

Manifestation Worksheet



Romans 8:19-22

19 For the creation waits with eager longing for the revealing of the sons of God. 20 For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope 21 that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God. 22 For we know that the whole creation has been groaning together in the pains of childbirth until now.

Defining manifestation

This section will help you define manifestation and how it relates to being a son or daughter of God. It will give you a better understanding of how to use manifestation to bring positive changes in your life, as a son or daughter of God.

- What does manifestation mean to me?
- How do I understand the concept of manifestation in relation to being a son or daughter of God?

Identifying limiting beliefs

In this section of the worksheet, you will have the opportunity to identify any limiting beliefs you have about yourself and your ability to manifest as a son or daughter of God. Limiting beliefs are thoughts and ideas that we hold about ourselves that prevent us from achieving our full potential. These beliefs may be limiting your ability to manifest your desires and bring them into reality. Identifying these limiting beliefs is an important step in overcoming them and allowing you to manifest your desires as a son or daughter of God. This section will help you to become aware of any limiting beliefs you may have and take steps to overcome them, so you can manifest your full potential as a son or daughter of God.

- What are my limiting beliefs about myself and my ability to manifest as a son or daughter of God?

Setting intentions

In this section of the worksheet, you will have the opportunity to set specific intentions for manifesting as a son or daughter of God. Setting intentions is the process of clearly identifying what you want to manifest in your personal or professional life. It's important to be specific when setting your intentions, as this will make it easier for you to focus your thoughts and actions towards manifesting them. This section will allow you to focus on what you want to manifest as a son or daughter of God, in your personal or professional life, whether it be a specific job, a relationship, health, or any other desire you have. This will help you to align your thoughts and actions with your intentions and increase the likelihood of manifesting them into reality.

- What do I want to manifest in my personal or professional life as a son or daughter of God?

Action steps

In this section of the worksheet, you will have the opportunity to brainstorm action steps you can take to manifest your intentions as a son or daughter of God. Manifestation is not just about having positive thoughts, it's also about taking action towards your goals. This section will help you identify specific actions that you can take to align your thoughts and actions with your intentions. Some examples of action steps that you can take include reading scripture, journaling about your manifestation journey, visualization, meditation or any other activity that will help you to focus on your intentions and align your thoughts and actions with

them. This section will help you to create a plan of action to manifest your intentions and bring them into reality.

- What are some action steps I can take to manifest my intentions?

1.
2.
3.
4.
5.
6.

Gratitude and Reflection

In this section of the worksheet, you will have the opportunity to reflect on your manifestation journey and express gratitude for the manifestation that has already occurred in your life. Reflecting on your manifestation journey allows you to take a step back and see the progress you have made and the manifestation that have already occurred. It also helps you identify any areas where you may need to adjust your thoughts, beliefs or actions. Expressing gratitude for the manifestation that have already occurred in your life is also important because it helps you to focus on the positive and sets a positive tone for manifesting even more in the future. This section will help you to appreciate the progress you have made, identify areas where you can improve and set a positive tone for future manifestation as a son or daughter of God.

- What manifestation have I already experienced in my life?
- What am I grateful for in my manifestation journey?
