

THE 30-DAY Manifestation Challenge



BY ELISE MCDOWELL

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1

Write down the desire you want to manifest in the next 30 days

2

Listen to the [How to Manifest Everything You Want](#) episode

3

Script one full page beginning with: OMG it happened!

4

Create affirmations that imply you now have your desire

5

Journal this: Who would I be if I achieved this desire?

6

Set a daily reminder of an affirmation on your phone

7

Write a list of everything and everyone you need to forgive

8

Do a rampage of abundance on life now that you have your desire

9

Create a vision board for your desire(s) on Canva

10

Place post-it notes of your affirmations around your house

11

Create a playlist that makes you feel like your desire is yours

12

Declutter what doesn't make you feel good or abundant.

13

Journal this: What thoughts would I have if I had my desire?

14

Listen to the [Manifest Abundance Meditation](#)

15

Script a full page starting with: I am so happy and grateful for..

16

Visualize a friend congratulating you on receiving your desire

17

Watch this video to start your own [Gratitude Tunnel Practice](#)

18

Create a list of everything you have manifested in life so far

19

Journal this: How would I feel each day if I had my desire?

20

Go all day acting as if your desire has already manifested.

21

Journal this: What would it mean for me if I had my desire?

22

Listen to the [Golden Ocean Meditation](#) (at 12:45)

23

Track all evidence of your desire coming to you (e.g money, signs etc)

24

Script a full page: This is how good I am at manifesting..

25

Watch a movie or documentary that makes you feel abundant

26

Spend 5 minutes visualizing your desire as now complete

27

Journal this: Who am I being now that I have my desire?

28

Write a list expressing gratitude for your desire

29

Watch this video on [How to Detach From The Outcome](#)

30

Let it go: Write a handover list and burn it

