Parisa Club Bliss

February 2022

Conscious Manifestation

Journal Exercise to Bring in More of What You Want:

This exercise will have you move from doubt to trust almost instantly!

1. If you have doubts about your ability to receive your manifestation write them out below:

2. Now ask yourself: what would happen if I didn't have any doubts about my ability to receive? What would happen if I was able to receive effortlessly?

Teaser: You would then actually give yourself an opportunity to choose trust over fear. What would your life look like and how would you feel without these doubts?

3. Shift yourself into a space of gratitude. Write about all the ways that you already do have your manifestation.

4. Finish this sentence: When I'm aligned with the energy of appreciation and gratitude, I feel:

If you have trouble with any of these prompts or are craving further guidance, please always feel free to reach out to me directly at parisa@parisaliving.com