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Holistic Life Coaching & Energetic Restoration

JewelTree's Manifestation Worksheet

The object or experience I wish to manifest using the Law of Attraction is...

The conditions I visualize as integral features to the manifestation of my desires look, feel, smell, hear and taste like this...

I accept that the Universe has registered these desires and is now actively engaged in fulfilling this request. The timeframe that is deemed necessary for its completion is based on my ability to believe it as already delivered AND the co-creative interplay with the forces of Divine orchestration. The faith I have in the Universe makes me open to peace and well-being in this time of waiting for the mystery and beauty to unfold in true perfection.

(circle one) I commit keep talking need to ponder no way

The feelings that drive this desire are: (be non-judgmental and honest)

(circle all that apply) retaliation jealousy anger deprivation grief love outrage longing entitlement hope joy pride need empathy fear despair guilt shame compassion other: _____

Right now I commit to owning these feelings. I love and honor these emotions as they are a part of me. They are serving as leverage to help move me beyond my current state of lack into greater abundance in order to assist the Universe in the best way I know how.

(circle one) I commit keep talking need to ponder no way

I believe that my restrictive thought patterns are preventing me from attracting my desires. These are:

I am willing to forgive and release any anger & resentment towards those who already live the life and have the items I desire. I feel contentment and at peace for them and surrounding their condition in order that similar manifestations are attracted to me. (circle one) I commit keep talking need to ponder no way

I accept that I have drawn this lack/desire to me to learn, grow and heal into my life. The individuals that have magnified this awareness for me are:

1. _____ 2. _____ 3. _____ 4. _____

The reason(s) I desire these objects/experiences is/are...

It is approximately:

_____ % self gratification
_____ % self improvement
_____ % in service to others

I understand how much energy I expended in trying to pull so strongly and force the conditions to match my desires. I now commit to allowing the peace found in the NOW and relish the gentle unfolding and beauty of the results. I summon my aligned energy, well-being and love to supersede any over Egoic pursuits and that my desires will benefit the whole.

(circle one) I commit need to ponder I am skeptical not ready to commit

I am now committed to recognizing the shift that must occur in order for me to remove any emotional debris that keeps me bound to the status quo. I am worthy of infinite happiness, success and abundance. In order to do so I agree to shift my personal vibration to be that of perfection and mental well-being. Success is about the joy I feel.

“ I now recognize that...

I understand that I am responsible for all my thoughts, decisions, actions and feelings. I now surrender to my own Spiritual Intelligence and know that all is as it should be right here and now. The concept of shortage and lack was of my own making. I recognize and understand that my true wealth and wholeness already resides within me. Outside acquisitions, possessions and status do not define me. I am worthy.

(circle one) I commit need to ponder I am skeptical not ready to commit

I am appreciative of this experience. Every morning and evening I will inventory the things, events, people, synchronicities, internal messages/guidance and milestones for which I am grateful.

(circle one) I commit need to ponder I am skeptical not ready to commit

I now commit to being open to my creative intelligence and well-being and in this state of ease, appreciation, gratitude and love the Universe will issue my requests in total faith, in perfect divine orchestration and for the good of all.

(circle one) I commit need to ponder I am skeptical not ready to commit

Please take a moment to read these questions and answers aloud.

So Be it.

Signature: _____ Date: _____