



LAW OF ATTRACTION JOURNAL

Rewire Your Mind. Attract What You Want.

Neuroscience confirms: what you repeatedly think and feel becomes your reality.

1

THE DAILY MANIFESTATION PRACTICE

- ◆ Morning: Write 3 things you're grateful for in PRESENT tense
- ◆ Scripting: Write your dream day as if it already happened
- ◆ Visualization: Spend 5 minutes feeling the emotion of having your goal already
- ◆ Affirmations: 5 'I am' or 'I have' statements written with conviction, present tense
- ◆ Evening: Record ONE thing that moved you toward your goal today

2

POWERFUL AFFIRMATION TEMPLATES

- ◆ "I am magnetic to opportunities that align with my highest purpose"
- ◆ "Money flows to me easily and from multiple sources"
- ◆ "I am worthy of the life I am creating right now"
- ◆ "Every day I grow stronger, clearer, and more aligned"
- ◆ "The right people, resources, and opportunities find me naturally"

3

THE 369 METHOD (Nikola Tesla)

- ◆ Write your affirmation 3x in the morning
- ◆ Write your affirmation 6x in the afternoon
- ◆ Write your affirmation 9x before bed
- ◆ Do this for 33-45 consecutive days without missing
- ◆ Feel the emotion of already having it while you write

PRO TIP: Manifestation requires inspired ACTION. After journaling, ask: 'What is one thing I can do TODAY that moves me toward this goal?' Then do it.

Download Our 30-Day Manifestation Journal at BarcaProduction.com

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