

FREE PRINTABLE JOURNAL

The 21-Day Manifestation *Journal*

Five minutes a day to get clear on what you want, notice what's already good, and take small, steady steps toward it.

21

guided daily pages

5 min

a day, morning and evening

3

weekly check-ins to track your growth

START HERE

How this journal works

Manifesting isn't about wishing harder. It's about getting clear on what you want, keeping it in front of you every day, and backing it with small actions. This journal builds that habit in three weeks.

Week 1

Clarity

Define what you want, why it matters, and which beliefs might be in the way.

Week 2

Gratitude & belief

Notice what's already working and build real trust in yourself.

Week 3

Action

Turn your intention into small, steady steps you can keep.

Your 5-minute daily routine

* Morning: answer the day's prompt

✍ Write 3 things you're grateful for

🎯 Set one intention and one small action

🌙 Evening: note one good thing

- ☐ Pick a regular time, such as with your morning coffee, and keep the journal there
- ☐ Write by hand if you can; it helps you slow down and notice more
- ☐ Missed a day? Simply continue. Consistency matters more than perfection
- ☐ Complete the weekly check-in on Days 7, 14, and 21

Tip: keep your intention specific and within your influence. "Save \$300 this month" works better than "be rich," because you can see your progress.

Set your intention

Take 10 minutes to answer these before you begin. You'll come back to this page at the end of each week.

1. What I want to create in the next 90 days

Be specific: what, how much, by when.

2. Why it matters to me

The deeper reason that will keep you going.

3. How I'll feel when it's real

Describe the feeling in a few words.

4. What might get in my way

Habits, beliefs, or circumstances, and one way around each.

5. My first small step

Something you can do in the next 24 hours.

My intention statement

One sentence, written in the present tense, e.g. "I am building a calmer, healthier morning routine."

WEEK 1 · CLARITY

Get clear on what you want and why it matters.

Day 1

WEEK 1 · CLARITY

Date: _____

What do I truly want in the next 90 days, and why does it matter to me?

Grateful for

1.

2.

3.

Today's intention

One small action

Evening: something good I noticed today

Day 2

WEEK 1 · CLARITY

Date: _____

If this goal were already real, what would an ordinary day look like?

Grateful for

1.

2.

3.

Today's intention

One small action

Evening: something good I noticed today

Day 3

WEEK 1 · CLARITY

Date: _____

Which beliefs about this goal might be holding me back?

Grateful for

1.

2.

3.

Today's intention

One small action

Evening: something good I noticed today

Day 4

WEEK 1 · CLARITY

Date: _____

Rewrite one limiting belief as a supportive statement I can honestly believe.

Grateful for

1.

2.

3.

Today's intention

One small action

Evening: something good I noticed today

Day 5

WEEK 1 · CLARITY

Date: _____

Who already has what I want, and what can I learn from them?

Grateful for

1.

2.

3.

Today's intention**One small action****Evening:** something good I noticed today**Day 6**

WEEK 1 · CLARITY

Date: _____

What am I willing to let go of to make room for this?

Grateful for

1.

2.

3.

Today's intention**One small action****Evening:** something good I noticed today

What feels clearer to me now than it did on Day 1?

Grateful for

1.

2.

3.

Today's intention

One small action

Evening: something good I noticed today

WEEK 1 CHECK-IN

Look back on your week of clarity

How connected do I feel to my goal right now?

1

2

3

4

5

6

7

8

9

10

My biggest win this week

What I learned

My focus for next week

Notice what is already working, and build trust in yourself.

Day 8

WEEK 2 · GRATITUDE & BELIEF

Date: _____

What in my life today would my younger self be proud of?

Grateful for

1.

2.

3.

Today's intention

One small action

Evening: something good I noticed today

Day 9

WEEK 2 · GRATITUDE & BELIEF

Date: _____

Who has helped me get where I am, and how can I thank them?

Grateful for

1.

2.

3.

Today's intention

One small action

Evening: something good I noticed today

Day 10**WEEK 2 · GRATITUDE & BELIEF**

Date: _____

Describe a past win that proves I can make real changes.

Grateful for

1. _____

2. _____

3. _____

Today's intention**One small action****Evening:** something good I noticed today**Day 11****WEEK 2 · GRATITUDE & BELIEF**

Date: _____

What small sign did I notice today that I'm moving forward?

Grateful for

1. _____

2. _____

3. _____

Today's intention**One small action****Evening:** something good I noticed today

Day 12**WEEK 2 · GRATITUDE & BELIEF**

Date: _____

How do I want to feel this week, and what supports that feeling?

Grateful for

1. _____

2. _____

3. _____

Today's intention

One small action

Evening: something good I noticed today

Day 13**WEEK 2 · GRATITUDE & BELIEF**

Date: _____

What would I do today if I fully trusted myself?

Grateful for

1. _____

2. _____

3. _____

Today's intention

One small action

Evening: something good I noticed today

What has a week of gratitude changed in how I see things?

Grateful for

1. _____

2. _____

3. _____

Today's intention

One small action

Evening: something good I noticed today

WEEK 2 CHECK-IN

Look back on your week of gratitude

How connected do I feel to my goal right now?

1

2

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My biggest win this week

What I learned

My focus for next week

Turn intention into small, steady steps.

Day 15

WEEK 3 · ACTION

Date: _____

What is the single most important action toward my goal this week?

Grateful for

1.

2.

3.

Today's intention

One small action

Evening: something good I noticed today

Day 16

WEEK 3 · ACTION

Date: _____

What habit would make my goal more likely, and how can I start small?

Grateful for

1.

2.

3.

Today's intention

One small action

Evening: something good I noticed today

Day 17

WEEK 3 · ACTION

Date: _____

Which distraction can I reduce, even by 10 minutes a day?

Grateful for

1. _____

2. _____

3. _____

Today's intention**One small action****Evening:** something good I noticed today**Day 18**

WEEK 3 · ACTION

Date: _____

Who can I ask for help, advice, or encouragement?

Grateful for

1. _____

2. _____

3. _____

Today's intention**One small action****Evening:** something good I noticed today

Day 19

WEEK 3 · ACTION

Date: _____

What did I learn from something that didn't go to plan?

Grateful for

1. _____

2. _____

3. _____

Today's intention**One small action****Evening:** something good I noticed today**Day 20**

WEEK 3 · ACTION

Date: _____

How have I grown since Day 1?

Grateful for

1. _____

2. _____

3. _____

Today's intention**One small action****Evening:** something good I noticed today

Write a short letter from your future self, 90 days from now.

Grateful for

1.

2.

3.

Today's intention

One small action

Evening: something good I noticed today

WEEK 3 CHECK-IN

Look back on your 21 days

How connected do I feel to my goal right now?

1

2

3

4

5

6

7

8

9

10

My biggest win this week

What I learned

My focus for the next 90 days

Keep the momentum going.

Many people pair their intentions with numerology to understand their natural strengths. Get a free personalized numerology reading at [Numerologist.com](https://numerologist.com) →

YOU DID IT

21 days complete. What's next?

Look back at your intention on page 3 and at your three weekly check-ins. Notice how your clarity, your gratitude, and your actions have changed. Keep the daily habit going: even 2 minutes a day keeps your intention alive.

FREE PERSONALIZED READING

Explore what your numbers say about you

Many people like to pair their intentions with numerology, a traditional system that links your name and birth date to your natural strengths and tendencies. It can be a fun, thought-provoking way to reflect on where you're headed.

Personalized to you

Created from your own name and date of birth.

Free to watch

The video reading is free, and extra reports are optional.

[Get my free numerology reading →](#)

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Here's to your next 21 days,

Uday Chandra

MyInfoLabs.com

This journal is a tool for reflection, goal-setting, and personal growth. It does not guarantee any particular outcome, and it is not a substitute for professional financial, medical, or psychological advice.