



3 Rehearse the Outcome

Attraction isn't a feeling you wait for. It's a rehearsal you run, in specific and present-tense language, until your actions start to match.

If this goal were already true, how would I act today, specifically?

Write one affirmation, present tense, specific to your goal (not generic "I am worthy" language).

What's the smallest next step you'd take today, if the fear from Step 1 weren't in the way?

DO THIS WEEKLY

Revisit this worksheet every Friday. Fear resurfaces as goals get bigger, so naming it becomes a habit, not a one-time fix. I send a short prompt like this every week in Manifested Friday, if you'd like company along the way.