
MANIFEST(O)

UNLOCK THE
LIFE YOU
DESERVE



2024
PLANNER

2.

WHAT IS THIS?

Welcome to your 2024 MANIFEST(O) Yearly Planner.

In this planner you are going to be asked to do two things.

The first is to REFLECT on the year just gone by and the second will be to PROJECT for the year ahead.

Please allow yourself the space and time to answer the questions as honestly as your bravery will currently allow.

You are advised to try and do this in a space that offers peace and comfort. Feel free to put on a playlist of your choice and grab your favourite beverage. You are about to give yourself a big gift.

You deserve it.

3.

SIGN ON THE DOTTED LINE

This planner isn't necessarily about committing to a 'New Year, New Me' archetype of yourself, its about embracing all of you - even the parts that have made mistakes - and using your findings to unlock a higher version of your current self,

A little later on you will be asked about the things you need to do or steps you need to take in order to arrive at the highest version of yourself.

In order to go through the year of 2024 and remember how committed you are to manifesting this version of yourself, I invite you to sign the below contract as a reminder of not only your potential but also your worthiness.

I _____

to the best of my ability, will do all I can to ensure that I spend 2024 aiming to reach the highest version of myself. I will expect mistakes but i will not accept defeat.

SIGN HERE _____

REFLECTION

2023

Our lives can be defined by Four Pillars.
Happiness, Love, Wellness and Wealth.
Below you will be asked to write your 'Fab Four' Whilst they don't all need to be from different pillars,
try to think about your 'Fab Four' as they relate to the four pillars.

5.

Fab Four for 2023

What one word would you use to describe 2023?

What were the top four moments of 2023?

What were the top four strengths you had to show in
2023?

6.

What four things did you struggle with in 2023?

Who were your top four people to spend time with in
2023?

Which four people did you most admire in 2023?

7.

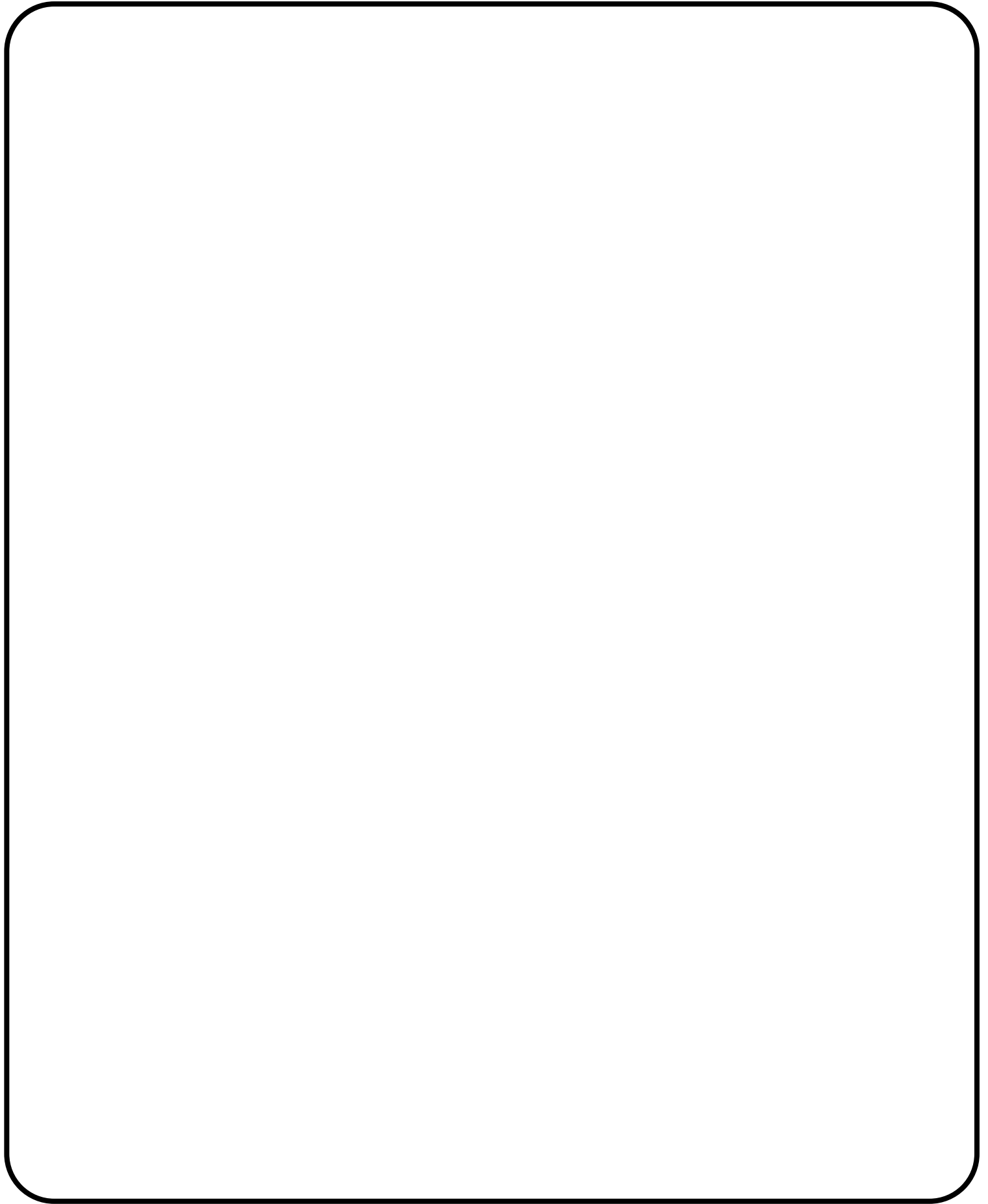
What were the top four ways you spent your time 2023?

What were the top four accomplishments of 2023?

MAGIC MOMENTS

Using the space below, go through your diary, social media posts and messages. Take note of all the events and things that make you smile.

Write down all the magic moments you experienced. Remember the magic is personal to you. Do not compare yourself in this moment.



FORGIVENESS

We are often encouraged to prioritise forgiving others when more often than not, we have neglected to forgive ourselves. Use the space below to be honest about things that transpired in 2023 (or before) that you are worthy of forgiving yourself for.

Understand that forgiveness for self and others is not a one time thing. There may be multiple times in 2024 where you need to recommit to forgiving yourself once more.

A large, empty rounded rectangular box with a thick black border, intended for the user to write their reflections on forgiveness.

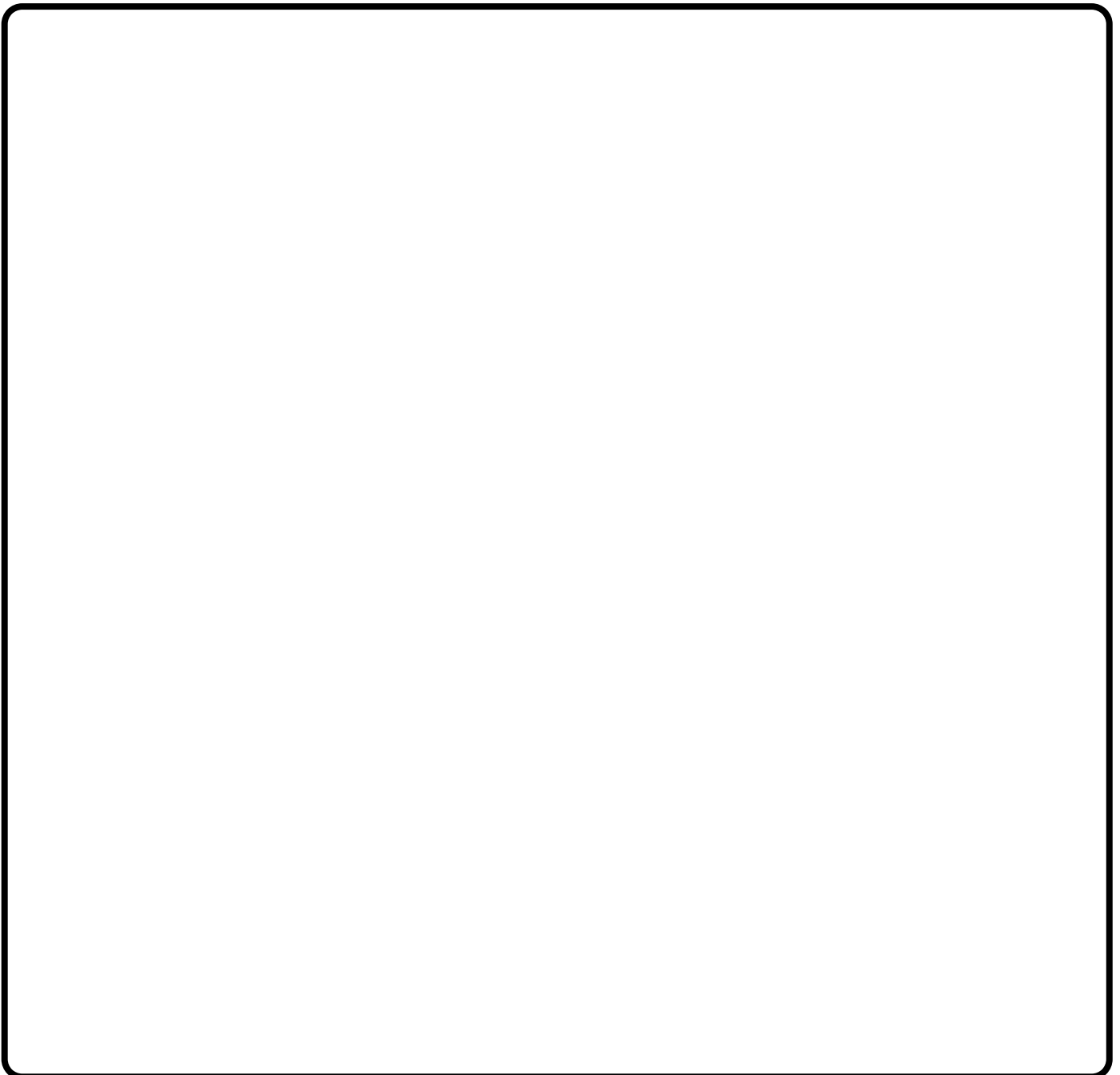
GRATITUDE

It can often feel as though there is nothing or very little to feel thankful for.

Nothing could be further from the truth.

Gratitude is one of the most powerful ways to support manifesting your dreams.

Use the space below to write or illustrate the things you are grateful for in 2023.



PROJECTION

2024

Now for the exciting part. You have closed off 2023 with a heart filled with gratitude and it is now time to project for the year 2024.

Now is the time to release all blockages and boundaries.

You are encouraged to project without fear or judgement.

All your dreams are welcome here.

Just remember

'Don't let small logic get in the way of big magic!'

My First Thoughts

Choose one word to define 2024

In 2024 I will no longer procrastinate on

In 2024 I will draw the most energy from

In 2024 I will be the most brave when

In 2024 I will say yes when

In 2024 I will advise myself to

14.

In 2024 I will learn to

2024 will be special for me because

In 2024 happiness is

Let's Go Deeper

If I didn't have to work a day in my life, what would drive me?

15.

Which things do I need to let go of in order to have the most prosperous 2024?

In 2024 which people will I use as pillars when I need support?

In 2024 jealousy may arise when...

16.

In 2024 the emotions I want to experience the most
are...

In 2024 I will be of service to my community by...

If any, whom are The Ancestors I call on the most?

17.

As an Ancestor, how will I like my loved ones to remember me?

In the year 2024 what small steps could I take to become an Ancestor someone likes to call on?

Free Yourself

Use the space below to let loose and really decide what you
desire to experience in 2024.
Write like no one is watching.

A large, empty rounded rectangular box with a black border, intended for the user to write their response to the prompt above.

You have now reached the end of the

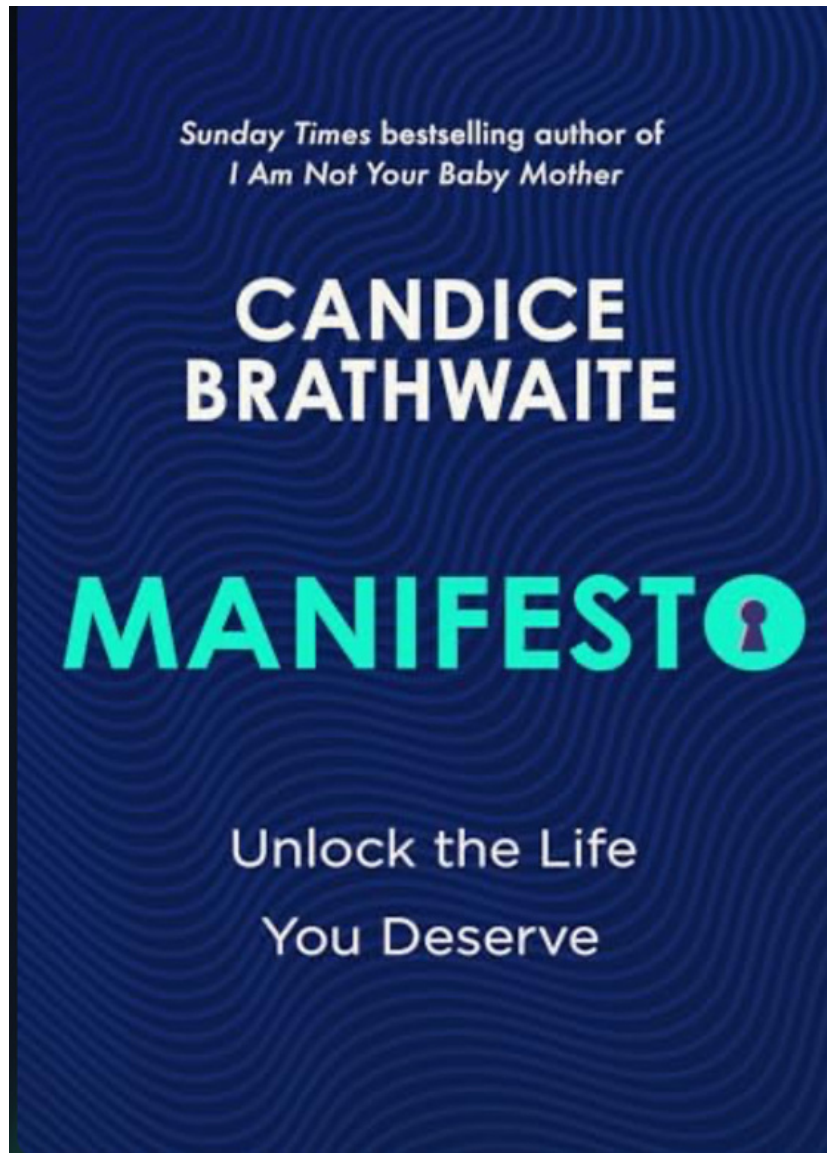
MANIFEST(O)

2024 PLANNER

You are advised to look over this at least once per quarter in the year 2024 as it can often be so easy to forget how deserving you are.

You are worth it,

NOW AVAILABLE TO PRE-ORDER



SEPTEMBER 2024