.

Related good things that happened in the last 24 hours.

 **Step 3 – Now read one table at a time, while feeling appreciation for already receiving what you want and/or for being the person who attracted these things.**