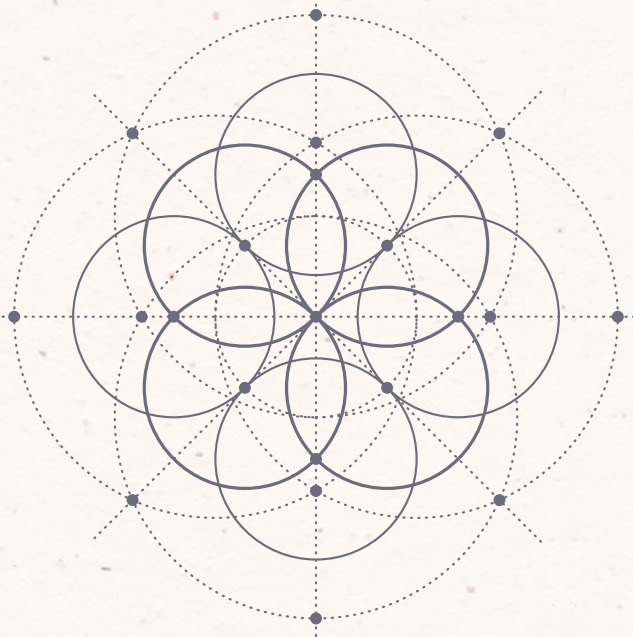

WOO WOO MANIFESTATION WORKBOOK 2023

MANIFEST 2023

With Michelle



Reflect and Release 2022
Forgive
Celebrate
Manifest 2023 by the Month
Colour Images for Inspiration

BY MICHELLE MINKE



REFLECT 2022

Look back on the last 12 months and celebrate

What happened to me that I am grateful for?

Blank space for writing reflections on gratitude.

What did I achieve that I am most proud of?

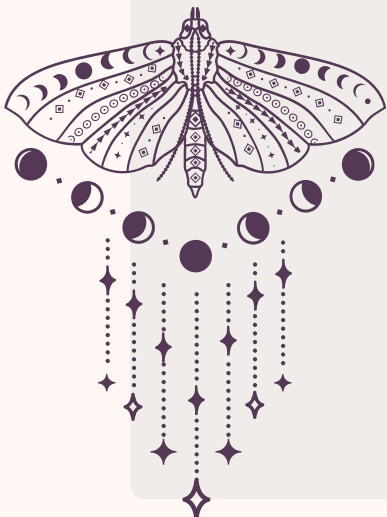
Blank space for writing reflections on achievements.

What milestones did I accomplish?

Blank space for writing reflections on milestones, featuring a decorative moth illustration at the bottom left.

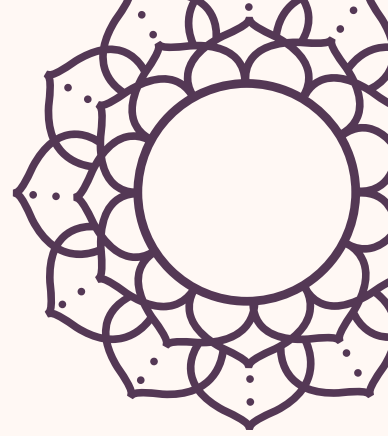
What lessons did I learn that I am proud of?

Blank space for writing reflections on lessons learned.





RELEASE 2022



We have to let go of the past to move into the future.

What will I forgive myself
for what happened in 2022?

Empty space for writing answers to the question: What will I forgive myself for what happened in 2022?

How did I sabotage myself?

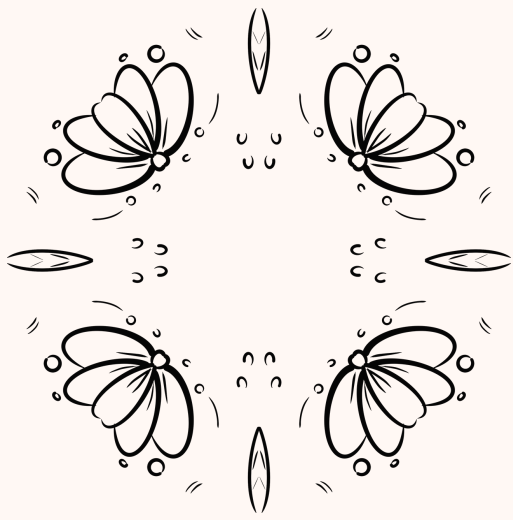
Empty space for writing answers to the question: How did I sabotage myself?

What promises did I not
follow through?

Empty space for writing answers to the question: What promises did I not follow through?

Is there anyone I need to
forgive?

Empty space for writing answers to the question: Is there anyone I need to forgive?



FORGIVE 2022

Healing begins from the inside. to any thing that feels particulary hard to let go repeat the Hopono'pono Prayer"

" Im sorry, please forgive me, thank you, I love you.

I forgive _____for _____

I forgive myself for _____

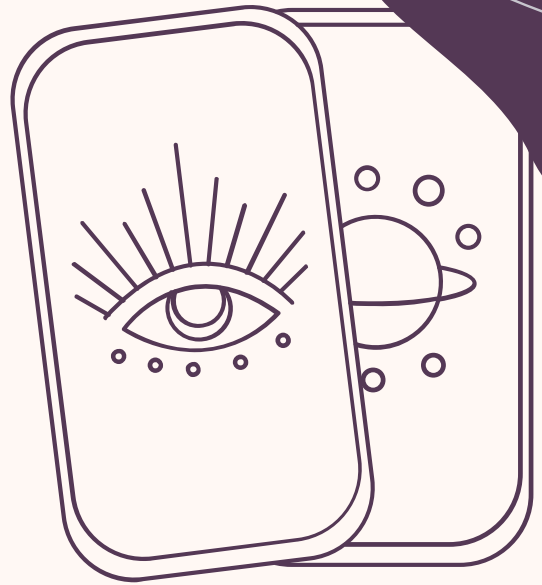
I release _____

The lessons I learned, that are worth celebrating are

The pieces of myself that I learned to love were



It's already yours
DECLARE IT



My Mantra or Affirmation for 2023 is

My 5 emotions to anchor to in 2023 are:

My power word for 2023 is :





JANUARY

What magic would I like to unfold?

[Empty gray box for writing]

What goals do I have?

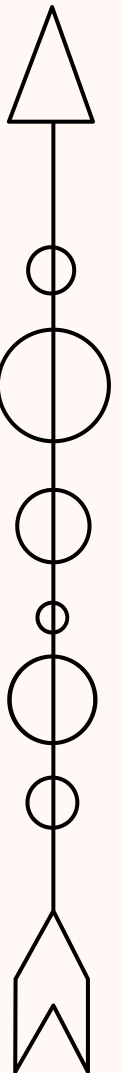
[Empty gray box for writing]

What milestone is there to achieve?

[Empty gray box for writing]

What desires do I have?

[Empty gray box for writing]





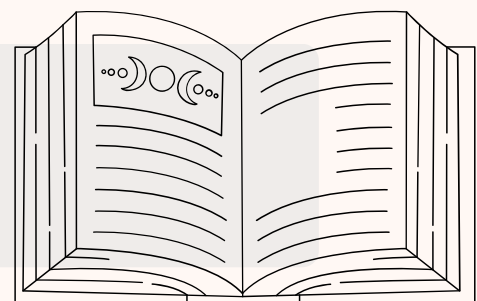
FEBRUARY

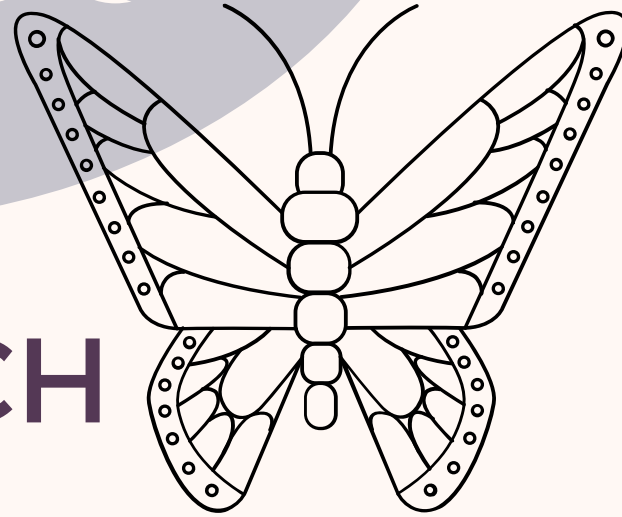
What magic would I like to unfold?

What goals do I have?

What milestone is there to acheive?

What desires do I have?





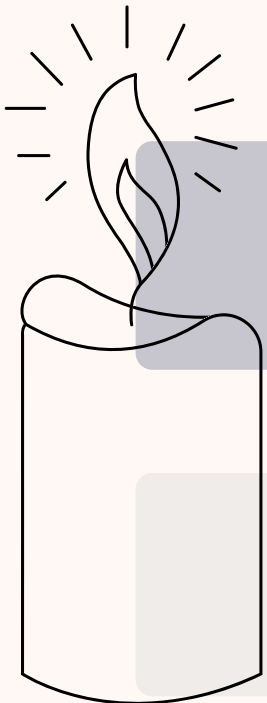
MARCH

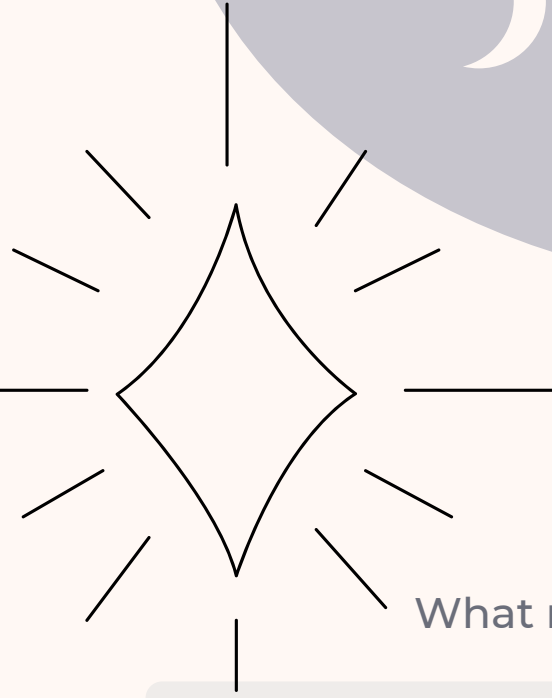
What magic would I like to unfold?

What goals do I have?

What milestone is there to achieve?

What desires do I have?





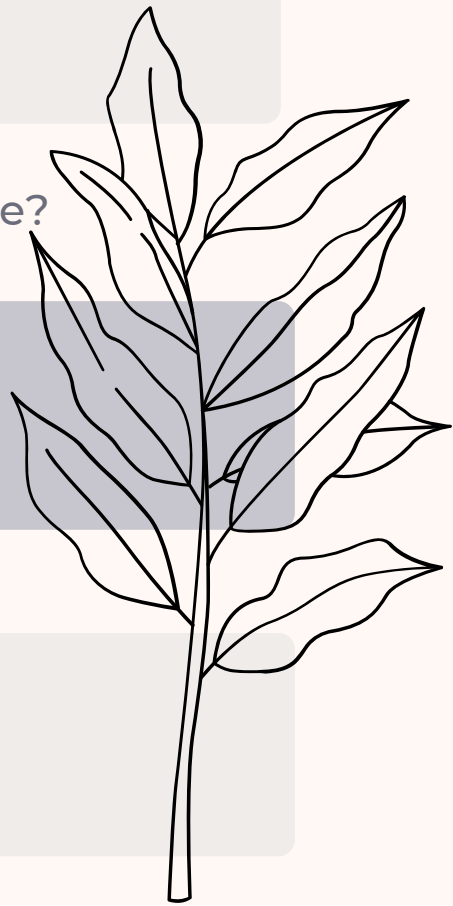
APRIL

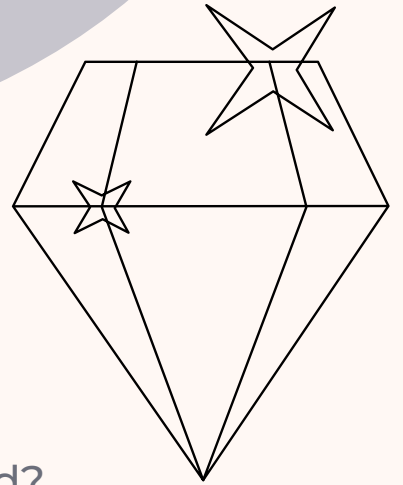
What magic would I like to unfold?

What goals do I have?

What milestone is there to achieve?

What desires do I have?





MAY

What magic would I like to unfold?

Empty rounded rectangular box for writing.

What goals do I have?

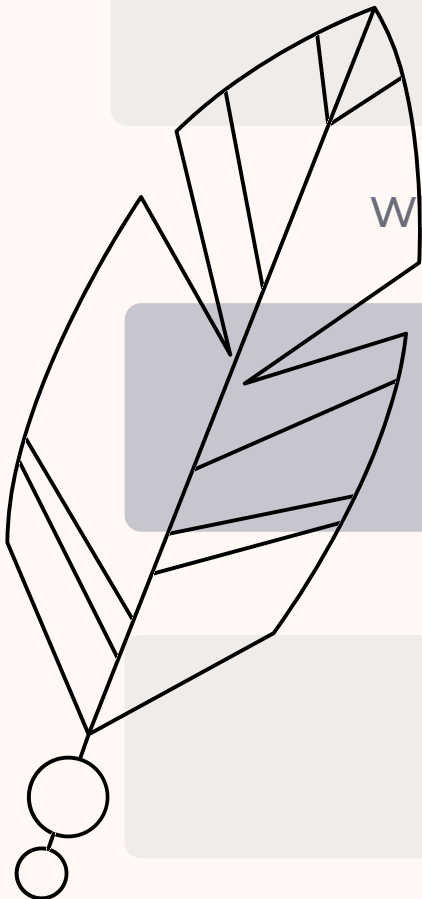
Empty rounded rectangular box for writing.

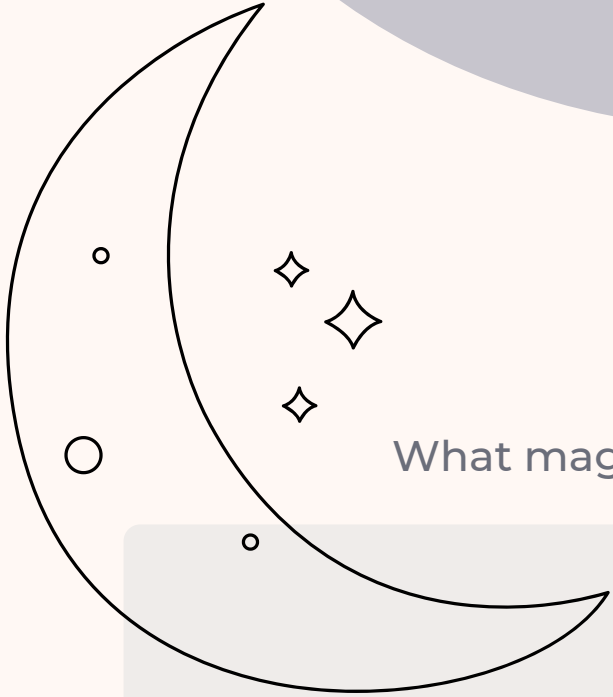
What milestone is there to achieve?

Empty rounded rectangular box for writing.

What desires do I have?

Empty rounded rectangular box for writing.





JUNE

What magic would I like to unfold?

Blank response area for the question: "What magic would I like to unfold?"

What goals do I have?

Blank response area for the question: "What goals do I have?"

What milestone is there to achieve?

Blank response area for the question: "What milestone is there to achieve?"

What desires do I have?

Blank response area for the question: "What desires do I have?"





JULY

What magic would I like to unfold?

Blank rounded rectangular area for writing.

What goals do I have?

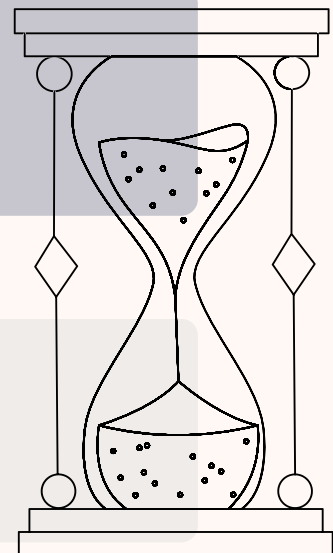
Blank rounded rectangular area for writing.

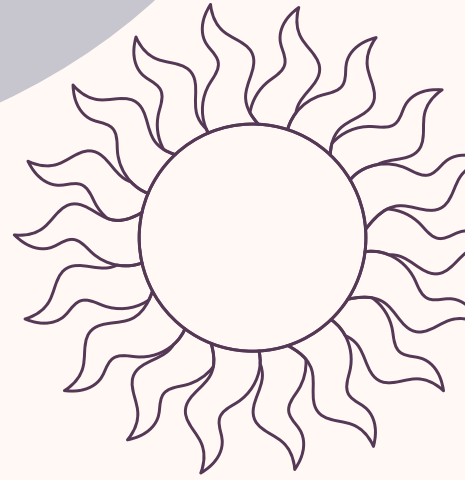
What milestone is there to achieve?

Blank rounded rectangular area for writing.

What desires do I have?

Blank rounded rectangular area for writing.





AUGUST

What magic would I like to unfold?

What goals do I have?

What milestone is there to achieve?

What desires do I have?





SEPTEMBER

What magic would I like to unfold?

[Empty rounded rectangular box for writing]

What goals do I have?

[Empty rounded rectangular box for writing]

What milestone is there to acheive?

[Empty rounded rectangular box for writing]

What desires do I have?

[Empty rounded rectangular box for writing]





OCTOBER

What magic would I like to unfold?

What goals do I have?

What milestone is there to achieve?

What desires do I have?





NOVEMBER

What magic would I like to unfold?

What goals do I have?

What milestone is there to acheive?

What desires do I have?





DECEMBER

What magic would I like to unfold?

What goals do I have?

What milestone is there to acheive?

What desires do I have?

WEEKLY SUCCESS

Planner

Date:



My Top 3 Priorities

My Goals Are

What I Must Remember

-
-
-
-
-
-
-
-

Obstacles:

Distractions:

Action Steps:

Things to keep me me in check: