

WEEKEND MANIFESTATION PLAN

THELAWOFATTRACTION.COM™
by greaterminds

Monday-Thursday

OK, so this routine really starts several days before the weekend. You will need to start planning ahead to prepare yourself for the Manifestation Weekend.

Discuss your goals. ←
Write your goals down. ←

- Think about your goals.
- Keep track of your thoughts on your goals by journalling
- Meditate.
- Practice positive affirmations.
- Read inspiring books.

Friday Evening

Friday evening is about following a good evening routine. It will help you start the weekend off right.

Relaxing bath or shower. ←
Post-it note motivational quotes. ←

- Plan tomorrow's breakfast.
- Digital screen detox 45 mins before bed.
- Tidy up.
- Go to bed early.

Have a healthy breakfast. ←
Read your post-it note quotes. ←
Make a gratitude list. ←
Compliment someone. ←
Call a loved one. ←

MORNING

Give yourself a charge of positivity as soon as you wake up. Then, spread this positivity.

Find the source of limiting beliefs. ←
Ask yourself the 3 questions. ←
Meditate. ←
Go for a gentle walk. ←

AFTERNOON

Now that you are in the right mindset, you want to make sure that you don't have any limiting beliefs. But also be careful not to burn out, so practice some self-care!

Spend time relaxing. ←
Affirmations and EFT. ←
Add photos to your dreamboard. ←
Visualizations before bed. ←

EVENING

Evening is a great time for visualizations. They bring you a sense of inner empowerment and motivate you to continue working towards your goal.

MORNING

Still go through the same morning routine as on Saturday. This may also help you develop a habit and you will continue doing this in the future.

- Commit to something for the next 2-14 days.
- Write an action plan.

AFTERNOON

Spend the afternoon making room for what is to come in your life.

- Make room for what is to come in your life.
- Live as if.

EVENING

As the day is coming to an end it is time to think about and share what you have achieved.

- Compare your thoughts.
- Reflect and share your experience.