

BY THE MAKERS OF AFIRMAFLOW

FREE 7-DAY SAMPLE



The 90-Day
Manifestation
Journal
a guided daily practice

Get clear. Believe it. Take the step. Notice it arrive.



90 GUIDED DAYS · 369 & 55x5 METHODS · SCRIPTING · WEEKLY RESETS

OPUSVOLT LABS · [MANIFEST.OPUSVOTLABS.COM](https://manifest.opusvotlabs.com)

Welcome. This is where it gets real.

You probably already know what you want. Maybe you have made vision boards, saved affirmations, watched the videos. And maybe, like most people, you have noticed that wanting alone does not change much.

This journal is built on a simple idea: **manifestation works best when the dream and the plan hold hands**. Clarity tells your attention what to look for. Belief keeps you going. Gratitude teaches you to notice what is already arriving. Action opens the door. Writing it down, every day, is what turns all of that from a nice thought into a new habit.

You will spend about ten minutes a day here: five in the morning, five at night. For ninety days. That is the whole commitment.

You do not need to believe in anything in particular to use this book. If you call it the universe, God, your higher self or just your brain, the pages work the same way. Bring your own words.

Let's begin.

IMPORTANT

This journal is a tool for reflection and personal growth. It is not therapy, medical, legal or financial advice, and it does not guarantee any specific result.

How manifestation actually works

Five steps, one after another, every day. Each page of this journal walks you through all five.

- 1 **Clarity — decide what you want**
A vague wish gives you a vague day. When you decide exactly what you want, your attention starts filtering for it, the way you suddenly see your new car everywhere once you buy it. Writing a specific goal is one of the most reliable things you can do to reach it.
- 2 **Belief — make it feel possible**
You will not walk toward something you secretly think is not for you. Affirmations and scripting are how you rehearse a new belief until it stops feeling like a lie and starts feeling like a memory.
- 3 **Feeling — practise gratitude in advance**
People who write down what they are grateful for tend to feel more optimistic and more motivated. Gratitude also trains you to notice, and you cannot receive what you never notice.
- 4 **Action — take the aligned step**
Dreaming alone can make you feel like you have already arrived, so you stop moving. The fix is to pair every dream with its first step, written as a plan: “If ___ happens, then I will ___.” That small sentence is surprisingly powerful.
- 5 **Receiving — notice and let go**
Hold your desire firmly and the timing loosely. Every night you will record the signs, wins and small pieces of evidence that things are moving. That list becomes the proof your mind needs to keep believing.



WHY THIS WORKS BETTER THAN WISHING

Every step here is something you can do, not something you have to wait for. Ninety days of practice changes what you notice, what you believe and what you do — and those three things change what happens next.

How to use this journal

- 1 **Morning (5 minutes)**
Read today's affirmation and write it three times. Note three things you are grateful for and who you are becoming today. Read the scripting prompt and write your answer, in the present tense, as if it is already true.
- 2 **During the day**
Do your one aligned action. Small is fine. Small and done beats big and someday.
- 3 **Night (5 minutes)**
Write down every sign, win, coincidence and kindness you noticed. Rate your energy. Tick the box.
- 4 **Every seventh day: the weekly reset**
One page to look at the whole week. It is the page most people skip and the one where the change becomes visible. Do not skip it.
- 5 **Days 30, 60 and 90: check-ins**
Re-rate your life, adjust your desires and celebrate. Goals are allowed to change. You are allowed to want more.
- 6 **If you miss a day, do not start over**
Simply continue with the next page. This is not a streak to protect, it is a notebook to fill. Starting over is the elegant way of never finishing.

PRINT IT OR USE IT ON A TABLET

This journal is designed to be printed and written by hand — what you write by hand, you remember. It also works in GoodNotes, Notability or any PDF app with a stylus: the contents page is clickable.

DAY ZERO

DAY ZERO

My commitment

Fill this in before Day 1. Signing it is half the work: a promise that is not written down gets renegotiated with yourself every single morning.

MY NAME _____

I BEGIN ON _____

I FINISH ON (DAY 90) _____

MY FIXED TIME TO WRITE _____

In ninety days, these three things will be different. Make them specific enough that a stranger could check them:

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

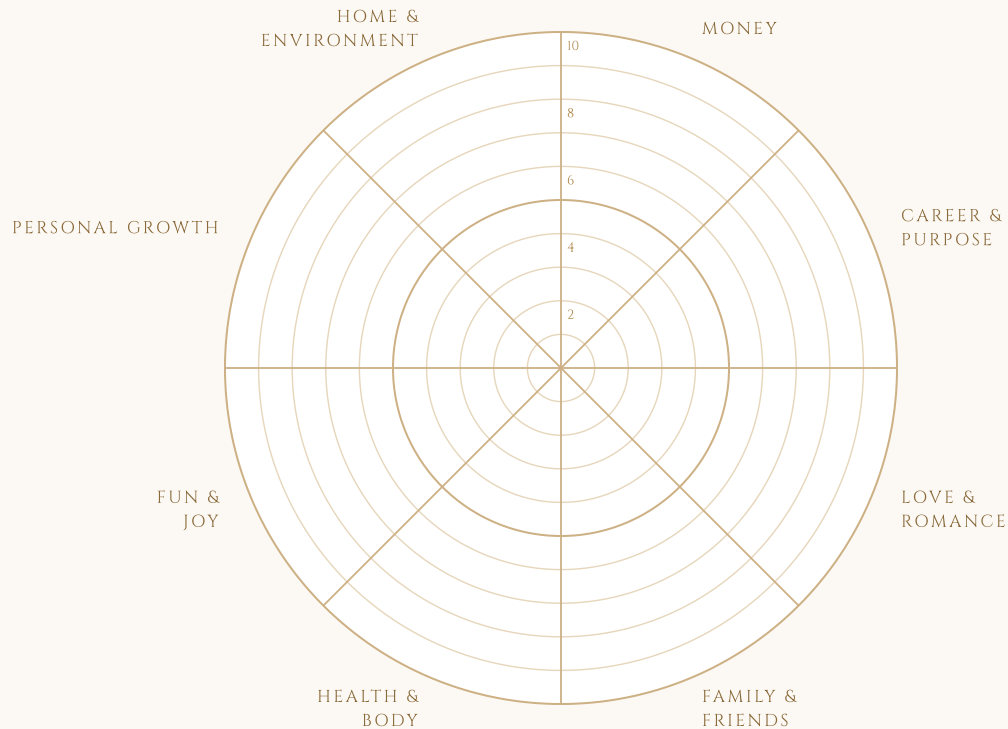
SIGNATURE _____

A USEFUL WARNING

Almost everyone wants to quit somewhere between day nine and day fifteen, when the novelty is gone and the results have not shown up yet. If that happens to you, it means you are exactly on schedule. Turn to the next page.

WHERE YOU ARE NOW

Rate each area from 1 (very unhappy) to 10 (could not be better) and shade each slice up to that number. Be honest: nobody is grading this. You will rate it again on days 30, 60 and 90.



WHICH TWO AREAS, IF THEY IMPROVED, WOULD LIFT ALL THE OTHERS?

My desire map

Choose up to three desires for the next ninety days. For each one, write what you want, why you want it and how it will feel when it is real. The feeling is the part your mind remembers.

◆ Desire one

WHAT I WANT, EXACTLY

HOW IT WILL FEEL

WHY IT MATTERS TO ME

THE FIRST STEP I CAN TAKE

◆ Desire two

WHAT I WANT, EXACTLY

HOW IT WILL FEEL

WHY IT MATTERS TO ME

THE FIRST STEP I CAN TAKE

◆ Desire three

WHAT I WANT, EXACTLY

HOW IT WILL FEEL

WHY IT MATTERS TO ME

THE FIRST STEP I CAN TAKE

Do not worry about *how* yet. This week we only work on *what* and *why*.

Day 01

WEEK 1 · CLARITY

DATE _____

TODAY'S AFFIRMATION

I know what I want, and I allow myself to want it

I AM GRATEFUL FOR

1

2

3

TODAY I AM BECOMING SOMEONE WHO...

WRITE YOUR AFFIRMATION THREE TIMES

1

2

3

SCRIPTING PROMPT

If nothing could go wrong

If you knew you could not fail, what would you want in the next ninety days? Write fast, without editing and without being modest.

ONE ALIGNED ACTION

If

then I will

TONIGHT · SIGNS, WINS & EVIDENCE I NOTICED

ENERGY

1 2 3 4 5 6 7 8 9 10

 DONE

Day 02

WEEK 1 · CLARITY

DATE _____

TODAY'S AFFIRMATION

I am constantly moving toward my dreams

I AM GRATEFUL FOR

1

2

3

TODAY I AM BECOMING SOMEONE WHO...

WRITE YOUR AFFIRMATION THREE TIMES

1

2

3

SCRIPTING PROMPT

The want beneath the want

Pick one desire and ask: "And what would that give me?" Ask it five times. Write down the feeling at the bottom of the chain — that is what you are really after.

ONE ALIGNED ACTION

If

then I will

TONIGHT · SIGNS, WINS & EVIDENCE I NOTICED

ENERGY

1 2 3 4 5 6 7 8 9 10

 DONE

Day 03

WEEK 1 · CLARITY

DATE _____

TODAY'S AFFIRMATION

My desires are clear, specific and truly mine

I AM GRATEFUL FOR

1

2

3

TODAY I AM BECOMING SOMEONE WHO...

WRITE YOUR AFFIRMATION THREE TIMES

1

2

3

SCRIPTING PROMPT

Specific beats big

Rewrite your main desire so that a stranger could tell on day 90 whether it happened. Use numbers, names and dates.

ONE ALIGNED ACTION

If

then I will

TONIGHT · SIGNS, WINS & EVIDENCE I NOTICED

ENERGY

1 2 3 4 5 6 7 8 9 10

◇ DONE

DATE _____

I can see my new life clearly, down to the smallest detail

An ordinary Tuesday

If $\mathcal{A}$ is a $\mathcal{C}$ -algebra, then I will

 DONE

Day 05

WEEK 1 · CLARITY

DATE _____

TODAY'S AFFIRMATION

I say no to what no longer fits the life I am creating

I AM GRATEFUL FOR

1

2

3

TODAY I AM BECOMING SOMEONE WHO...

WRITE YOUR AFFIRMATION THREE TIMES

1

2

3

SCRIPTING PROMPT

What I no longer accept

Clarity is also knowing your no. List what you are no longer willing to tolerate — in your work, your money, your relationships and from yourself.

ONE ALIGNED ACTION

If

then I will

TONIGHT · SIGNS, WINS & EVIDENCE I NOTICED

ENERGY

1 2 3 4 5 6 7 8 9 10

 DONE

Day 06

WEEK 1 · CLARITY

DATE _____

TODAY'S AFFIRMATION

I choose dreams that are truly my own

I AM GRATEFUL FOR

1

2

3

TODAY I AM BECOMING SOMEONE WHO...

WRITE YOUR AFFIRMATION THREE TIMES

1

2

3

SCRIPTING PROMPT

Borrowed dreams

Which of your goals are truly yours, and which did you inherit from your parents, social media or comparison? Cross out one that is not really yours.

ONE ALIGNED ACTION

If

then I will

TONIGHT · SIGNS, WINS & EVIDENCE I NOTICED

ENERGY

1 2 3 4 5 6 7 8 9 10

 DONE

Day 07

WEEK 1 · CLARITY

DATE _____

TODAY'S AFFIRMATION

I am committed to my progress

I AM GRATEFUL FOR

1

2

3

TODAY I AM BECOMING SOMEONE WHO...

WRITE YOUR AFFIRMATION THREE TIMES

1

2

3

SCRIPTING PROMPT

My north star

Write one sentence that sums up your next ninety days, starting with “By [date], I...”. Copy it onto a sticky note where you will see it every day.

ONE ALIGNED ACTION

If

then I will

TONIGHT · SIGNS, WINS & EVIDENCE I NOTICED

ENERGY

1 2 3 4 5 6 7 8 9 10

 DONE

Clarity: looking back

HOW ALIGNED DID I FEEL THIS WEEK?

1 2 3 4 5 6 7 8 9 10

 DONE



You just finished your first week.

This was a free sample of **The 90-Day Manifestation Journal**: the first seven days of ninety.

The full journal continues with twelve more themed weeks — self-worth, gratitude, money, self-love, love, health, releasing, trust, courage and becoming — plus weekly resets, day 30, 60 and 90 check-ins, 21 days of the 369 method, the 55×5 method and extra scripting pages.

It also comes with a printable deck of 108 affirmation cards.

GET THE FULL JOURNAL

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