



MANIFESTING Techniques & Mantras

**DAILY ROUTINE TO MANIFEST
WHAT YOU WANT**

by Sanjana Shanbhag

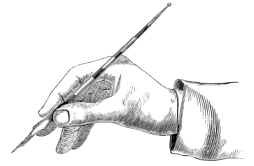
www.astrotips4u.com

CHOOSE YOUR MANTRA

Write Powerful Words and Phrases
you resonate with

A blue-tinted illustration of a person in a meditative pose, overlaid with a grid of horizontal lines for writing. The background is a soft purple and pink gradient with white star-like sparkles. On the left side, there are ten small red square markers, each aligned with a horizontal line.

WRITE YOUR MANTRA



CHOOSE YOUR MANTRA

Do I really want this, in my heart of hearts?

Which part of your life is your top priority right now?

Which mantra aligns with that priority?

Why does this mantra resonate?

How does this mantra make you feel?

DAILY ROUTINE

DATE _____

M TU W TH F SA SU

PLANS FOR TODAY

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

8 PM

9 PM

10 PM

11 PM

12 AM

MANTRA WORD/PHRASE

VISION FOR MANIFESTING

WHAT I'M GRATEFUL FOR

AFFIRMATIONS

TO-DO LIST



DAILY ROUTINE

DATE

WHAT I'M MANIFESTING

MANIFESTING MANTRA

PRIORITIES

TO-DO LIST

GRATITUDE

APPOINTMENTS

NOTES

WEEKLY ROUTINE

WEEK OF

MANIFESTING MANTRA

TO-DO

SIGNS OF MANIFESTING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

MONTHLY ROUTINE

MANIFESTING MANTRA

[Pink bar for manifesting mantra]

MONTH OF _____

S

M

T

W

T

F

S

NOTES

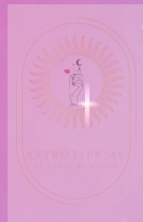
[Three horizontal lines for notes]

MANIFESTED CHECKLIST

I'M MANIFESTING.....

DATE MANIFESTED

MANIFESTING MANTRAS



DID THIS WORK?

YES / NO

YES / NO

YES / NO

YES / NO

YES / NO

YES / NO

NOTES

MANIFESTING POSITIVITY

I can do this

I am amazing

I believe in me

I am a fighter

I can do anything

I can make a difference

I matter

I am loved

I deserve good things

I love to love

I bring peace

I am brave

I am beautiful

LOVE WHO
YOU ARE



MANTRAS

OM
NAMAH
SHIVAYA

SA TA NA MA

OM GAM
GANAPATAYE
NAMAHA

ONG NAMO GURU
DEV NAMO

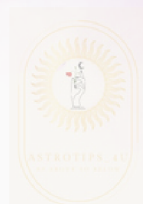
MANTRAS

OM SHANTI SHANTI
SHANTI

SO HUM

OM MANT PADME
HUM

EACH DAY, IN
EVERY WAY, I AM
GETTING BETTER
AND BETTER



POWERFUL

Manifesting Techniques



77x7 Technique

Choose one specific affirmation or goal you will manifest & repeat it to yourself 7 times in the morning and 7 times in the evening, for 7 consecutive days.



The Pillow Method

Write your intention on a scrap of paper and tuck it under your pillow. Then, every night, read what you've written and really focus on it while you are falling asleep.



Multi Perspective Visualization

Imagine yourself in your ideal state. visualize yourself from the perspective of others, in a 3rd person point of view.



Manifestation Meditation

Guided manifestation meditations can help you get more in touch with your beliefs and act more mindfully toward achieving your desires.