

MANIFESTED IT!

The journal



a four week guide &
journal to embody the YOU
who already #manifestedit!

BY TARA SIMONE

welcome to Manifested It! The Journal

Over the next 4 weeks, this journal will be your guide to manifest a life beyond your wildest dreams in a way you've probably never tried before. This is going to be easy. It is going to be fun. And of course, it is going to be magical!



important tip

Clear your mind of whatever you have heard about Law of Attraction and approach this with the mindset it will work for you if you do the work just like it has for many in *Manifested It! The Course.*

If we haven't had the pleasure of meeting yet, my name is **Tara Simone** & I am your spiritual bestie on this journey!

I have been using manifestation in my life for several years & couldn't even begin to tell you how much it has changed not just my physical reality, but more importantly my mindset.

Every day truly feels magical when you are positively focusing on your future & appreciating all the goodness in your life now. This journal is SO MUCH more than a guide to manifest...its a new way of seeing, being, & living! I can't wait to help you fall deeply in love with & create the life you desire.

the 4 Steps to Manifested It!



1. Think It!

- How to get clear on what you want to manifest and shift your mind back towards thinking positively about it!

2. Feel It!

- It's time to get you out your head and into your body by feeling the emotions of receiving your desire.

3. Act It!

- Now that you know how to feel good about your goals, let's embody that future version of you & start acting like her every day!

4. Receive It!

- Once you learn how to surrender the goal in this week's prompts, the manifestation magic can truly happen!

"You are ALWAYS manifesting. You have been doing it your entire life maybe unintentionally and calling it 'luck' or a 'coincidence'. Your thoughts, emotions, and actions have literally created every aspect of your current reality meaning you are just as powerful to create whatever future reality you desire!" – Tara Simone, Manifested It! Module 1



let's get started!

I recommend printing this journal or buying a new blank one for this 4 week journey! Being able to look back at where I was & what I was manifested in the past has been such a fulfilling and powerful experience. You will be shocked to see how much changes for you so quickly!

WEEK ONE: THINK IT!

This first week is all about getting clear on what you want to manifest and how to shift your mind back towards thinking positively about it! Your thoughts are actively creating your reality so by being a gentle observer of what is going through your head you can acknowledge, alchemize, and then affirm what you do want.

Don't worry if you tend to think more pessimistic, its get easier with time and practice. The 3 A's I teach you later in this chapter will help you quickly shift your thoughts so you can get back into the vibration of that future reality you are creating!

Get Clear on Your Goals

What do you really desire in this life?

What are your goals the next few months?

What would your dream life look like?
Describe your perfect day!

What would you like to manifest in the next month? Choose ONE thing that feels a little out of reach, but that you still think is maybe possible for you to achieve!



Sometimes we can feel selfish, wrong, or greedy for wanting what we want. You may also feel those goals are too big for you. But you wouldn't be given a desire unless it was meant for you and something you are capable of achieving! By looking at your why and what obstacles stand in your way, we begin to clear those limiting beliefs so those desires can flow to you!

What is Your Why?

How will manifesting this goal better your life?

How will it help those around you?
Family, friends, co-workers, etc?

How will it benefit the world for you to achieve this?



What is Actually Stopping You?

Start daydreaming about your goal. Do you notice any negative or unhelpful thoughts coming up? Write them down.

What tells you this goal is impossible? What is holding you back from achieving it?

Are these fears true? (hint: the answer is always no. Anything that doesn't feel good or empowering is not from the divine)

Can you prove these fears wrong by pulling examples from your life or others?

What do you now choose to believe? Turn those negative fears into positive affirmations you can repeat to transform your mindset!

** use the 3 A's on the next page if you need help with this page!*



The 3 A's to Shift Your Thoughts Easily

1. **Acknowledge**
When a limiting thought comes up, simply acknowledge it by saying "*hmm, this thought isn't aligned with who I am becoming*"
2. **Alchemize**
Now ask for guidance "*God/Universe/Source help me see this differently*" and look for a better feeling thought.
3. **Affirm**
Now repeat that better feeling thought anytime that limiting one comes up for you! A belief is just a thought you keep on thinking and soon it will become natural for your brain to think positively about your goals!

[Click Here to Watch Training on the 3 A's](#)

tip: if a better thought hasn't come through yet, simply affirm "I accept myself as I am"

BONUS:

The more you say your affirmations that faster they integrate into your subconscious mind. It may be helpful to write them on sticky notes or program them into your phone so you remember to say them throughout the day!

Think It: Affirmations



I am a capable of creating the life I can't stop thinking about.



Every day I am closer and closer to my goals.



The Universe supports my needs and desires.



My thoughts are powerful af.



There is always more than enough for me.



I accept myself as I am.



My desires are from the divine and I am fully capable of achieving them.



I am worthy of my desires.



If I manifested this reality, I can manifest any future reality I want.

*Say each one aloud and find a few that give you the biggest emotional response. Repeat them often to support your mindset during this manifestation journey

how does this help you manifest it?

Your thoughts create your reality, but having duality in your thinking can keep you stuck. By removing limiting beliefs and having more empowering ones, you start to create more momentum towards your goals. Your empowering thoughts affect your feelings and actions which raise your vibration to match your desired outcome.

The more you hang out in that high vibrational state feeling hopeful about your goals, the easier and faster they will become your reality.



week one: homework

To help you stay in a positive mindset and raise your vibration, pick a few affirmations on the previous page to say daily and begin a gratitude practice! This can be in a journal or just a few moments of mindfulness every morning thinking about what you appreciate in life right now. For extra magic, start to feel gratitude for your goals as if they already happened!



check in:

How are you feeling after one week of practicing the 3 A's, saying affirmations, and feeling gratitude daily? Remember, it works if you do the work! Consistency is key to achieving and manifesting any goal. Let's take this work even deeper now so you truly feel the emotions (aka vibration) of your desires.

WEEK TWO: FEEL IT!

This week we are getting you out your head and into your body by FEELING the emotions of receiving your desire. While affirmations and positive thinking are great, the missing key for so many in the manifestation process is changing their emotions which in turn raises their vibration to match their desire.

You may have already experienced some emotions in your body through the journaling and homework last week. We are taking it to another level so you feel that magic throughout the day.

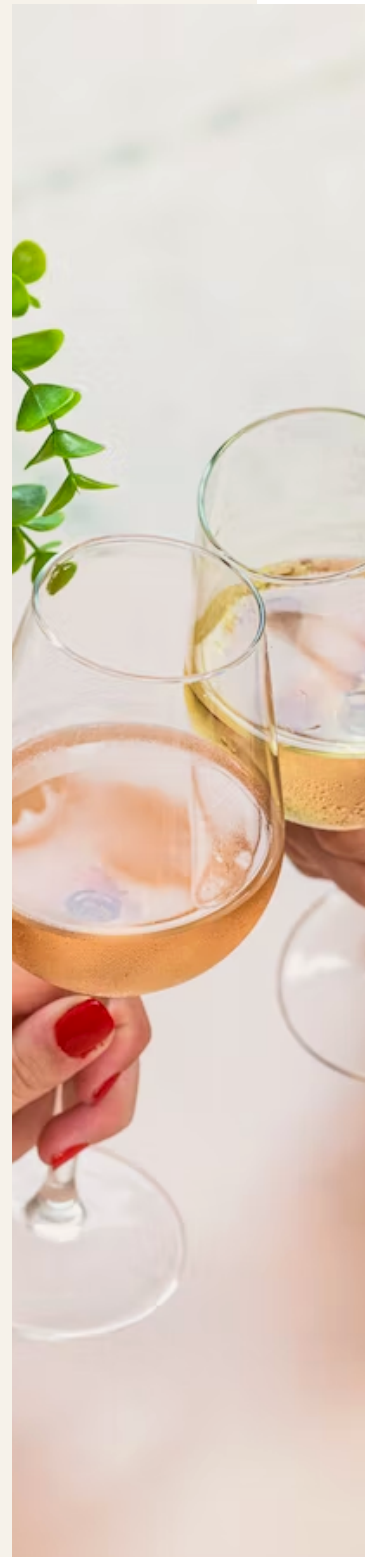
Get ready because this week is going to be FUN af for you!

Feeling Like You Manifested It!

If you just achieved/received your goal,
how would you feel?

What would you be thinking, saying, and
doing now?

Imagine calling a friend or loved one to
celebrate the good news! What would you
say? (remember to write it in the past
tense cause it already happened!)



This practice of feeling the emotions of your goals before they manifest is called "embodiment". By creating those feelings in your body as if you already achieved your goal, you are becoming a vibrational match and pulling that future reality closer to you. Our brains don't know the difference between real and imagined, so let's use that to our advantage with these practices I am about to share with you!

Future Scripting Mad Lib

"OMG! I can't believe how much has changed in the past _____ (number) months! It has truly been a _____ (adjective) experience. I finally _____ (write goal you will accomplish in the past tense)! It happened so quickly and easily! I also _____ (list more goals you will accomplish in past tense). I am so grateful for all the _____ (noun) I manifested already! Thank you Universe, more please!"



More Embodiment Practices



1. *Dancing/Singing*

Music and movement are powerful mood shifters! Imagine for a moment you just achieved the goal and begin dancing, singing, or celebrating to bring that feeling into your body even more!

2. *Visualization*

Close your eyes and imagine for a few minutes your life 10 years from now. See yourself going through your day as the you who already manifested all the things!


3. *Sex Magick*


I told you this week would be fun! During your pleasure practice either alone or with a partner, imagine your goals flowing to you during the big O. While in the afterglow high, keep visualizing and feeling how fun, easy, and exciting it was to achieve those goals.


important tip:

How do you know which practice is right for you? I always say "take what you love, leave what you don't, but try it all at least once!" Do each embodiment practice and see which one gives you the biggest emotional response. That is the best one for you! Remember, this is your manifestation journey and everyone's looks different. Trust you will be guided to the right thing at the right time and do whatever feels good in the moment.


FEEL IT: Affirmations


 I am in control of my emotions and today I choose _____! (pick a high vibe emotion)


 Happiness is my birthright.

 I am most successful when I am having fun!


 My only job is to feel good every day.

 The better I feel, the better everyone around me feels.

 My energy is my top priority.

 My desires are being pulled to me like a magnet.

 Everyone is happy to see me happy.

 My vibrant energy influences every room I walk into.

*Say each one aloud and find a few that give you the biggest emotional response. Repeat them often to support your mindset during this manifestation journey

how does this help you manifest it?

The more moments you match your vibration to your desire, to faster it is attracted to you! Every moment of thinking, feeling, and acting (which we will talk about next week) is adding up. As you practice shifting your thoughts and elevating your vibration you will notice it will get easier and easier to the point that it is your new natural way of being.

You may also notice throughout these embodiment practices that inspired ideas or new way of doing something pops into your head. That is your future self guiding you to make your manifestation a reality, but more on that next week! For now, just notice those magical moments of connection and get into that vibration as much as possible.



week two: homework

Continue "think it" homework from week one, read your future script every morning, and try each of these embodiment practices this week.

Once you find one or a few that you love, add them in daily to become a vibrational match for your goals! The more you "feel it" the faster it will appear in your reality. And remember, have fun!



check in:

So...which embodiment practices became your favorite this week?! Are you beginning to feel more and more like the you who already manifested it? If you notice any resistance during your homework there may be some limiting beliefs waiting to be healed. Go back to module 1 journal prompts before diving into week three below.

WEEK THREE: ACT IT!

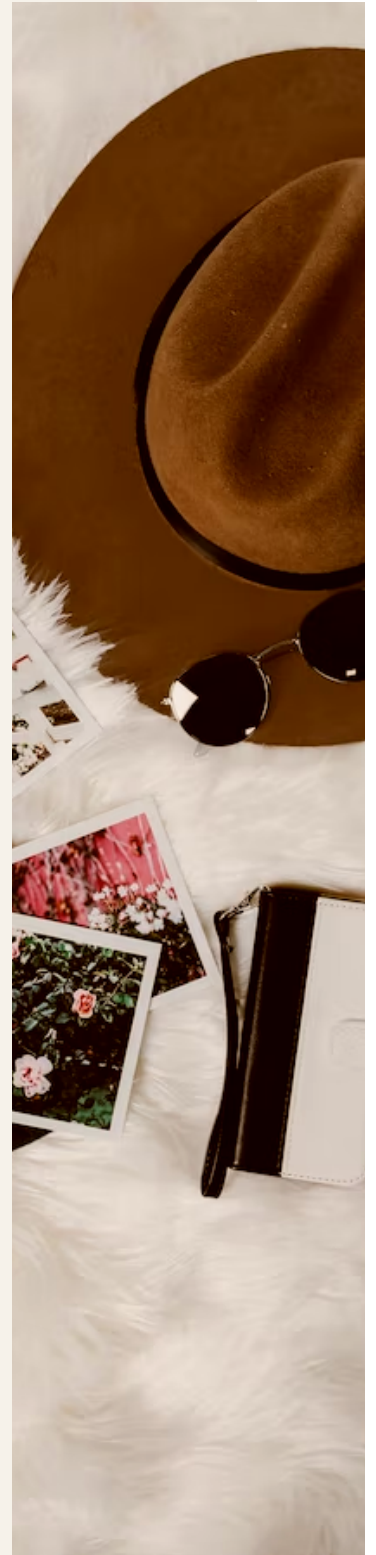
Now that you know how to feel good about your goals, it is time to fully embody that future version of you and start acting like her every day! I will teach you how to listen to your intuition so you will know exactly what steps to take to make your dreams a reality and how to easily change your habits to match that next level version.

This week is taking manifestation from a ritual to a way of being. You are going to show up, dress, talk, walk, think, breathe like that future version of you that manifested it and before you know it that will be your actual reality!

Acting like You Manifested It!

If you manifested your goal yesterday, how would you show up today? What would you do? What would you wear? How would you present yourself? What would your vibe be like?

What habits does this version of you have? What does she do daily to move closer in the direction of her dreams? What is her schedule like?



It is time to tap into your higher future self's wisdom aka intuition to help guide you on your path to everything you've ever wanted! This meditation I am about to share with you is powerful af and can be done anytime you need a little assistance on your journey. You have all the answers inside of you and are always being guided.

Connecting to Your Future Self Visualization

Close your eyes, take a few deep breaths, and when you are ready say your name aloud 3 times to connect. Now visualize a screen in front of you so that you can video chat with your future self.

When future you appears on the screen say hello and thank them for being here. Ask whatever you would like and see what pops into your head first. That is your higher self guiding and helping you on this journey. When you are done, say goodbye and write down whatever insights you received.



[Click here for Guided Version of this Visualization](#)

Taking Inspired Action

What does this next level version of you that already achieved your goals want to tell you? Write whatever came through during that meditation on the previous page.

How can you start acting like that future version of yourself now? Look over all your journaling answers from this week to identify a few ways to start showing up like you already manifested it!

Anytime a decision arises this week, ask yourself "what would the future version of me that already manifested it do?" (I simplify this to "WWTBD?" - what would that b*tch do?) Try it now. What choices do you have to make today? WWTBD?

ACT IT: Affirmations



I am fully guided and supported in achieving my desires.



Every day I am becoming my best self.



My actions match my desired outcome.



This gets to be more fun & easier than ever before.



The inspired action always comes in perfect timing.



It is safe to trust my intuition.



My heart is right, my time is now.



What I am doing is enough.



I manifested it quickly and easily!

*Say each one aloud and find a few that give you the biggest emotional response. Repeat them often to support your mindset during this manifestation journey

how does this help you manifest it?

You are literally becoming the version of you that manifested all the things one thought, emotion, and action at a time. I've been known to say "the manifestation is the becoming" meaning it's not really about receiving that thing (which you will or something better!), but who you transform into during the process.

Most likely you desire this goal because you think your life will feel different once you have it, but you can decide today to make your life feel that way even without that thing! And when you no longer care about receiving it because you are loving your current experience, you release all resistance to it flowing in and it manifests.



week three: homework

Continue your "think it" and "feel it" homework from the previous weeks. In addition, start to "act" like that future version of yourself. Throughout the day ask yourself "WWTDB?" and

take action from that vibrational state. You can use this for big decisions or just picking out your outfit for the day. Every moment of taking inspired action, shifting your habits, and showing up like that version of you is manifesting it into your reality!



check in:

How did this past week of thinking, feeling, and acting like your future self go? Are you experiencing the shifts in your mood and energy? Maybe even started receiving signs your manifestation is on the way? GOOD! Keep doing the work because it is just a matter of time until it is manifests and this next week will guide you to allow it in!

WEEK FOUR: RECEIVE IT!

You may be thinking at this point "okay, I am doing all this work, but when will my goals manifest?!" I am giving you all the tools to allow that to happen this week.

When we worry about the when, where, and how our goals will appear not only do we take the fun surprises out of life, but we create resistance to it happening. By surrendering the outcome and timeline like we are about to do, you open the doors for it to flow into your life. Get ready to release any resistance through some powerful practices and relax so you can receive it!

How to Relax to Receive

When is the last time you achieved a big goal? How did the process along the way feel to you?

How would you like achieving your goals to go from here on out? What would the process feel like?

Can you think of a time when you were completely relaxed and content in your life? Imagine receiving your goal from that energy and affirm "*the more I relax, the more I receive*"



Allowing Surrender and Support

Recall a time when you felt fully supported by someone in your life. Describe how it felt to know it was safe to receive help.

Is there anything preventing you from surrendering this goal & allowing in support? What do you fear will happen if you let it go?

Is that ultimately true? (hint: fear never is!) What do you choose to believe now about allowing in support and surrendering?

When in your life has something happened in perfect timing? Maybe even better than you anticipated? Trust the same is happening for all your goals now!

If you fully believed your goals were inevitable and it was just a matter of time until they manifested, you wouldn't be worrying about the when or how. That kind of faith and surrender is where the manifestation magic happens! When you no longer care if it appears, it will because you release all resistance to it happening. Try the exercise below to start surrendering the outcome.

Surrendering Your Goals Visualization

Close your eyes, take a few deep breaths, and when you feel relaxed imagine a glowing basket floating down in front of you. There is a beautiful golden rope connecting it directly to the Universe/God.

It is safe to put your desires into this basket and surrender the outcome, timeline, and all components of it. When you are ready, reach your hands out and gently place your desire in the basket. Now see the Universe/God happily pulling on the rope to receive your desire and take care of it for you. Say "thank you" and open your eyes. Anytime you feel stressed about this desire remember this visualization and that it is already on its way to you!



[Click Here for Guided Version of this Visualization](#)

More Ways to Surrender



- 1. *Stretching***
 - Our bodies experience physical resistance while stretching or doing yoga. Use this to your advantage to train yourself to surrender by breathing into the discomfort and releasing the tension.
- 2. Full "Relax to Receive" Day**
 - I want to challenge you to have an entire day of nothing except relaxing. Make sure to take note of all the good things that flow to you in this vibration!
- 3. *Manifested It! Box***
 - Write down your goal and place it in a little box or special place. (You can add crystals or oils if you are into spell work.) Once you place the piece of paper there, forget about it and go have fun. Don't think about it again and trust the Universe is taking care of it for you.

PRO TIP:

Now that you surrendered the desire, truly let it go. Don't repeat these practices a million times or keep asking for your desire. Trust that what you have done is more than enough. As I like to say, "set it, forget it, and go have fun!" Get yourself into the vibration of ease and fun while the Universe does her thing for you!

RECEIVE IT: Affirmations



It is always this or something better



Everything is happening in perfect timing for my highest good



I release what no longer serves me to make room for bigger and better



What is meant for me can never miss me



The more I relax, the more I receive



Everyone and everything loves to support me



It is safe to relax. It is safe to receive. It is safe to surrender. It is safe to be supported.



My goals are inevitable and achieving them is easy and fun for me.

*Say each one aloud and find a few that give you the biggest emotional response. Repeat them often to support your mindset during this manifestation journey

how does this help you manifest it?

This last step in the manifestation process is one that so many forget to do and then wonder where the eff are all the things I asked for Universe?! Once you surrender the outcome, you release resistance from that goal flowing into your life.

More importantly, you feel free to enjoy your life and not worry so much about the future. Everything is taken care of for you. Everything is happening in perfect timing for you. It is always this or something better for you. It is safe to relax. It is safe to be supported. It is safe to receive it!



now - forever: homework

Your job now until forever is to repeat the practices and inner work from this guide! Every single day find a way to think, feel, and act like the version of you who already manifested while also

surrendering the goal and trusting it is on the way to you in perfect timing. Like I said at the very start of this journal, it will work if you work it so keep doing the damn work! Your manifestations are already on the way to you and just waiting for the perfect moment to surprise you!

Ready to Take This Work Deeper?

Manifested It! The Course is waiting for you! This 4 module course aligns perfectly with this journal, but I give you additional practices, affirmations, visualizations, EFT Tap-A-Longs, tips, stories, books to read, and so much more! I'll guide you even deeper into your understanding and application of these principles in just a few quick video trainings. Save \$22 off Manifested It! The Course with code "thejournal22".

There is also the option for 1:1 coaching with me via video chat where each week you will received customized advice and practices to manifest any desire you have so you can live your most magical life! Check out my Services & Links page to see if this offer is correct for you at this time.



Thank you!

Remember, you have the magic within you to make all your dreams a reality. You are only a few thoughts, feelings, and actions away from receiving your desires!



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