A photograph of a forest path with a semi-transparent circular overlay containing text. The path is made of dirt and leads through tall trees. The text is centered within the circle.

369 GUIDED
Manifestation

a journal from
Rebecca PAGE

WELCOME!

Imagine turning your deepest desires into reality. That's exactly what this 369 Journal is here to help you achieve... Over the next 99 days, you'll embark on a magical journey, bringing to life three of your most heartfelt manifestations.

Each day, you'll lovingly focus on one powerful intention. In the quiet of the morning, during the buzz of midday, and in the calm of the evening, you'll write it down - 3 times, 6 times, 9 times respectively. This simple, yet profound act is more than just writing; it's an invitation to the universe, a dance with destiny.

But this journal is more than just a space for your words. It's a nurturing ground for your dreams. Filled with inspiring tips, soul-stirring exercises, empowering affirmations, and thoughtful prompts, it's designed to keep you aligned with your deepest desires and propel you towards inspired action. As you journey through these pages, you'll not only witness the beautiful unfolding of your manifestations but also gain deeper insights into your aspirations, emotions, and the transformative journey you're on.

So, let's begin. Open your heart, pick up your pen, and start crafting the life of your dreams today. The journey to your best life starts right here, right now, with you.

Rebecca
xx

Happy Manifesting!

THE 369 METHODS IN 4 SIMPLE STEPS

1. Choose your desired manifestation
2. Write it down and journal about it daily
3. Take inspired action
4. Track and review your progress



MEET THE AUTHOR

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Born in New Zealand, and living in the UK, Rebecca is an author, multi-8 figure entrepreneur and manifesting expert.



Step 1

DECIDE ON YOUR MANIFESTATION AND PHRASE IT RIGHT

The most important part of this manifestation process is to be very specific about the outcome you desire and to phrase your desired results in a positive way.

We recommend this formula:

- a.) Start the manifestation with gratitude
- b.) Add emotions (how you want to feel)
- c.) Add the words "into my life"
- d.) Keep it short. You should be able to read your manifestation in 15 - 17 seconds.

For example:

"I am so thankful for the universe aligning with me to bring a loving and supportive relationship into my life. I feel loved. His presence makes every moment more enjoyable and meaningful. I feel appreciated and deeply connected. Thank you."

"I am so thankful for the universe aligning with me to manifest a job that I love, bringing feelings of abundance, financial freedom, security, and fulfillment into my life. I love what I do and look forward to showing up every single day. I can afford everything I want and more. Thank you."

"I am so thankful for the universe aligning with me to see massive growth and momentum in my business, bringing a sense of purpose, creativity, and success into my life. I feel a deep connection with my audience. They love my offers. I sell with ease and enjoy the financial abundance and feeling of security. Thank you."



Step 2

WRITE YOUR MANIFESTATION DOWN MULTIPLE TIMES A DAY FOR 33 DAYS

Write it down and journal about it 3 times in the morning, 6 times at midday, and 9 times before going to bed for 33 days.

While you write focus on the feeling and emotion your desired manifestation brings. Close your eyes and visualize having what you desire as if it already exists. Lean into the energy of what it is you want to attract.

Now release your desire and trust that you will receive what you asked for.



Step 3

TAKE INSPIRED ACTION FOR 33 DAYS

The 369 method is not just about journaling and visualizing, but also taking inspired action. Once you become clear on the outcome you want to create, the universe will start to send signs, opportunities, and people your way that can help in the manifestation process.

Listen to your intuition and take the steps that feel exciting and inspiring. Take small actions every day that align with your desired outcome.

Step 4

TRACK & REVIEW PROGRESS

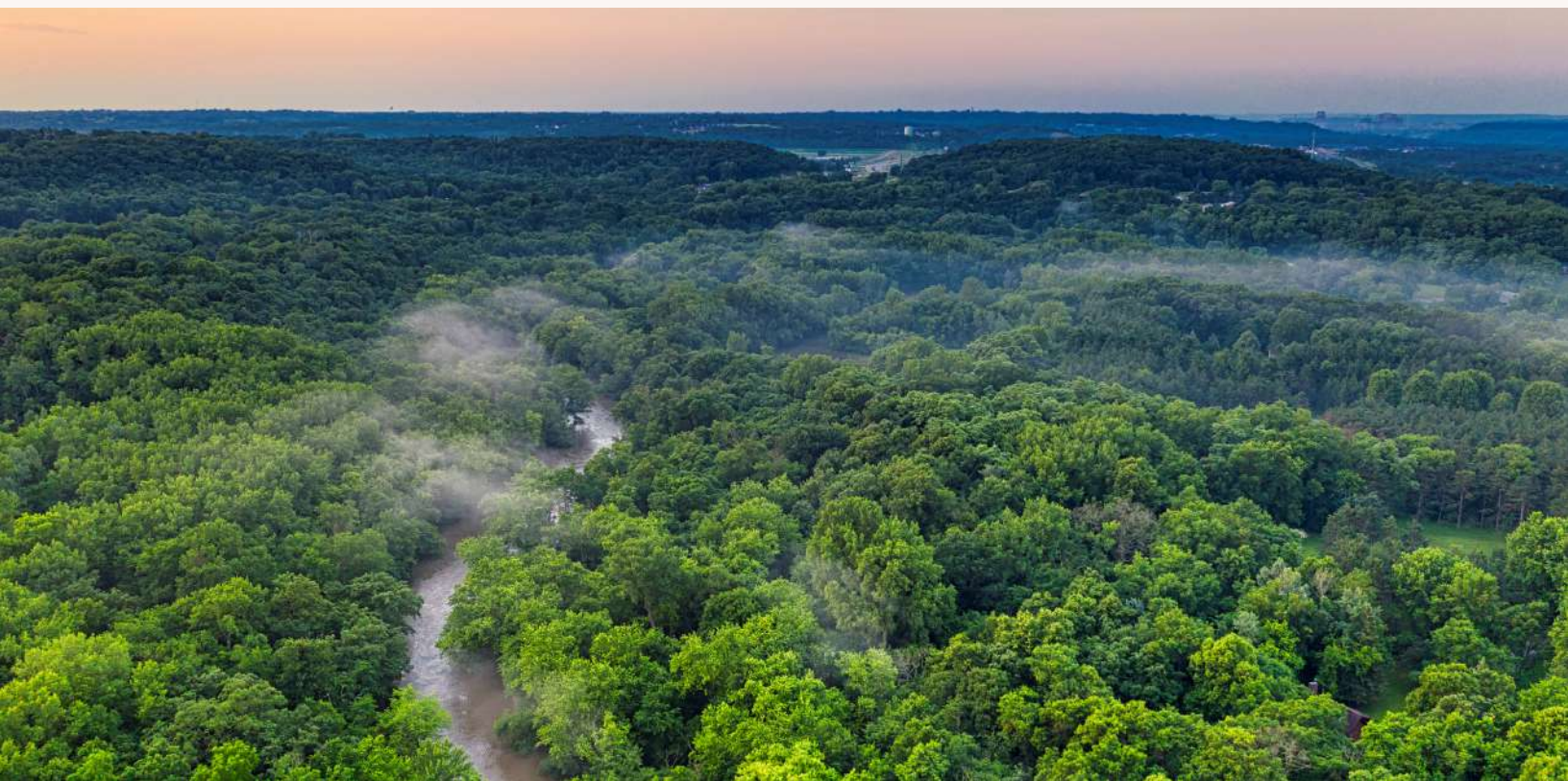
At the end of each day, take a few moments to review your progress and be grateful for how things start to align and how your manifestation becomes reality. Celebrate every big and small victory to increase your vibration and stay in alignment with the universe.

By tracking your progress, you'll be able to see how certain actions will bring results faster or slower than expected and what needs to be adjusted in order for you to reach your goal.

MANIFESTATION TIPS

- Write down your manifestation in the present tense.
 - Practice gratitude and mindfulness daily
 - Believe that you can have what you want
 - Be willing to receive
 - Stay flexible and detach from the outcome
- Keep positive thoughts, especially during setbacks
- Take inspired action daily to create tangible results
- Track your progress to stay encouraged and motivated
 - Celebrate your victories, no matter how small
- Expand your faith in the universe's power to bring you what you desire
 - Take time each day to manifest and visualize
- Connect with a manifestation community for additional support
- Remain open-minded and trust that the outcome will be perfect
 - Enjoy the journey and stay focused!





AVOID SELF-SABOTAGE WHEN MANIFESTING

- Stay open and flexible to the many ways manifestation can unfold in your life.
- Persist with determination and hope, even when the path to achieving your desires seems challenging.
- Embrace a relaxed and confident attitude towards the outcome, trusting in the process.
- Celebrate your unique path and progress, understanding that everyone's journey is distinct and valuable.
 - Embrace confidence, optimism, and positive thinking, releasing fear and doubt.
 - Trust and follow your intuition and inner wisdom as reliable guides in your journey.
- Feel proud and unapologetic about your desires and successes, embracing them as part of your journey.

AVOID SELF-SABOTAGE WHEN MANIFESTING

- Embrace the strength in seeking support and guidance whenever you need it.
- Cultivate a mindset of trust and openness, allowing the universe to provide the best outcomes and timing for your goals.
- Stay persistent and patient, recognizing that progress may be gradual and steady.
- Focus on the abundance and possibilities in your life, rather than what is missing.
- Maintain a positive outlook and patience, understanding that things will unfold in their own perfect timing.
- Embrace courage and confidence, overcoming fear and doubt with resilience and determination.



33

POWERFUL JOURNAL PROMPTS TO HELP YOU MANIFEST

USE ONE OF THESE JOURNAL PROMPTS EVERY SINGLE DAY
THROUGHOUT EACH OF THE THREE 33-DAY
MANIFESTATION PERIODS IN THIS JOURNAL TO HELP YOU
REMOVE ANY OBSTACLES AND MANIFEST FASTER.

the 369 GUIDED *Manifestation* JOURNAL

WHAT WOULD IT FEEL LIKE TO BE
LIVING MY DESIRED REALITY?

HOW AM I HOLDING MYSELF BACK
FROM MANIFESTING WHAT I DESIRE?

IN WHAT WAYS CAN I STAY FOCUSED AND
MOTIVATED IN MANIFESTING MY GOALS?

WHAT INSPIRED ACTION CAN I TAKE TODAY TO
MOVE CLOSER TO MY DESIRED OUTCOME?

WHAT WOULD IT LOOK LIKE IF I HAD ALREADY
MANIFESTED WHAT I WANTED?

HOW CAN I STAY PRESENT AND IN THE MOMENT
WHILE MANIFESTING?

WHAT LIMITING BELIEFS AM I READY TO LET GO
OF TODAY?

WHAT DO I NEED TO FEEL SAFE, SECURE, AND
CONFIDENT AS I MANIFEST?

WHAT UNIQUE SKILLS AND TALENTS DO I POSSESS
IN MANIFESTING MY DESIRES?

WHO ARE THE PEOPLE THAT CAN HELP ME
MANIFEST MY GOALS QUICKLY AND EASILY?

HOW CAN I TAP INTO MORE CONFIDENCE WHEN
TAKING INSPIRED ACTION TOWARD MY DESIRED
OUTCOME?

WHAT IS THE FIRST STEP I NEED TO TAKE TO
BEGIN MANIFESTING?

WHAT IS THE NEXT RIGHT ACTION I CAN TAKE TODAY TO MOVE CLOSER TO MY GOAL?

IN WHAT WAYS DO I NEED TO CHANGE MY THOUGHTS, BELIEFS, AND ACTIONS IN ORDER TO BRING MORE ABUNDANCE INTO MY LIFE?

HOW CAN I CREATE AN ENVIRONMENT THAT WILL SUPPORT MY MANIFESTATION?

WHAT ARE THE BLOCKS AND BOUNDARIES I NEED TO REMOVE IN ORDER TO MANIFEST MY DESIRES?

HOW CAN I STAY OPEN-MINDED AND TRUST THAT THE UNIVERSE WILL DELIVER PERFECT TIMING AND SOLUTIONS FOR ME?

WHAT DO I NEED TO BELIEVE ABOUT MYSELF IN ORDER TO REACH MY GOALS FASTER?

WHAT CAN I DO TO STAY FOCUSED AND ON TRACK WITH MY DESIRED OUTCOME?

HOW CAN I REMAIN POSITIVE WHEN FACED WITH CHALLENGES AND SETBACKS IN MANIFESTING?

WHAT NEW HABITS DO I NEED TO CREATE IN ORDER TO ALIGN MYSELF WITH MY DESIRED OUTCOMES?

HOW WOULD IT FEEL IF I HAD ALREADY ACHIEVED MY GOALS?

WHAT CAN I DO TO BE MORE MINDFUL AND AWARE
OF THE MANIFESTATION PROCESS?

HOW CAN I PRACTICE GRATITUDE FOR WHAT I
HAVE NOW WHILE CONTINUING TO MOVE CLOSER
TO MY GOAL?

WHAT SMALL, DAILY STEPS CAN I TAKE TO CREATE
MORE POSITIVE ENERGY AROUND MY DESIRED
OUTCOME?

WHAT IS ONE THING I CAN DO TO HAVE
GREATER FAITH IN THE UNIVERSE'S ABILITY TO
PROVIDE FOR ME?

WHAT WOULD IT LOOK LIKE IF I ALLOWED MYSELF
TO FULLY TRUST IN THE UNIVERSE AND ITS
ABILITY TO MANIFEST MY DESIRES?

WHAT CAN I DO TO STAY CONNECTED WITH
THE ENERGY OF MANIFESTATION?

HOW CAN I TAP INTO MORE PATIENCE AS I MOVE
TOWARD MY DESIRED OUTCOME?

WHAT DO I NEED TO LET GO OF IN ORDER TO
MANIFEST MORE QUICKLY?

HOW CAN I STAY PRESENT IN THE MOMENT AND ENJOY THE JOURNEY TOWARD MY DESIRED OUTCOME?

WHAT KIND OF MINDSET DO I NEED TO MAINTAIN TO ENSURE SUCCESSFUL MANIFESTATION?

HOW CAN I STAY IN TOUCH WITH MY HIGHER
SELF AND THE UNIVERSE TO RECEIVE GUIDANCE
ABOUT MY MANIFESTATION?




33

POWERFUL
AFFIRMATIONS TO HELP
YOU MANIFEST FASTER

USE THESE AFFIRMATIONS WITH THE JOURNAL TO
REMIND YOU OF YOUR MANIFESTATION POWER AND HELP
YOURSELF MANIFEST WITH MORE CONFIDENCE AND EASE.

the 369 GUIDED *Manifestation* JOURNAL

- 
1. I AM A POWERFUL CO-CREATOR WITH THE UNIVERSE.
 2. EVERYTHING I NEED TO MANIFEST MY DESIRES IS ALREADY HERE AND AVAILABLE TO ME NOW.
 3. I TRUST THAT THE UNIVERSE WILL PROVIDE ALL THAT I NEED WHEN IT'S IN PERFECT TIMING FOR ME.
 4. MY DREAMS ARE COMING TRUE FASTER THAN I EVER IMAGINED.
 5. I AM CONFIDENT AND SECURE IN MY ABILITY TO MANIFEST QUICKLY AND EASILY.
 6. I OPEN MY HEART AND MIND TO RECEIVE ALL THAT IS AVAILABLE TO ME NOW.
 7. ABUNDANCE FLOWS FREELY AND EFFORTLESSLY INTO MY LIFE NOW.
 8. ALL OF THE RESOURCES, PEOPLE, AND OPPORTUNITIES I NEED ARE ALREADY MANIFESTING FOR ME.
 9. I AM NOW OPEN TO RECEIVING ALL THE ABUNDANCE THAT IS MINE.
 10. MY DESIRES MANIFEST WITH EASE AND GRACE EVERY SINGLE DAY.
 11. I LET GO OF ANY LIMITING BELIEFS OR DOUBTS ABOUT MY ABILITY TO MANIFEST QUICKLY AND EASILY.



12. I AM NOW A VIBRATIONAL MATCH TO MY
DESIRED OUTCOMES.

13. I TAKE INSPIRED ACTION EVERY DAY
TOWARD MANIFESTING MY DREAMS INTO
REALITY.

14. THE UNIVERSE IS ALWAYS CONSPIRING IN
MY FAVOR TO BRING ME ALL THAT I DESIRE.

15. MY FAITH AND TRUST IN THE UNIVERSE
ARE UNWAVERING, AND I KNOW THAT I WILL
MANIFEST MY DESIRES.

16. I AM AN OPEN CHANNEL FOR ABUNDANCE
AND PROSPERITY TO FLOW INTO MY LIFE.


17. I AM ALWAYS SUPPORTED BY THE UNIVERSE
IN ALL THAT I DO.

18. I NOW ATTRACT ONLY POSITIVE ENERGY
THAT SUPPORTS ME IN MANIFESTING
QUICKLY AND EASILY.

19. MY MANIFESTATIONS COME TRUE WITH
PERFECT TIMING AND IN THE EXACT RIGHT
WAY.

20. I AM WILLING TO TAKE RISKS, LET GO OF
FEAR, AND TRUST THAT MY DESIRES WILL
MANIFEST.

21. THE UNIVERSE IS MANIFESTING ALL OF MY
HEART'S DESIRES NOW.



22. I RELEASE ANY DOUBTS OR FEARS ABOUT
THE MANIFESTATION PROCESS WITH GRACE
AND EASE.

23. I AM ALIGNED WITH THE POWER OF
MANIFESTATION AND ALWAYS RECEIVE WHAT
I NEED.

24. ALL OF MY MANIFESTATIONS ARE CREATED
IN PERFECT HARMONY WITH THE UNIVERSE.

25. I JOYFULLY ACCEPT THE ABUNDANCE THAT
IS NOW MANIFESTING IN MY LIFE.

26. I EASILY AND GRACEFULLY ATTRACT ALL
THAT I DESIRE INTO MY LIFE NOW.

27. I AM A POWERFUL FORCE OF
MANIFESTATION AND CREATE MY REALITY
WITH INTENTION.

28. I GIVE THANKS FOR ALL THE ABUNDANCE
THAT IS ALREADY PRESENT IN MY LIFE.

29. I LIVE IN JOY AND EXPECT MIRACLES TO
MANIFEST IN PERFECT TIMING FOR ME.

30. MY MANIFESTATIONS ARE DONE EASILY
AND EFFORTLESSLY.

31. I AM CONNECTED WITH THE POWER OF
MANIFESTATION AND TRUST IN ITS ABILITY
TO DELIVER MY DESIRES.

32. MY FAITH IS STRONG AND I KNOW
THAT ALL OF MY MANIFESTATIONS WILL
COME TRUE QUICKLY AND EASILY.

33. ALL OF MY DREAMS MANIFEST INTO
REALITY NOW!



YOUR 1ST MANIFESTATION

FORMULATE YOUR FIRST MANIFESTATION HERE:

A reminder of the recommended formula:

- A.) START THE MANIFESTATION WITH GRATITUDE
- B.) ADD EMOTIONS (HOW YOU WANT TO FEEL)
- C.) ADD THE WORDS "INTO MY LIFE"
- D.) KEEP IT SHORT. YOU SHOULD BE ABLE TO READ YOUR MANIFESTATION IN 15 - 17 SECONDS.

FOR THE NEXT 33 DAYS, USE THE FOLLOWING PAGES TO:

#1: WRITE YOUR MANIFESTATION 3 TIMES IN THE MORNING, 6 TIMES AT MIDDAY, AND 9 TIMES BEFORE GOING TO BED.

#2: JOURNAL IN THE MORNING OR BEFORE GOING TO BED USING ONE OF THE 33 MANIFESTATION PROMPTS.

#3: PRACTICE YOUR FAVORITE MANIFESTATION AFFIRMATIONS THAT WILL SUPPORT YOUR EFFORTS AND GIVE YOU THE CONFIDENCE AND TRUST YOU NEED TO MANIFEST WITH EASE.

#4: REFLECT ON ALIGNED ACTION STEPS YOU WANT TO TAKE.

#5: TRACK PROGRESS AND NOTE DOWN ANY SMALL OR BIG WINS.

01



02



03



04



05



Lined writing area consisting of 20 horizontal lines.

07



Lined writing area consisting of 20 horizontal lines for journaling.

08



09



10



11



12





14

15



16



17



18



19



20



21



24



25



Horizontal lines for journaling.

26



27



28



29



30



32



33



YOUR 2ND MANIFESTATION

FORMULATE YOUR SECOND MANIFESTATION HERE:

A reminder of the recommended formula:

- A.) START THE MANIFESTATION WITH GRATITUDE
- B.) ADD EMOTIONS (HOW YOU WANT TO FEEL)
- C.) ADD THE WORDS "INTO MY LIFE"
- D.) KEEP IT SHORT. YOU SHOULD BE ABLE TO READ YOUR MANIFESTATION IN 15 - 17 SECONDS.

FOR THE NEXT 33 DAYS, USE THE FOLLOWING PAGES TO:

#1: WRITE YOUR MANIFESTATION 3 TIMES IN THE MORNING, 6 TIMES AT MIDDAY, AND 9 TIMES BEFORE GOING TO BED.

#2: JOURNAL IN THE MORNING OR BEFORE GOING TO BED USING ONE OF THE 33 MANIFESTATION PROMPTS.

#3: PRACTICE YOUR FAVORITE MANIFESTATION AFFIRMATIONS THAT WILL SUPPORT YOUR EFFORTS AND GIVE YOU THE CONFIDENCE AND TRUST YOU NEED TO MANIFEST WITH EASE.

#4: REFLECT ON ALIGNED ACTION STEPS YOU WANT TO TAKE.

#5: TRACK PROGRESS AND NOTE DOWN ANY SMALL OR BIG WINS.

02



Lined writing area consisting of 20 horizontal lines.



03

04



06



07



08



10



Lined writing area consisting of 20 horizontal lines for journaling.

11



12



13



14



15



16



18



19



20



21



Lined writing area consisting of 20 horizontal black lines for text entry.

22



23



24



25



26



27





28

29



30



31



33



YOUR 3RD MANIFESTATION

FORMULATE YOUR THIRD MANIFESTATION HERE:

A reminder of the recommended formula:

- A.) START THE MANIFESTATION WITH GRATITUDE
- B.) ADD EMOTIONS (HOW YOU WANT TO FEEL)
- C.) ADD THE WORDS "INTO MY LIFE"
- D.) KEEP IT SHORT. YOU SHOULD BE ABLE TO READ YOUR MANIFESTATION IN 15 - 17 SECONDS.

FOR THE NEXT 33 DAYS, USE THE FOLLOWING PAGES TO:

#1: WRITE YOUR MANIFESTATION 3 TIMES IN THE MORNING, 6 TIMES AT MIDDAY, AND 9 TIMES BEFORE GOING TO BED.

#2: JOURNAL IN THE MORNING OR BEFORE GOING TO BED USING ONE OF THE 33 MANIFESTATION PROMPTS.

#3: PRACTICE YOUR FAVORITE MANIFESTATION AFFIRMATIONS THAT WILL SUPPORT YOUR EFFORTS AND GIVE YOU THE CONFIDENCE AND TRUST YOU NEED TO MANIFEST WITH EASE.

#4: REFLECT ON ALIGNED ACTION STEPS YOU WANT TO TAKE.

#5: TRACK PROGRESS AND NOTE DOWN ANY SMALL OR BIG WINS.

01



Lined writing area consisting of 20 horizontal lines for text entry.

02



Lined writing area consisting of 20 horizontal lines.

03



04



A series of horizontal lines for writing, consisting of 21 evenly spaced lines that span the width of the page.

05



A series of horizontal lines for writing, starting from the first line below the title and ending at the last line above the footer.

06



Lined writing area with 20 horizontal lines for journaling.

07



09



10





15



16

the 369 GUIDED *Manifestation* JOURNAL



17



18



19



20



21



22



23



24



25



26



27



28



29



Lined writing area consisting of 21 horizontal black lines.

30



31



32



Lined writing area consisting of 20 horizontal lines.

33