

Day 1

I Am Living My Best Life!

You're going to begin your journey by creating a clear vision of your manifestation.

Throughout the 10 days, you will return to this entry. You'll use it as an anchor, referring to these words throughout other entries.

Let's start with the big picture. In one or two words, what is it you want to manifest? What's the overall theme – such as abundance, love, inner peace, good health, or freedom.

I am manifesting _____

Now let's start energizing you with how this is going to feel when you have it.

In a moment, close your eyes and repeat a simple *I Am* statement based on what you wrote above. Don't overthink it or try to tell yourself it's not here – just let the *I am* be enough for now. Here are some examples:

I am abundant ✨ *I am in love* ✨ *I am at peace*

Write your statement here: I AM _____

As you repeat the *I Am*, notice what feelings begin flowing through you.

When you're ready, write below several words you feel with this manifestation. Does it make you feel empowered? Free? You want to only focus on feelings here, and not actions. For example, if you want to manifest a loving relationship, you want to focus on how that feels, and not on what you'll do or where this will take you. If you need some help, here's some words to get you started:

Empowered * Beautiful * Loved * Supported * Appreciated * Light * Easy *
Relaxed * Happy * Playful * Respected * Open * Excited * Valued * Independent

When I Am _____ I feel....

_____	_____	_____	_____
_____	_____	_____	_____

Using the positive feelings you wrote above, begin crafting three different *I Am* statements that capture what it's like to have your manifestation. Think of what feels good about your desire, and then build your *I Am* statements around those feelings of happiness, freedom, love, and support.

You want to write these focusing in on what you want, rather than what you don't want. For example, you do want to write, "I am abundant. My business is overflowing with happy clients!" You don't want to write, "I am no longer in debt." Even though the goal is to be debt free, these statements need to put your energy on where you're going, and not where you're coming from.

Here are some examples to help you get started:

I am in a healthy, loving relationship. I feel safe and respected and I love this!

I am running a successful business. I love feeling empowered and independent!

I am healthy and in great shape. I feel beautiful and full of energy!

I am... _____

I am... _____

I am... _____

Now you're really going to dive into the energy of your best life!

Let's explore a day where you are living the things you wrote above. On the next page, write a day in the life where you are living and breathing the *I Am* statements above. Start with the moment you wake up and keep writing until you go to bed.

Below are some questions to get your creative energy flowing (you don't have to answer them – they're just a jumping off point):

How do you start your day? Do you live in a house? A loft? Who's with you? What city are you in? Who will you see? Where will you go? What will you be wearing? What's your energy like? Are you empowered? Creative? Successful?

How much money do you have? What do you do for fun? What do you eat? How do you feel about who you are? Are you planning any vacations? What are you excited about?

I am _____ and each day of my life is filled with incredible, joyful, and soul-fulfilling moments. Every day is like an incredible dream, and it starts like this...



I love going to bed knowing I am _____. I can't wait for the next day, because I know it's going to be just as powerful, just as bright, and just as beautiful. I can't believe how _____ I am! I am truly blessed!

Listen to the audio *Day 1: The White Light*. After, come back and continue.

<https://soundcloud.com/melissafield/day-01-the-white-light>

As the white light poured through your mind, it released anything that did not align with your *I Am* statement. Write down what you released, such as old stories, fears, and limiting beliefs:

Now write the things the white light nourished - things such knowing anything is possible, people who have encouraged you, anything that makes your *I Am* come alive within you.

Return to the *I Am* statements you wrote on page 2 and choose your favorite. From this newly energized place, write this statement again. See the words energized on the page. Allow everything to be held in the white light as it comes through you onto the paper.

I am... _____

Re-read everything you wrote for Day 1. As you do so, keep in mind all of that came from you! There is a part of you that knows the manifestation is possible and is already connecting to it. What are your thoughts and feelings about this?

Once more, declare your manifestation! Finish by writing “Thank you,” as if it’s already done and you’re so grateful for how it all worked out. You can thank the Universe, your Higher Self, the people who will help you, or whatever feels right for you.

I am manifesting... _____ !

Thank you _____