

The background is a solid light orange color with a dark purple rounded border. It features several white four-pointed starburst icons scattered across the top half. At the bottom, two hands are drawn in a simple line-art style, palms facing up. The text 'MANIFESTATION CARDS' is centered in a bold, white, sans-serif font with a slight drop shadow. The word 'MANIFESTATION' is on the top line, and 'CARDS' is on the bottom line, positioned directly above the hands.

# MANIFESTATION CARDS

# HOW TO USE THE CARDS

Journaling with these manifestations can be a powerful way to focus your intentions and manifest the life you desire in various areas. When you use these statements in your journal, treat them like they are actually currently happening in your life. These are more than affirmations. They are powerful statements to help you alter how your mind views your present life. They are based on the following areas of life: Significant others/spouses, family and friends, career and business, finances, spirituality, mental health and mindfulness, fun and recreation, physical health and fitness, personal development, physical environment, and hobbies.

This stack includes 20 statements to get you on track to positivity. A duplicate set in black and white is available for easier printing.

## **ESTABLISH A ROUTINE**

Before you start writing, start with a gratitude list and a releasing list. A releasing list is negative things that are bothering you.

## **CREATE A RITUAL**

Get comfortable

Listen to music

Light a candle

Tea/coffee/  
choice  
beverage

## **FOCUS ON TENSE**

Write in present tense as if your dreams and goals have already happened to you.

“I am...”

“I have...”

## **THINGS TO AVOID**

“I want/I don't want...”


“I will...”

“I wish...”



- Can't,
- going to
- need
- must
- maybe
- he, she, they



*I am grateful for the love and  
support of my partner. We  
communicate openly and honestly,  
strengthening our bond.*



*Write about your day from start to finish. Make sure to write as though you have already achieved your goals and dreams.*





*I attract positive and harmonious  
relationships into my life.*

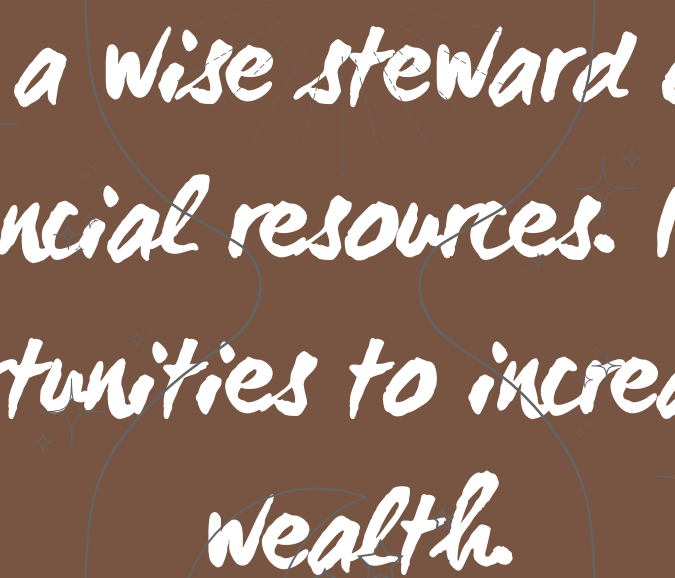
The background is a light orange color with a dark purple border. It features several small, light-colored stars scattered throughout. In the top right and bottom left corners, there are two thick, black, curved lines that resemble stylized parentheses or decorative flourishes.

*I attract genuine, positive, and  
uplifting friendships into my life.*



*I am a magnet for exciting  
opportunities and professional  
growth.*






*I am a wise steward of my  
financial resources. I find  
opportunities to increase my  
wealth.*



*My soul is on a path of continuous  
evolution.*

The background features a light orange top and bottom section with a dark brown middle section. Scattered throughout are several white stars of varying sizes. In the top right and bottom left corners, there are two thick, black, curved lines that resemble a stylized 'C' or a smile.

*My financial situation improves  
with daily positive choices.*



*I trust in the divine timing of my  
life's journey.*

The background is a light orange color with a dark purple border. It features several small, light blue stars scattered across the surface. In the top right and bottom left corners, there are two thick, black, curved lines that resemble a stylized 'C' or a decorative flourish.

*I trust the journey, even when I do  
not understand it.*



*I release negative thoughts and  
embrace positivity.*



*I am in control of my emotions  
and reactions.*



*I make time for activities that  
bring me joy and laughter.*






*I explore new hobbies and interests  
with enthusiasm.*





*I am committed to nourishing my  
body with healthy choices.*

The background is a light orange color with a dark purple border. There are several small, light blue stars scattered throughout. In the top right and bottom left corners, there are two thick, black curved lines that resemble a stylized 'C' or a smile.

*I enjoy regular exercise and it  
invigorates me. I am grateful for  
my body's ability to heal and  
thrive.*



*I am open to learning from every  
experience.*



*My physical environment supports  
my goals and dreams.*



*Describe your home as you want to see it. Remember to write in present tense.*


The background features a light orange color with a dark brown horizontal band. Scattered throughout are several small, light-colored stars. A faint outline of a hand is visible behind the text. In the top right and bottom left corners, there are two thick, black, curved lines.

*I accept myself in past, present,  
and future tense form.*




*I am grateful for the love and  
support of my partner. We  
communicate openly and honestly,  
strengthening our bond.*





Write about your day from start to finish. Make sure to write as though you have already achieved your goals and dreams.






*I attract positive and harmonious  
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The image features a dark purple rounded rectangular border. Inside, a grey rounded rectangular box contains the text. The text is surrounded by several small, white, five-pointed stars of varying sizes. In the top right and bottom left corners of the purple border, there are two thick, black, curved lines that resemble a stylized 'C' or a decorative flourish.

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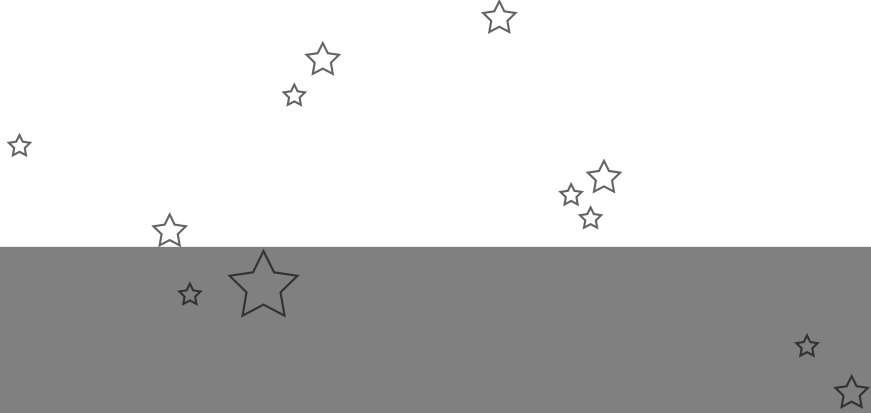
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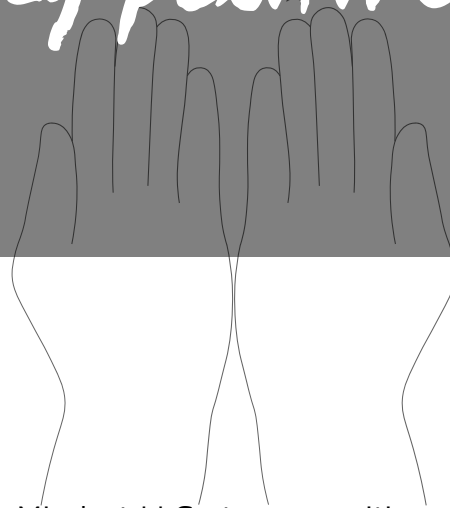
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The image features a central grey rounded rectangle containing the text. The background is white with several small, light grey stars scattered around the text. In the top right and bottom left corners, there are two thick, black, curved lines that resemble stylized parentheses or decorative flourishes.

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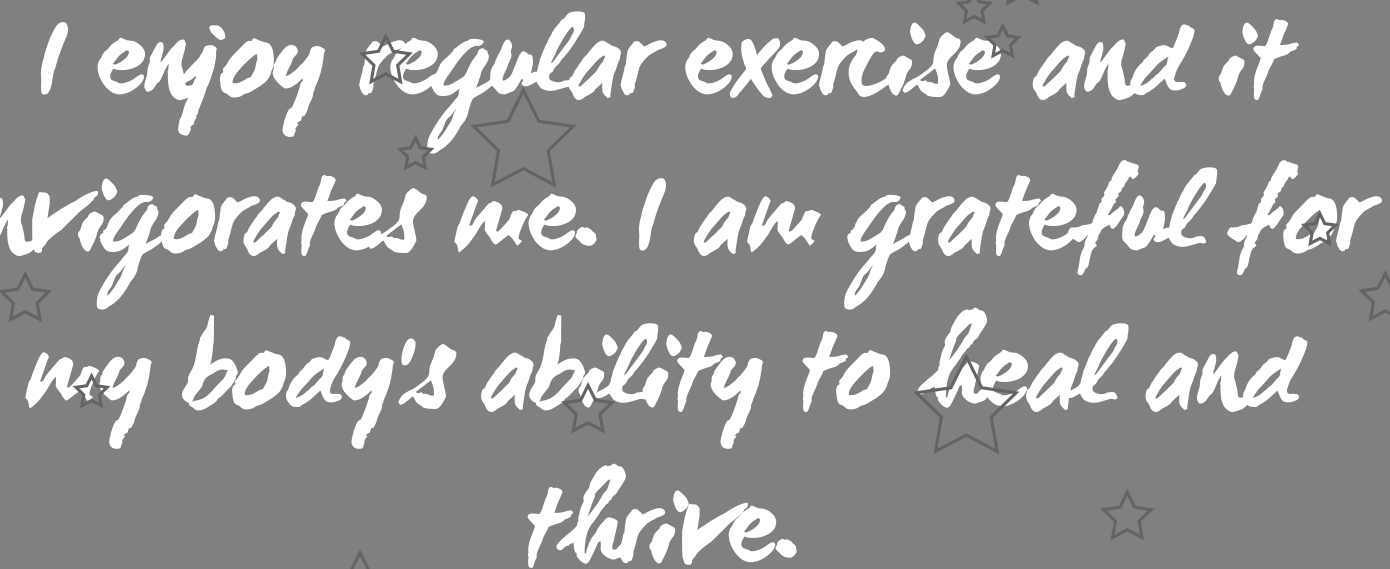




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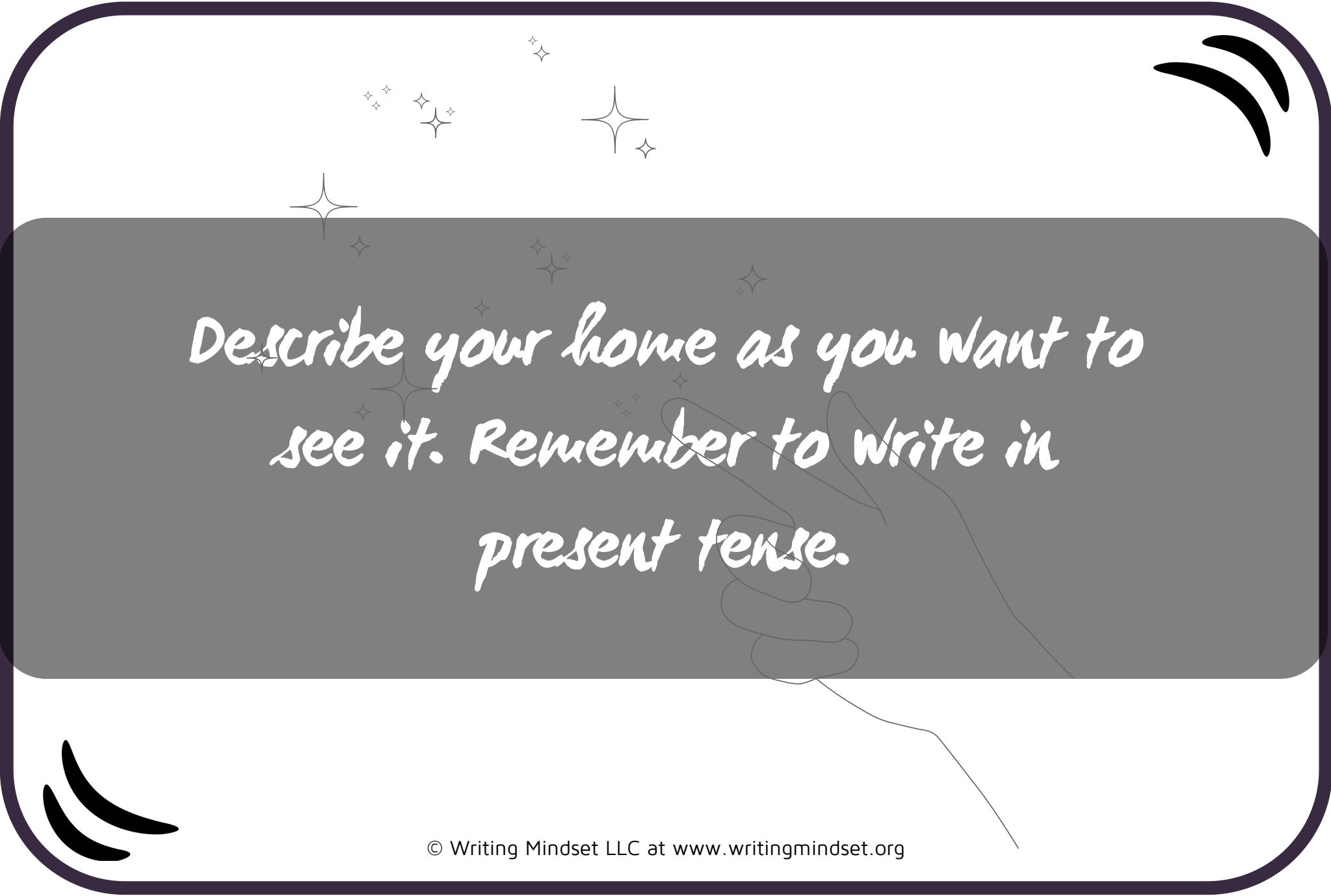


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