



THE MANIFESTOR'S MORNING JOURNAL

FOR MASSIVE MOMENTUM, MOTIVATION & MAGIC

by Kathryn Jenkins

MANIFESTATION BABE



HELLO GORGEOUS SOUL!

My name is Kathrin Zenkina and I am so excited you got this 30-day journal into your hands. The prompts that you're about to dive into have the potential to drastically change your thinking, which will inevitably lead you to seeing some pretty epic positive changes in your life.

4 years ago, when I first started teaching people like you to manifest their dream lives, I noticed that the people who take the time to manage their minds first thing in the morning saw better results than those who didn't.

Over the last four years, I've lost count of how many different morning practices and journaling prompts I have tried. I've learned that no matter how you choose to start your day, what matters most is your **CONSISTENCY**. Results come from what you do every day, rather than from what you do occasionally.

This is why I created the Manifestor's Morning Journal for Massive Momentum, Motivation and Magic. It's a mouthful I know, but you gotta love the title. Massive momentum, motivation and magic is exactly what you'll get if you stick with me for the next 30 days.

30 days! That's all it takes.

The point of this journal is to help you gain awareness of your daily thoughts, feelings, and where you tend to put your focus. Once you gain awareness, guess what? You can reframe whatever is in that noggin of yours, and create a new thought pattern to help you live your best life. All of that and more is included in this practice!

This isn't just a morning journal. This is about manifesting your dream life, one morning at a time.

THE FLOW & HOW IT WORKS

PART 1

IMMEDIATELY UPON WAKING, (don't pee yet!), record your dream from last night in as much detail as you can. If you don't remember your dream, that's ok! The more often you do this, the more often you WILL remember your dreams, and the more often you'll realize that your subconscious mind is always spilling some pretty epic secrets and ideas for you to apply in your real life.

But, the KEY is to record your dreams on a regular basis, so don't skip this part and do your best! You'll see some pretty epic patterns over time.



What did you dream about last night? Describe in as much detail as you can while you're still retaining it.



What do you think this means? Any symbols, signs, meanings that stand out to you?

THE FLOW & HOW IT WORKS

PART 2

Because this journal is for people with REAL LIVES, I know not everyone can jump out of bed and commit to a 20 minute journaling practice right away. This practice gives you the time to tend to your most pressing morning needs, AFTER you've recorded your dreams.

Go pee, make your tea or coffee, let your dog out to poop, feed your kids, whatever you need to do for NO MORE THAN 20 MINUTES. Set a timer to come back to your practice before you let anything get in the way. We as human beings get uber distracted and usually these distractions get stretched out for WAY more than 20 minutes. All that time you waste being distracted, eventually starts keeping you from taking ownership of your success.

Once the timer has gone off and you're done with your pressing needs, sit down with your journal and complete Part 2.

Take 3 deep breaths.

Now set a timer for 5 minutes to connect with yourself. It can be a short meditation, a mini breathwork practice, or simply sitting with your eyes closed with the intention of connecting with yourself. After 5 minutes, open your eyes and complete the practice:

THE FLOW & HOW IT WORKS



How do you feel this morning? Be honest. Feel free to dig into why you think you're feeling this way.



What are the first 3 thoughts on your mind today?



Are there any negative (or disempowering) thoughts on your mind that need some reframing in order for you to show up as your best self?



What are 3 positive (or empowering) thoughts you can choose to think instead?



How do those new thoughts make you feel?



What are 3 things that you are most grateful for this morning?

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THE FLOW & HOW IT WORKS



Why is today going to be the best day ever no matter what? List at least 3 reasons:




What are 3 mantras or affirmations that you can repeat to yourself throughout the day if your mind ever wanders off into a direction that doesn't serve you?



To be the highest and best version of yourself today, what are 3 things (big or small) that you commit to accomplishing/creating/manifesting by the end of the day?



What are 3 things you're excited to have manifested into your life 3-5 years from now? Write them down as if they have **ALREADY** happened. Such as "I am _____" or "I have _____" or "I created/experienced _____."



Now that you've aligned yourself with the vibration of creation as the powerful manifestor you already are, you are ready to have the MOST magical day!

Now it's your turn. Put the above prompts into practice for 30 days.

I highly recommend reading the prompts from this page and copying your answers into your favorite journal dedicated just to this practice. I would refrain from typing them out because typing doesn't connect you to your words the same way that seeing your own handwriting does, at least that's what science says.

Repeat the process daily for the next 30 days and use the hashtag #ManifestorsMorningJournal (+ tag me [@manifestationbabe](https://www.instagram.com/manifestationbabe)) and share your results!

Happy Manifesting!

To Your Massive Success,

Kathryn Jenkins