

The Manifestation Journal

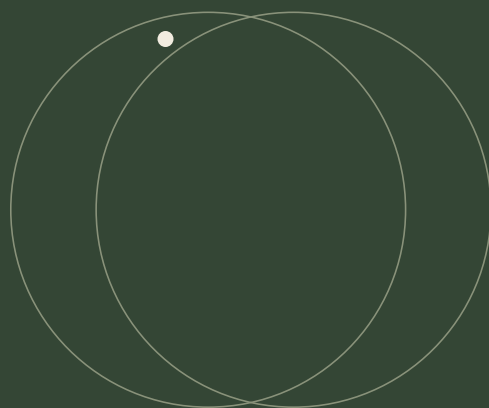
A place for what you want next.

A 12-week practice for turning a desire
into a direction you can follow.

By Mira Nyxlight

40 pages / intention, ritual & action

Worksheets, weekly practice and an undated year



START HERE

Begin with one desire

Perhaps a wish keeps returning when the day goes quiet: make something of your own, feel steadier with money, or have more room to breathe. This journal gives that wish a place to become specific.

1. Open a little space.

Put your phone aside and set a timer for ten minutes. Rest a hand on the notebook, take three unhurried breaths, and finish this sentence: "I keep coming back to the wish for..." Use page 3 to explore it.

2. Give the desire a direction.

On page 4, name the change you want and one action you can take this week. Pages 5-7 help you work with the belief, image, and support around that desire.

3. Return for five minutes.

Reuse page 8 each morning or evening. Print extra copies or answer the prompts in a notebook. A brief daily return keeps your chosen direction in view.

4. Give each week one experiment.

Pages 9-32 pair a plan with a record of what happened. Each week includes a worked example from one fictional reader, so you can see how the practice develops.

5. Adjust every four weeks.

Complete the reviews on pages 33-35. The 52-week calendar on pages 36-39 is optional for continuing after week 12.

Your starting date: _____ Your week-12 review: _____

Print only the pages you need, in A4 or fit to your printer. For digital use, open this PDF in an annotation app. The cover is optional when printing. Access help: hello@earthritual.shop.

Turn a desire into a plan

Write the desire first. Then give it a visible next step: something you could point to at the end of the week.

WORKED EXAMPLE

Jo wants paid illustration work. "Be successful" is hard to act on; "finish one sample menu illustration by Sunday" gives the week a direction. Jo reserves two 25-minute sessions and asks a friend to review the finished sample. This is an illustrative example, not a result promised by the journal.

The direction I choose

Complete: I want more _____ because _____.

The part I can influence

What can I make, practise, ask, or decide this week?

A realistic first step

On _____ at _____ I will _____. It is complete when _____.

Support and constraints

What will this require? What can I simplify or ask for?

REUSABLE DAILY PAGE

Five minutes, one direction

Date: _____ Week: _____ Print or copy this page as often as you need. A short answer is enough.

Today I want to make room for

One action within my control

When will I do it? What is the smallest useful version?

A thought I am carrying

What would be a fair, believable response to it?

One thing I appreciate today

Evening: what actually happened?

Record the action, what I noticed, and what I will adjust. An unfinished task is information.

WEEK 01 / PLAN

Name your direction

Choose one life area and turn a vague wish into an intention you can describe.

WORKED EXAMPLE

Jo wants to explore paid illustration. This week: finish one menu illustration in two 25-minute sessions. The evidence will be a saved draft, not a feeling of readiness.

My intention this week

Week of: _____ What am I making room for?

This week's reflection

Which part of this desire is mine, and which part comes from comparison?

My practical commitment

Write one clear intention and choose a first step. When and where will I do it?

My return ritual

Choose a cue (tea, opening the notebook, three breaths). What smaller step will I take on a difficult day?
