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HOW TO USE JOURNALING TO MANIFEST

YOUR NEXT-LEVEL DESIRES

Journaling is a powerful tool in your manifestation tool kit.

Journaling is a simple daily ritual that yields incredible breakthroughs and real world results.

Journaling is a great way to create “mental white space” so that you can feel more at ease, less stressed and anxious, and instead really acknowledge what is going on for you on a daily basis AND be able to shift it.

In addition, journaling helps you dive deeper into the manifestation steps on a daily basis by helping you:

- get really clear about what you want and why you want it
- affirming your new way of doing things, the new energy you want to access, and how you want to feel
- accessing divine guidance
- and assigning yourself aligned action steps

...all of which allows you to amplify your manifestation power and bring to life your heart's desire. (YES!)

Ready to get started?

Here we go!

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Krissy's Daily Journaling Ritual for Powerful Change

This is the process I use on a daily basis to manifest the outcome I want each day and to shift into the energy and vibe that would naturally, inevitably attract the outcome I want.

Step 1: What do you want and why do you want it?

Step 2: See it and visualize it already being yours

Step 3: Align with a Higher Power – ask for guidance and support.

Step 4: Identify and remove your barriers – notice what needs to shift in your energy or thinking to be a match for it.

Step 5: Take aligned action.

EXAMPLE: I will share with you below the exact journaling I did to manifest the 70+ women who originally signed up for this training call for this course.

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Step 1: What do you want and why do you want it?

I want 50+ women on the call (or however many you would have me have). I want it to be easy. For them to be loving, kind, and understanding. For the tech to be flawless and easy for me. For Lauren [my assistant] to help if needed, to feel loved and supported, to feel inspired, connected and in the flow – “on fire” – to ignite a revolution within these women, for the video to be used for the course and to be a perfect fit for it. To be in my <3, for it to flow – to be in my JOY. To hold a tight container.

Why – so that these women feel held, supported, connected and at ease. So that they tell their friends, so that 12 women are called to the Mastermind and step into their leadership. To make \$XX by December to be able to support my family and purchase a piece of land to bring women to to heal. To purchase a fall wardrobe and remodel my house so that it makes me feel cozy, grounded and happy, rich and abundant and to allow me to go to Hawaii in the fall and winter and enjoy every minute of it.

Step 2: See it and visualize it already being yours

I see them coming, I see the perfect women hearing the call and finding their way to this work, I see their lives changing. This was just an ideal a few months ago and now it is happening. I am opening a portal into divine wisdom and transformation. I see myself allowing it to be easy and fun. I feel the energy of being in my heart, of everything flowing, of it all not being a big deal, of being able to expand my capacity to hold the space for transformation for more and more women.

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Step 3: Align with a Higher Power – ask for guidance and support.

God, Goddess, Angels, and guides.... Please allow me to be a conduit of your wisdom and holy presence. May I know exactly what to say and may everything flow from me in a way that is of highest service to the women who are called to this work. May every women who comes to the webinar and who enrolls in the course have life-changing experiences, miracles, and an awareness of their greatness, power, and capacity like never before so they not only heal and uplift their own lives but feel compelled to step into their leadership in their families, communities and in the world. Amen. (and so it is)

Step 4: Identify and remove your barriers – notice what needs to shift in your energy or thinking to be a match for it.

I am making it harder than it needs to be. I am defaulting to fear and stress and tightness over love and expansion and possibility. I get to change this. I get to have a new experience of life.

[I feel the vibe of what I want and see myself in it. These affirmations that came through to help me be a match for the magic]

"This get's to be easy and fun"

"I am holy ground"

"Slow down"

"Be in your joy"

"Less is more"

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Step 5: Take aligned action.

[I set up the space

Reached out to a few more people

Accepted help from my assistant and partner

Practiced and made the work as epic as possible

Had fun, let it be easy and powerful at the same time

Showed the eff up

Let it be better than I ever imagined possible]

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Journaling Practice for Shifting Limiting Beliefs and Telling New, More Empowering Stories

We think approximately 60k thoughts throughout the day and most are the same thought on repeat.

Repeating the same thought over and over is what forms our beliefs – it literally creates a neural pathway in our brain that becomes the default for how we experience life.

For example if you heard over and over as a kid that you need to “work hard to make money” then you will go through life with this belief that you need always be working at the cost of other things in your life in order to have enough money to survive.

What we are never really taught (but now you are going to learn to master!) is that we can CHANGE our thoughts and therefore our experience of life.

We can uncover old beliefs and reprogram them so that we begin to see the world through a new filter, and open up to massive possibility in our income, impact, and intimacy.

Here’s how to do it:

STEP 1: When you are not loving your experience of life or you don’t have the results you want yet – journal out all the thoughts you are

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thinking and the scary stories you are telling yourself about the given situation.

Ex. You find yourself scrolling instagram and feeling like sh*t. You take a pause and look at what you are thinking and telling yourself: I'm not going to make it, everyone else is doing better than me, she's making more money than me, I'm doing something wrong, Her branding is better, I'll never be able to make money doing something I love etc.

STEP 2: Re-write the story and override the old thoughts with NEW thoughts that feel more high-vibe or empowering – but still something you can get behind.

Ex. I'm not going to make it, everyone else is doing better than me
CHANGES TO >>> "I'm not be where I want to be but I am on my way"

"she's making more money than me, I'm doing something wrong"
CHANGES TO >>> I am open to receiving more income and support to help me get to the next level. There is no wrong. Everything is happening in the perfect timing for me. My work is of high service and I get to be massively compensated for it. (that last line is from the epic and amazing Amanda Frances).

"I'll never be able to make money doing something I love"
CHANGES TO: >>> The universe wants me to be abundant. I claim my worth. People love paying me. Selling is of high service.

Get the idea? Ok great! Now get to work journaling and uncovering the beliefs you are currently running and start re-writing your story.

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Creating Mantras and Affirmations

Mantras and affirmations are a powerful way to introduce high-vibe thoughts consistently and persistently in your day-to-day life.

Our minds can't hold thoughts of both fear and love at the same time. YOU get to choose. Therefore if you substitute your old fear-based thoughts for new more loving or empowering thoughts you automatically start creating new more loving and empowering beliefs and energy and life really starts opening up for you.

Here are some of my favorite affirmations and mantras that I repeat throughout the day – add in your own below and start bringing them into your day-to-day to amplify your energy and create more manifestation magic.

*This gets to be easy

*I got this

*I'm not where I want to be but I am on my way

*Money loves me and people love to pay me

*I get to have this

*What would be more fun?

*Less is more

*What would bring me joy?

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*I am holy ground

*I get to have this or something better

*I am open to receiving more and more income

*It is safe to be seen

*I love putting myself out there

*I am a finisher

*I love sharing my work with the world

*People love my work

*My work creates miracles

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I would love to hear your affirmations, questions and breakthroughs
in the [Facebook Group!](#)