



Perfectly Amazing Life

JOURNAL GUIDE

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A 30 Day of Affirmations Publication



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Your Perfectly Amazing Life is waiting for you!

Congratulations! You've taken the first steps to making your life the most amazing you've ever hoped for.

This PDF guide is to help you make the most of the Manifestation Journal. The Journal and this guide will help you manifest the wonderful, fulfilling, interesting, amazing life of your dreams. Some of the exercises will be tough. Some will take time. All will be worth it.

Where are you now?

On page 5 of the Journal, talk about everything that is going on in your life related to Love; Physical, Mental and Emotional Health; Career; Finances; Travel; and Relationships with friends and family. Talk about what's going well, what's not going that great, even things that you're pretty neutral about. This space is to help you be honest with yourself and how your life is at this moment. You have to know where you are to figure out where you're going..

Perfectly Amazing Life Visualization #1

Page 6 of the Journal gives you instructions on meditating about your perfectly amazing life. If you haven't meditated before, don't worry, it's not hard. You don't have to make your mind a blank - even devoted meditation teachers will tell you that's impossible. Think of this exercise as daydreaming.

If you want, put on some relaxing music - be careful with anything with lyrics, it might influence your thoughts. Put on a timer for maybe 10 minutes, and relax...and dream.

If you find you want more time, go for it! But don't spend all your time dreaming - you'll need some time to take action.

Let It All Out: Perfectly Amazing Life Brain Dump

Page 9 of the Journal instructs you to do a brain dump. If you've never done a brain dump before, you're just going to write down everything you want in your Perfectly Amazing life. Anything goes - ANYTHING. Release any worries about grammar, spelling, vocabulary. Release your worries about how you're going to get it. Release your concerns about what others will think about your vision of your life. No one is going to read this unless you give them permission. This is all about your dreams.

Your Vision of Your Perfectly Amazing Life

On pages 11-13, you'll start getting your brain dump into a legible, workable list. For each category, write down a list of everything you want in that category. Use the brain dump to get your ideas, but feel free to add more. If some dreams feel like they're in conflict with others, don't concern yourself with that - it will work itself out. If you find some things really don't fit, considering releasing them - or not. Remember, sometimes fear makes us believe we can't have what we want. We'll work on releasing your fears about your vision a little later.

Perfectly Amazing Life Visualization #2

On page 14, it's time to meditate/daydream again!

Set a timeframe for when you want your Perfectly Amazing Life to be a reality. One year? Five years? Ten? You decide.

Visualize your life at that time. See your home, your family, your relationships, your career, everything you've dreamed of. Feel your health and the love you're surrounded by. Relish your financial stability. Think of the trips you've taken and that you plan to take.

Take some time to be grateful. Take some time to relax into the vision. Take some time to see who you are and what you've made your life into.

Like your first visualization, if you want, put on some relaxing music - be careful with anything with lyrics, it might influence your thoughts. Put on a timer for maybe 10 minutes, and relax...and dream.

If you find you want more time, go for it!

My Dear YOU

Now that you've seen your future, on page 15, you'll write a letter to your Future Self. Keeping to the same timeline as you had in your visualization, write to the YOU of that time.

Express gratitude for all you have accomplished.

Some things you might want to write about:

- How you feel about yourself, your life, and your accomplishments over that time.
- What are you able to do because of your accomplishments?
- How have you changed as a person?
- How has your life changed?
- How proud you are of yourself!

What is holding you back?

On page 17, think about your fears, your insecurities, your complacency. Think about any limiting beliefs that you have about getting the life of your dreams. Maybe you are allowing someone else's definition of success dictate YOUR dreams. Are your actions in conflict with your goals? Are you afraid to fail (oh wee! THAT can be a BIG one for many people!)? Do you have a scarcity mindset?

Whatever is holding you back, write them down. Release any fears about getting them down on paper - you can't conquer an enemy you can't see. Getting them down on paper can help you see that whatever is holding you back isn't nearly as big a deal as you think it is.

What have you accomplished in the past?

On page 18, you'll do a little time travel to your successes of the past. Write them down! Write down what those successes were, how you did it, how you felt, who and what helped you.

Documenting your successes reminds you that you **HAVE** succeeded in the past - and reminds you of the tools you already have to succeed in the future.

You are AMAZING.

On page 19, it's affirmations time! Your past accomplishments show your strengths, your intelligence, your ability to take advantage of opportunities, your ability to ask for help, etc.

Now, write down some affirmations to confirm what you already know - all the ways that you are amazing.

Write the affirmations in the present tense, and in a positive context. (*I am intelligent, I can see opportunities and use them, I ask for help when I need it, etc.*) Writing your affirmations in this way helps your subconscious accept them more readily. And since you have proof of them, writing them down reinforces what you already know!

It's time for ACTION

On pages 20 and 21, begin brainstorming actions you can take to start making your visions a reality. Think of all the areas of your life we've been talking about - Love, Health, Career, Finances, Travel, and Relationships. Think of three or four things you can do to make them a reality. Need a passport? Look up how to apply! Need to get stronger? Commit to 5 pushups a day! The actions don't have to be monumental - in fact, that might work against you. Instead, think of realistic actions you can take in the near future that will bring you closer to your dreams. And remember, you can always add more. In fact, there's extra space in the Journal just for that!

90-Day Journal to Create Your Perfectly Amazing Life

Beginning on page 23, each day, for the next 90 days, write down what you're grateful for, the dream you are manifesting that day, how you'll feel when it becomes a reality in your life, and what action steps you're taking for your dream. At the end of the day, take some time to journal about what you're feeling that day, anything that was holding you back, and anything positive that happened.

30 Days Reflection

After every 30 days, take a look back over your journal entries. Think about what has gone well and what hasn't. Look over your goals and dreams, and think about what changes you want to make to them. Adjust your action steps to match so you can make your Perfectly Amazing life a reality.

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