

I Manifest My Dreams

I manifest my dreams.

My actions align with my values and priorities as I move closer to my goals.

I believe in myself and my abilities. I am confident that I can accomplish great things if I am willing to put forth enough effort.

I cultivate mindfulness. I engage fully in the present moment and focus on one task at a time. I seek greater self-knowledge and awareness. I meditate daily. I make conscious choices. I ask others for feedback.

I line up support. I build close and supportive relationships. I can count on my family and friends for encouragement.

I manage my time. **I devote my resources to activities that add more meaning to my life.**

I take care of my physical and mental health. I eat a balanced diet and exercise regularly. I manage stress and sleep well. Staying strong and fit gives me the energy I need to pursue my dreams.

I persevere through obstacles. I use setbacks as learning opportunities. I give myself credit for trying. I motivate myself to take risks by looking at what I have to gain.

I focus on the big picture. I think about the purpose behind what I am doing. **I keep my final destination in mind.**

I practice my faith. My spiritual beliefs help me to understand what I want out of life. I develop the wisdom and courage to dream big.

Today, I keep moving closer toward my dream life. I feel happy and fulfilled.

Self-Reflection Questions:

1. How would I describe my dream life?
2. What would I say to someone who feels like their life is meaningless?
3. What would I do with my life if I had no need to earn more money?