

30-Day Manifestation Challenge

Challenge yourself to manifest your dreams.

DAY 1 Visualize your dream life	DAY 2 Create beautiful & inspiring vision board	DAY 3 Choose ten positive affirmations to recite daily	DAY 4 Script a day in your dream life	DAY 5 Express gratitude throughout the day
DAY 6 Choose 1 specific goal to manifest	DAY 7 Raise your vibrations to match your goal	DAY 8 Release limiting beliefs	DAY 9 Create an action plan for your goal	DAY 10 Do 1 thing to support your goal
DAY 11 Write: What is my intuition telling me?	DAY 12 Use your intuition to decide next step	DAY 13 1+ positive affirmation per hour	DAY 14 Clear out old stuff you no longer need	DAY 15 Give (a smile, money, love, anything!)
DAY 16 Write a letter to your past self	DAY 17 Write a letter to your future self	DAY 18 Do something fun to raise vibrations	DAY 19 Visualize your success	DAY 20 Take another step to support your goal
DAY 21 Spend time in nature. Write, meditate, or just be.	DAY 22 Ask the Universe for a sign of alignment	DAY 23 Write about your "why" (purpose)	DAY 24 Script a day in your dream life	DAY 25 Name 1+ thing you're grateful for every hour
DAY 26 Watch funny videos. Find reasons to laugh!	DAY 27 Write a list of what you love about you	DAY 28 Visualize the Universe supporting you	DAY 29 Release your desires to the Universe	DAY 30 Live as if your dreams have come true



Challenge Tracker

DAY	NOTES	DONE?
1		<input type="checkbox"/>
2		<input type="checkbox"/>
3		<input type="checkbox"/>
4		<input type="checkbox"/>
5		<input type="checkbox"/>
6		<input type="checkbox"/>
7		<input type="checkbox"/>
8		<input type="checkbox"/>
9		<input type="checkbox"/>
10		<input type="checkbox"/>
11		<input type="checkbox"/>
12		<input type="checkbox"/>
13		<input type="checkbox"/>
14		<input type="checkbox"/>
15		<input type="checkbox"/>



Challenge Tracker

DAY	NOTES	DONE?
16	<hr/>	<input type="checkbox"/>
17	<hr/>	<input type="checkbox"/>
18	<hr/>	<input type="checkbox"/>
19	<hr/>	<input type="checkbox"/>
20	<hr/>	<input type="checkbox"/>
21	<hr/>	<input type="checkbox"/>
22	<hr/>	<input type="checkbox"/>
23	<hr/>	<input type="checkbox"/>
24	<hr/>	<input type="checkbox"/>
25	<hr/>	<input type="checkbox"/>
26	<hr/>	<input type="checkbox"/>
27	<hr/>	<input type="checkbox"/>
28	<hr/>	<input type="checkbox"/>
29	<hr/>	<input type="checkbox"/>
30	<hr/>	<input type="checkbox"/>

30-Day Manifestation Challenge

Tips to help you manifest your dreams.

TIP #1: CONTINUE TO USE PRACTICES FROM PREVIOUS DAYS THROUGHOUT THE CHALLENGE

For instance, on Day 2, you create a vision board. This vision board can be on a posterboard, construction paper, on your phone - wherever you feel it works best for you. Even though only Day 2 is dedicated to this practice, continue to look at your vision board every day. Align yourself with the feelings of already having everything on the board!

TIP #2: DEFINE WHAT THE INSTRUCTIONS MEAN TO YOU

Some of the instructions are very specific, while others are more general. For instance, "*Release limiting beliefs*" can mean a lot of things. You could release limiting beliefs by visualizing yourself standing at the edge of a mountain as you release your limiting beliefs over the cliff. Or you can write down your limiting beliefs on a piece of paper and burn them. You can also make a list of your limiting beliefs, and then change these all into positive beliefs. For any of these practices, let yourself do what feels best for you!

TIP #3: HAVE FUN WITH IT

At their foundation, all of these practices are meant to make you feel really good. So release the pressure to be perfect. Release self-criticism and self-judgment. Let yourself truly have fun with it! If you realize that you've strayed from the day's task, don't be hard on yourself. Simply realign with your highest, most abundant self.

TIP #4: LET IT GO

Have patience. Choose abundance over lack. This means feeling happy and grateful for all that you have rather than focusing on what hasn't manifested yet. It'll come. In the meantime, choose to love your life right now, exactly as it is, and commit to feeling good.