

A person wearing a white uniform with intricate gold and blue embroidery is holding a large, shallow golden bowl. The background is a white fabric with a repeating pattern of small, colorful motifs. The scene is captured from a slightly elevated angle, focusing on the hands and the bowl.

# 30 JOURNAL

## *Prompts*

TO BRING YOU INTO  
ALIGNMENT AND RAISE  
YOUR VIBRATION

MANIFESTATION MASTERY CLUB  
- MODULE 2 -

# 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 you.** 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 journaling 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.

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



Rebecca  
xx  
Happy Manifesting!



# 30 JOURNAL Prompts

## TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION

1. What are three things I am deeply grateful for today, and why do they uplift my spirit?
2. How can I show kindness to myself and others today, and what impact does this have on my energy?
3. What are my core values, and how can I live more in alignment with them today?
4. Reflect on a recent experience that made me feel joyful. How can I bring more of that energy into my daily life?
5. What activities fill me with energy and passion, and how can I make more time for them?
6. How can I turn a challenge I'm facing into an opportunity for growth?
7. What is one positive affirmation that resonates with me today, and why does it uplift me?
8. Envision my ideal self. What qualities does this version of me possess, and how can I cultivate them?
9. What does it mean to me to be in alignment, and how does it feel in my body and mind?
10. How can I practice mindfulness today to enhance my connection with the present moment?
11. What is one small act of self-care I can commit to today to nurture my well-being?
12. Reflect on a time I felt in complete harmony with my surroundings. How can I recreate that feeling?
13. What are the sources of positive energy in my life, and how can I amplify them?
14. How does nature inspire and energize me, and how can I connect with it today?
15. What limiting belief can I let go of today to raise my vibration?



# 30 JOURNAL *Prompts*

## TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION

16. How can creative expression (like art, music, writing) help align me with my true self?
17. What does my intuition tell me today, and how can I trust and follow it more?
18. Who are the people that lift me up, and how can I spend more time with them or show my appreciation?
19. How can celebrating small successes today elevate my mood and outlook?
20. What does being authentic mean to me, and how can I express my true self more freely?
21. How can I shift my focus from what I lack to the abundance I possess?
22. What habit can I start today that aligns with my highest self?
23. How can I cultivate a sense of peace and tranquility in my environment today?
24. What are my dreams telling me, and how can I use this insight to guide my waking life?
25. How can I use my unique strengths and talents to contribute positively to those around me?
26. Reflect on a recent learning or insight. How has it helped align me with my life's purpose?
27. How can I practice forgiveness (towards myself or others) to release any lingering negativity?
28. What brings me a sense of wonder and awe, and how can I experience that today?
29. How does maintaining a healthy body contribute to my overall vibration, and what can I do today to honor my physical well-being?
30. What vision or goal excites me the most right now, and how can aligning with it change my life?











# 05

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



What activities fill me with energy and passion, and how can I make more time for them?

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# 06

30 JOURNAL Prompts  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



How can I turn a challenge I'm facing into an opportunity for growth?

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# 07

## 30 JOURNAL *Prompts*

TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



What is one positive affirmation that resonates with me today, and why does it uplift me?

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# 08

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



Envision my ideal self. What qualities does this version of me possess, and how can I cultivate them?

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# 09

## 30 JOURNAL Prompts

TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



What does it mean to me to be in alignment, and how does it feel in my body and mind?

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# 10

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



How can I practice mindfulness today to enhance my connection with the present moment?

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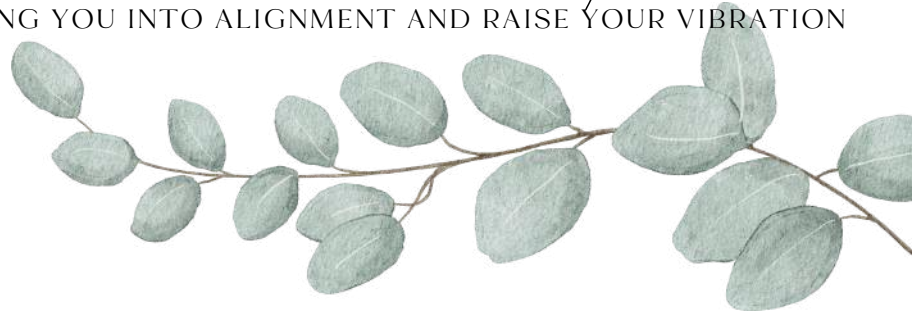
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# 12

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



Reflect on a time I felt in complete harmony with my surroundings. How can I recreate that feeling?

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# 13

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



What are the sources of positive energy in my life, and  
how can I amplify them?

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# 14

## 30 JOURNAL *Prompts* TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



How does nature inspire and energize me, and how can I connect with it today?

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# 15

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



What limiting belief can I let go of today to raise my vibration?

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# 16

## 30 JOURNAL *Prompts* TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



How can creative expression (like art, music, writing)  
help align me with my true self?

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# 17

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



What does my intuition tell me today, and how can I trust and follow it more?

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# 18

## 30 JOURNAL *Prompts* TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



Who are the people that lift me up, and how can I spend more time with them or show my appreciation?

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# 19

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



How can celebrating small successes today elevate my mood and outlook?

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# 20

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



What does being authentic mean to me, and how can I express my true self more freely?

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# 21

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



How can I shift my focus from what I lack to the abundance I possess?

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# 22

## 30 JOURNAL *Prompts* TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



What habit can I start today that aligns with my highest self?

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# 23

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



How can I cultivate a sense of peace and tranquility in  
my environment today?

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24

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



What are my dreams telling me, and how can I use this insight to guide my waking life?

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# 25

30 JOURNAL Prompts  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



How can I use my unique strengths and talents to  
contribute positively to those around me?

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# 26

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



Reflect on a recent learning or insight. How has it helped align me with my life's purpose?

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# 27

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



How can I practice forgiveness (towards myself or others) to release any lingering negativity?

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# 28

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



What brings me a sense of wonder and awe, and how  
can I experience that today?

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# 29

30 JOURNAL *Prompts*  
TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



How does maintaining a healthy body contribute to my overall vibration, and what can I do today to honor my physical well-being?

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# 30

## 30 JOURNAL *Prompts* TO BRING YOU INTO ALIGNMENT AND RAISE YOUR VIBRATION



What vision or goal excites me the most right now, and how can aligning with it change my life?

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