

# Morning Checklist

## For *Manifestation*

zannakeithley.com

Week Of: \_\_\_\_\_

My Word Of The

Week: \_\_\_\_\_

	M	T	W	TH	F	S	SU
Express gratitude							
Recite affirmations							
Journal							
Meditate							
Visualize							
Set daily intentions							
Vision board							
Raise vibration							
Laugh							
Talk to the Universe							
Choose 1 small step to take today							