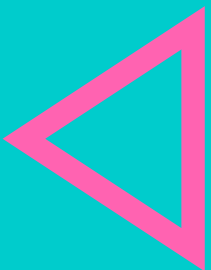


MANIFEST 365

DAILY CHECKLIST



MANIFEST 365

DAILY CHECKLIST

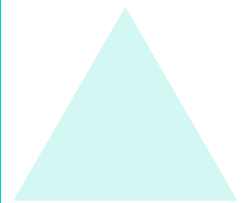
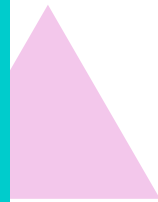
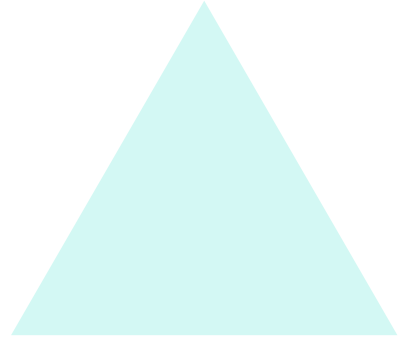
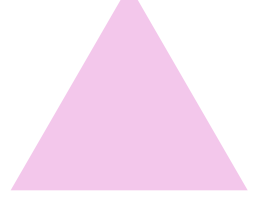
THE INTENTION OF THIS CHECKLIST IS TO GIVE YOU THE MOST POTENT ACTIONS TO DO IN YOUR DAILY LIFE THAT WILL UNLOCK YOUR MANIFESTING ABILITIES + ELEVATE YOUR FLOW.

THE CHECKLIST IS THE ON NEXT PAGE AND THE FOLLOWING PAGES CONTAIN DEEPER EXPLANATIONS OF EACH ACTION

In love, Talia

MANIFEST 365 DAILY CHECKLIST

- SET THE INTENTION FOR THE DAY
- DAILY BELIEF BOOST
- VISUALIZE SOMETHING THAT FEELS GOOD
- INFUSE INTENTION INTO EVERYTHING YOU DO
- DECIDE YOUR OUTCOME
- MAKE PLEASURE YOUR PRIORITY
- BECOME AWARE OF LIMITING STORIES IN YOUR DAY + FLIP THEM



MANIFEST 365 DAILY CHECKLIST

SET THE INTENTION FOR THE DAY

Set the intention of how you want your day to go. Say it out loud with a prayer like:

Thank You Universe for helping me have a day of abundance and flow.

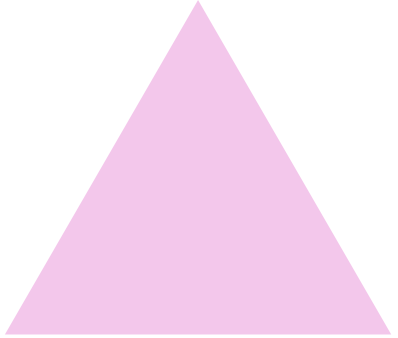
Thanks Universe/God for this day filled with ease and grace.

Today is a day of gratitude and excitement.

Today I am abundant AF!

Today I live as my highest self + receive miracles

Make it as simple or lengthy as you'd like but make sure it lights you up. Create a new one each day or choose one for the week - either way make sure to repeat it daily.



**BY SETTING
AN
INTENTION,
YOU
DIRECT
THE
UNIVERSE
AND CO-
CREATE
YOUR DAY**



MANIFEST 365 DAILY CHECKLIST

DAILY BELIEF BOOST

What you believe, you receive. Spend a few minutes each day visiting inspiring content. It could be an audio recording, book, podcast, meditation, video or anything else that reminds you of your truth. This will reset your vibes, get your beliefs in check and set you up for success. Consider it a success boost!

VISUALIZE SOMETHING THAT FEELS GOOD

Spend 5 min "seeing" something really fun in your minds eye. You can do this meditation-style, while you sip coffee or driving in your car on the way to work. You can visualize a vacation in the future, a special day from your past or get present to the moment and how good life is right now.



**BOOSTING
YOUR
BELIEF
DAILY
WILL GET
YOU
RESULTS
FAST!**

MANIFEST 365 DAILY CHECKLIST

INFUSE INTENTION INTO EVERYTHING YOU DO

Continuously remind yourself of your daily intention, Repeat it to yourself, come back to it often. This part of the practice is simple but not easy. Keep refocusing on what you want in life. Keep the intention of ease, flow, abundance and joy present with you as you do daily life.

DECIDE YOUR OUTCOME

Decide how you want things to be and start creating specific outcomes that are happening as a result of your daily actions.

Examples:

- *When I do self care, I am attracting abundance.*
- *By going on this walk I am also calling in my soulmate.*
- *By enjoying this chocolate, I am also attracting ideal health.*
- *As I am driving to work today I am attracting wealth*
- *As I sleep, I attract wealth*

TAKE THE
STEERING
WHEEL IN
YOUR LIFE BY
INTENTIONALLY
DECIDING ON
YOUR
OUTCOMES +
INFUSING
THAT
INTENTION
INTO
EVERYTHING
YOU DO IN
YOUR DAY

my favourite!



MANIFEST 365 DAILY CHECKLIST

MAKE PLEASURE YOUR PRIORITY

Do things daily that spark a light within your heart.


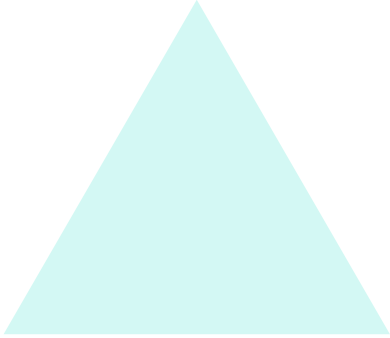
Whether you love to cook, read, write, paint, relax, play music, walk, have a shower, get a pedicure, make delicious healthy food or something entirely different - do what feels good.

Make space in each day for something that feels really good - even for 5 minutes.

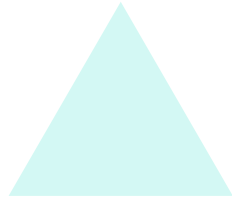
BECOME AWARE OF LIMITING STORIES + BELIEFS AND FLIP THEM FAST

Do your best not to get sucked into negativity and stories of "I can't".

Find a potent way to flip + release these stories and re-visit the exercise over and over. I flip the story and say the new story to my self on repeat. For example flip "I am not good enough" to "I am good enough for all that I desire" and repeat it.




**DON'T
FOCUS ON
STORIES OF
LACK OR
SUFFERING.
IT WILL
ONLY
BRING
MORE**





ITS REALLY QUITE SIMPLE:

**MAKE FEELING GOOD
EVERY DAY YOUR PRIORITY
+ KNOW THAT WHEN YOU
FEEL GOOD - YOU ARE
ATTRACTING THE THINGS
YOU WANT.**



**(BECAUSE YOU ARE IN ALIGNMENT WITH
REALLY GOOD FEELING THINGS)**





Hey Seeker!

I'm Talia I am an intuitive guide and manifestation mentor - helping you step into your most empowered + aligned life!

I work with seekers all over the world who are struggling to create their dream lives. I help them clearly understand manifestation and develop their unique connection with the Universe so that they can create the life they want and step into the magic!

I teach and guide you to understand intuitive manifestation - and, let me tell ya, it's going to take your entire life up a notch!

You will feel supported & clearly guided as you take on this massive shift.

You are doing so well - I have your back!

Let's
Connect



In love,
Talia Joy