

TO MOVE YOU FROM FEAR TO FREEDOM

MANIFESTATION MASTERY CLUB
- MODULE 1 -

WELCOME!

Hi, I'm thrilled you're here, ready to embark on an exciting journey of self-discovery and inspired action. This journal is your personal space, a sanctuary where you can explore your deepest thoughts, desires, and aspirations.

Each day, you'll find a prompt waiting for you – think of these as little nudges or whispers to guide you along your path.

How to Use This Journal:

- One Prompt a Day: Each day, choose one prompt from this journal. You can go in order or simply flip to a page that speaks to you at that moment.
- **Feel and Reflect:** Take a moment to really feel into the prompt. What emotions or thoughts does it bring up? This is your time to be honest and raw with yourself.
- Write Freely: There's no right or wrong way to do this. Just let your pen flow. Write whatever comes to mind, whether it's a few sentences or several pages.
- **Take Your Time:** This is your journey, and there's no rush. Spend as much time as you need with each prompt.

Remember: This journal is a safe space for <u>you</u>. It's about your growth, your dreams, and your actions. Some days, the words might pour out of you; other days, it might just be a trickle. Some days journalling might not be for you, but another action might. And that's perfectly okay.

Every word you write here is a step towards understanding yourself better and aligning your actions with your truest desires. So, embrace this journey, one prompt, one day, one insight at a time.

Rebecca Happy Manifesting!

Ready to uncover the magic within? Let's dive in!

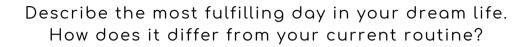


- 1. Describe the most fulfilling day in your dream life. How does it differ from your current routine?
- 2. What beliefs about success and abundance am I holding onto that might not be true?
 - 3. How do I feel when I think about living my dream life? What emotions come to the surface?
- 4. Envision achieving your biggest goal. What steps did you take to get there?
 - 5. What does 'taking a leap of faith' mean in the context of my aspirations?
 - 6. How can I gently push my boundaries today in a way that supports my dreams?
 - 7. Reflect on a past success. What did it teach you about your capabilities and potential?
 - 8. Imagine your life five years from now, having pursued your dreams. What does it look like?
- 9. What small action can I take today that my future self will thank me for?
- 10. How does the idea of change inspire my thoughts and actions towards my dream life?
- 11. What would I do differently if I knew I had the full support of the universe in my endeavors?
 - 12. What brings me the most joy and satisfaction in life, and how can I incorporate more of that into my daily life?
 - 13. Reflect on a quote that inspires you to move towards your dream life. Why does it resonate with you?
 - 14. What does living authentically mean to me, and how does it relate to my dream life?
- 15. What does personal freedom look like in my life, and how can I start living it today?



- 16. How can embracing uncertainty lead to growth and fulfillment in my journey?
 - 17. What are some of the things I would pursue if societal expectations weren't a barrier?
- 18. How can I redefine my understanding of success to better align with my personal values and dreams?
- 19. What does courage look like in the pursuit of my dreams, and how can I embody it more?
 - 20. How can I nurture a mindset of abundance and possibility starting today?
 - 21. What are the things I'm most grateful for, and how do they inspire me to pursue my dream life?
- 22. What activities make me lose track of time, and how can they be integrated into my dream life?
- 23. How can I turn feelings of doubt into opportunities for learning and growth?
- 24. What does it mean to me to live a life of purpose and passion?
- 25. How can letting go of control lead to more fulfilling experiences in my journey?
 - 26. What self-care practices help me feel more connected to my aspirations?
- 27. How can I practice being present while still aiming for a better future?
 - 28. What would I do today if I fully believed in my dreams and abilities?
 - 29. Reflect on a time you overcame a challenge. How did it bring you closer to your goals?
- 30. How can daily affirmations shift my mindset towards positivity and empowerment in my pursuit of a dream life?

30 JOURNAL Prompts
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What beliefs about success and abundance am I holding onto that might not be true?



How do I feel when I think about living my dream life? What emotions come to the surface?

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Envision achieving your biggest goal. What steps did you take to get there?



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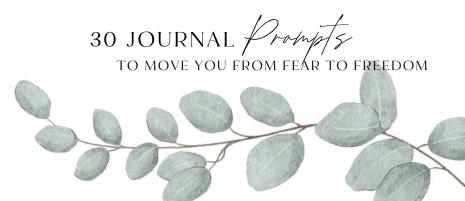
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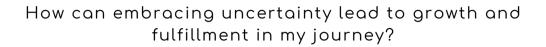
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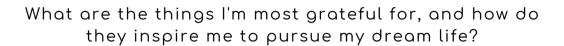
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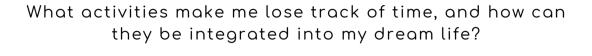
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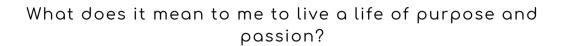


How can I nurture a mindset of abundance and possibility starting today?





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What self-care practices help me feel more connected to my aspirations?

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Reflect on a time you overcame a challenge. How did it bring you closer to your goals?



How can daily affirmations shift my mindset towards positivity and empowerment in my pursuit of a dream life?