

An aerial photograph of a beach with turquoise waves crashing onto the sand. The water is a vibrant blue-green, and the sand is a light beige. The waves are white with foam as they break.

Manifestation Journal

**Confidence, Gratitude, and
The Law Of Attraction**

*A 3 Month Journey
to Imprint Your Subconscious Mind
Towards Abundance, Success,
and Self-Esteem*

ELLE RUSS

ABOUT ME

I am the author of *Confident As Fu*k*, a self-help book for people looking to level up their self-esteem and confidence and manifest their dreams to live a happier, more abundant existence. I also wrote the bestselling health book, *The Paleo Thyroid Solution*, which has helped thousands of people around the world reclaim their health. I am a master coach, TV-Film writer, and the host of *The Elle Russ Show*. You can learn more about me at ElleRuss.com.

WHY I CREATED THIS JOURNAL

When I apply hindsight to my life, the areas of energy and focus that have profoundly changed me center around gratitude, confidence, and the law of attraction or manifestation. I have been studying and living these concepts for more than 15 years, and as a result, my life continues to become exponentially more awesome and abundant as each day goes by. I believe these three areas of thought and practice are essential for happiness and abundance.

Now, people may do an internet search about me and think, "She's probably had it easy. She was born into a middle class family, is healthy and pretty and blonde and white and college educated." All of that is true, but as with everyone, there is much more to my life and lived experience than what you can see on the surface.

I was labeled permanently disabled for life by the state of California as a result of a hand injury at the age of 23. This completely threw a wrench into my life, my future plans, and the six-figure career that I scored right out of college. I was rolling in money and success at a very young age, and my abundant future was right in front of me: I could smell the early retirement and the big house with the fancy cars in the driveway. Had I not been injured, I would have had all of those things by the age of 35. Instead, I faced a disability that prevented me from ever having a job where I needed to use my hands receptively. I couldn't be a bartender, barista, waiter, grocery store clerk, or have any job requiring daily use of a laptop. I was 23, and already I felt defeated and cursed.

I had just started my life, was kicking ass in my career, and suddenly it was all ripped from me. Initially, I felt like I had zero options. Looking back, the twists and turns my life has taken since then were magical and have brought me to where I am now, much happier and more fulfilled than I would have ever been had I not faced that hardship. I am not happy and successful now *despite* my disability, but *because* of it.

And that brings me to one of my *Confident As Fu*k* tenets: some of the best gifts in life come wrapped in shit. Sometimes it takes work to see the greater good in your life. I would never take back the seemingly negative things that have happened to me—becoming disabled in my 20's, or getting hypothyroidism in my 30's, for example—as both of these challenges resulted in bestselling books and the opportunity to coach and help people all over the world. With the help of technology, belief, and time, I have become something I thought impossible when I was first injured: a successful writer, speaker, and coach.

We all have the power to manifest a wonderful life for ourselves, regardless of our circumstances. We all start somewhere. You can do this. I got you. And more importantly, you got you. You are not a victim unless you continue to volunteer for that position. Change requires practicing

those key concepts—gratitude, manifestation, and confidence—so you can empower your subconscious mind with what you want to see and be in this world.

I created this journal for you to start the process of creating your future self and your future reality. In just a few minutes a day, giving yourself the art and practice of confidence, gratitude, and manifestation can level-up your life in profound and seemingly miraculous ways. Because life is miraculous, and it becomes easier to see that when you consistently focus on these areas.

KEY CONCEPTS TO CONSIDER WHEN JOURNALING

GRATITUDE

The key to gratitude is not just to write down a bunch of things you are grateful for: it is the art of truly *feeling* gratitude, above and beyond just thinking about it. For example, even if you think your life sucks right now, there are things to be grateful for. You're reading this right now – how about some gratitude for your eyes and eyesight? Really, though, give yourself a moment to sit and deeply think and feel about this. How would you feel if you were blinded tomorrow and lost your eyesight? What would your life look like then? All of the things you like to do in life that currently require eyesight would be stripped away; would you be okay with that? Likely, the answer is no. Why? Because you love and value your sight, but when was the last moment you truly, consciously felt emotional gratitude for having it?

Sometimes, when we feel lost and discouraged in life, we take for granted the countless elements of our current life that are amazing, like our eyesight. Let yourself simmer in that gratitude. The art of gratitude is repeating that mindful practice with every gratitude sentence you write on these pages, rather than just going through the motions of writing them down and moving on. Gratitude begets gratitude, and these feelings come more effortlessly with time and practice. Perhaps you are struggling with a health issue; can you generate gratitude for still being alive another day to have the opportunity to solve it? You get the idea. There is no shortage of things you can be grateful for: Friends, family, your dog, your ability to communicate, your body, your cognitive abilities, your memories, fresh water, sunshine, your last meal. You can be grateful for anything and everything, but you must start somewhere.

MANIFESTATION (THE LAW OF ATTRACTION)

Perhaps you have heard “What you think about, comes about,” or “Thoughts become things,” or “You have to first believe it before you see it,” and so on. Maybe you heard of the bestselling book *The Secret*. Manifesting is more than just gluing photos of what you want on a vision board; that in and of itself will not bring about your goals and dreams. There must be belief and emotion attached to the vision. And that is what trips people up sometimes, because it feels like “pretending” or “faking it.” But here's a secret for you: *pretending matters*. And what do you have to lose anyway? Nothing.

The art of manifesting is imagining something that you would like to see in your life, developing a clear picture of it in your mind, and generating and feeling the emotions of already having it. It could be a new car, romantic love, a career; manifestation is cultivating feelings and emotions attached to an image in your mind.

Yes, it is daydreaming and pretending, but supercharged. Your brain and body don't know the difference between something that has already happened, is yet to happen, or never happened. Imprint your brain and subconscious with your future, instead of living in the past or becoming overly distracted with all the reasons why your dream may not become a reality. Create your future reality now.

CONFIDENCE

Whether you're aware of it or not, you are most likely confident and proud of yourself for something. Perhaps you are proud of being a great friend, daughter, or sibling. Maybe you are proud of an athletic ability, a mental ability, or a spiritual ability. Are you proud of the way you handled a tough situation in the past? Are you proud of yourself for buying this journal and making a dedicated attempt to be more grateful and set yourself on the path to self-improvement? Are you proud of yourself for being smart, intuitive, or funny? You get the drift—you are proud of yourself for something, likely many things, but most of us don't celebrate this enough; and in my experience, most people want to feel more confident, more often. It's time to dig into your subconscious and pull these sources of confidence to the forefront.

Confidence in yourself and who you already are will beget more confidence—just like gratitude. From my book *Confident As Fu*k*: *"Confidence is not some fixed, anchored quality within you; your levels of confidence are always the sum of the thoughts you think and the actions you take. It is not reflective of your actual capacity to succeed at something, but more reflective of your belief in your ability to prevail at life in general or a specific endeavor. Since you can change your thoughts and actions, confidence and self-esteem is within your power. Even the most shy people crippled by fear can attain it through self-awareness, intention, practice, and perseverance. Having confidence provides an evolutionary edge of sorts. It helps us navigate new challenges, tasks, and social situations without pause, anxiety, or fear, thus propelling us in the direction of accomplishing our goals and realizing our dreams."*

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

30 Day Reflections

The highlights of the past 30 days:

Things I learned about myself:

Goals for next month:

Things I want to see in my future (material things, experiences and or/ personality qualities):

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

30 Day Reflections

The highlights of the past 30 days:

Things I learned about myself:

Goals for next month:

Things I want to see in my future (material things, experiences and or/ personality qualities):

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ____/____/____

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

Gratitude:

I am so grateful for:

Something I have now that I once wanted:

A wonderful memory that I cherish:

Manifesting:

I am so thrilled now that I have received (manifested):

Today's affirmation - I am:

A future goal:

Confidence:

I am proud of myself for:

I am really good at:

I love this about me:

I want to improve at:

Date: ___/___/___

30 Day Reflections

The highlights of the past 30 days:

Things I learned about myself:

Goals for next month:

Things I want to see in my future (material things, experiences and or/ personality qualities):

ADDITIONAL RESOURCES:

A few of my favorite books/audiobooks on confidence and self-esteem:

*Confident As Fu*k*, by Elle Russ (me!)

Unconditional Confidence, by Pema Chodron

The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt, by Russ Harris

A few of my favorite books/audiobooks on gratitude:

Gratitude: The Essential Practice for Happiness and Fulfillment, by Angeles Arrien

Loving What Is: Four Questions That Can Change Your Life, by Byron Katie

A few of my favorite books/audiobooks/authors on the law of attraction and manifestation:

The Millionaire Course Seminar: Marc Allen

The Intention Experiment: Using Your Thoughts to Change Your Life and the World, by Lynne McTaggart

The Secret, by Rhonda Byrne (Audiobook is the best choice over the film)

The work of Joseph Murphy

The work of Florence Scovel Shinn

The work of Catherine Ponder

The work of Dr. Joe Dispenza