

MY MANIFESTING AGENDA

Name _____ Today's Date _____

This is a list of the goals, dreams & desires written in THE PAST TENSE as if they have already occurred. Who do you want to BE? What do you want to have done? What exactly do you want to HAVE manifested? Create **S.M.A.R.T.** goals which are:

Specific, Measurable, Actionable, Reaching, and on a Timetable.

An example of a S.M.A.R.T. goal set in the past tense is... "On January 1st, 2021 we made \$150,000 in profit last year with joy and effortless ease! I personally sold 20 real estate properties, and had a TON of FUN at it!"

Specific goals produce specific results, while vague goals produce vague results. Bigger goals create a larger challenge, yet may result in greater feelings of success. Smaller goals are easier to attain, yet may create less sensation of relief and success. You'll know when a goal is right for you when you feel excited and alive each time you think about it! Write down what you really want to manifest, NOT what you think you should want.

If you have trouble knowing what you want, make time to get quiet and dive deeper inside. The answers are always within. Below are the 8 Life Arenas to use as a structure for creating your goals. I recommend creating goals for all 8 areas for EACH time period (30 days, 60 days etc).

Each goal is vital to your overall happiness and success as a human being. Prioritize the most important goals first, and the least are last. After you are finished, read it everyday! Take your time with this assignment, and have fun! It works miracles.

1. Physical Health
2. Emotional Health
3. Mental Health
4. Spiritual Connection to Source (Time meditating every day/week)
5. Relationships (Intimate, Family, Friends and at Work)
6. Career (Daily Actions, Location and Level of Satisfaction)
7. Finances (Income, Savings, Zero Debt, Passive Income Streams)
8. Personal (Education, Recreation, Travel, and other FUN stuff!)

ALWAYS WRITE & FEEL YOUR GOALS

IN THE PAST TENSE AS IF YOUR

DESIRED OUTCOME HAS ALREADY HAPPENED.

ENJOY THE MANIFESTATION JOURNEY!

30 days from now:

60 days from now:

90 days from now:

6 months from now:

1 year from now:

3 years from now:

5 years from now:

