

7 Step Formula for Manifesting Your Dreams



This worksheet is designed to help you stay on target while manifesting your dreams. Start training your mindset and organize your dreams each week.

A dream is just an idea in your head and that idea will never manifest in your life until you take action.



When you start shifting your mindset, adjusting your habits and routines, you are preparing for greatness.

By doing the work, your dream will manifest, and you will see personal growth too.

Let's get started!

Your BIG IDEA is a big deal! Write it below.

1. EPIPHANY

Create an action plan to for your BIG IDEA.

What do you need to control this week?

2. INSANITY

Create an action plan to manage the chaos.

What do you need to BALANCE this week?

3. EXHALE

Create a self care action plan for this week.

What do you need to SAY YES to this week?

4. S.Y.N.C.E.D

Create an action plan to over come procrastination.

What do you need to CELEBRATE this week?

5. RECOGNIZE

Create a list of all the things you are grateful for to for this week.

What are the results ?

6. BELIEVE

Create a self care action plan for this week.

You were born to be and do great things. So, wake up each day, believe in your dream, and GO BE GREAT!

Your dreams don't work unless you do. It's time to get to work. This last step is all up to you. *Your **Greatness** is ready to shine through!*
Now it's time to take action.

What are you going to do right now?

7. LIVE

Create an action plan for continuing this routine and creating a lifestyle.

Do Now _____

Do Next _____

Do Again _____

Keep the strategy going! Grab your FREE 30-Day Goal Setting Planner Now!

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