

Manifest

by Roxie Nafousi

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

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01

Write the clear vision

Describe the outcome in concrete sensory and behavioral terms.

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02

Find the blocking belief

Complete: I cannot have this because...

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03

Create one evidence action

Choose a five-minute behavior your future self would do.

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04

Set a surrender rule

Pick a time window where you will act without checking for proof.

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05

Collect proof

Record one small sign that you behaved in alignment today.

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06

Use envy cleanly

Turn one jealous reaction into a named desire and action.

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07

Update the identity sentence

Say what kind of person you are practicing becoming

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08

Take aligned action

Do the smallest action that makes the vision less theoretical.

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