



# CAPRICORN SEASON: 5 DAY CHALLENGE: MANIFESTATION



## 5 Days of Manifestation/Conscious Creation

We are always manifesting something, whether consciously or not, whether it's something wanted or not; we might as well harness that power and start creating what we REALLY want to experience. Through this challenge you will strengthen your ability to consciously create through Identification (goal & obstacle (s), Reprogramming & Affirmation, Self Love & Worthiness, Feeling Meditation & Visualization

Journaling or Meditation both morning and night:

### DAY 1

AM: Journal- brain dump a list of minor and major things you want to experience, create, and manifest. (I.e. car, specific clothing/shoes/jewelry, money, career, home, partnership, etc.)

PM: Review your list, edit/change/add anything you want, then choose the top 3 that you would like to focus on and set a specific timeframe for each.

#1: \_\_\_\_\_ By Date: \_\_\_\_\_

#2: \_\_\_\_\_ By Date: \_\_\_\_\_

#3: \_\_\_\_\_ By Date: \_\_\_\_\_





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### DAY 2

AM: Journal- next to your top 3- list what you need or what needs to happen in order for this to manifest. Then identify what you believe to be the biggest obstacle/challenge.

MANIFESTATION

WHAT IS NEEDED

#1: \_\_\_\_\_ | \_\_\_\_\_

OBSTACLE: \_\_\_\_\_

#2: \_\_\_\_\_ | \_\_\_\_\_

OBSTACLE: \_\_\_\_\_

#3: \_\_\_\_\_ | \_\_\_\_\_

OBSTACLE: \_\_\_\_\_

PM: Review the obstacles and investigate what limiting belief is behind them. Practice PB (Pratipaksha Bhavana\*) and write down the exact opposite of that limiting belief- this is now your Affirmation.

OBSTACLE

LIMITING BELIEF

#1: \_\_\_\_\_ | \_\_\_\_\_

AFFIRMATION: \_\_\_\_\_

#2: \_\_\_\_\_ | \_\_\_\_\_

AFFIRMATION: \_\_\_\_\_

#3: \_\_\_\_\_ | \_\_\_\_\_

AFFIRMATION: \_\_\_\_\_

\*Pratipaksha Bhavana: Yoga Sutra 2.33 Cultivation of the Opposite





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DAY 3

AM: Journal and Meditation: Begin with one limiting belief (many beliefs can be boiled down to one common belief) and reprogram where it might have come from: investigate your upbringing, the community you grew up in, something your parents said, your media influences, etc. Identify a moment or memory, maybe the first time you heard it, adopted it, and/or felt it. In meditation, visualize going back into that moment and telling yourself what you needed to hear- what your higher self now would tell your younger self then- including your Affirmation.

PM: Write down your Affirmation 20x. Then read your Affirmation out loud 20x.



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DAY 4

AM: Journal- List everything you love about yourself. All of your strengths. All of the challenges you've overcome.

PM: Read what you wrote about yourself out loud, several times. Notice, if you are uncomfortable acknowledging your strengths and continue to re-read everything that you love about yourself out loud until you feel totally comfortable, confident, and authentic. Write down how you feel:



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DAY 5

AM: Meditation- Guided Feeling Intention Meditation (Link)

PM: Visualization- Choose one manifestation and visualize experiencing it. Write down how it would feel, how would your life change, all the details of that manifestation/creation.