



HI THERE!

I'm Caitey Jay, the certified health and nutrition coach behind Caitey Jay.

My goal is to help you make small (but mighty!) changes to your habits that will help you live your healthiest, happiest life.

Practicing manifestation takes work. But, I truly believe it's a game changer in achieving the life that you want. I hope this list makes starting your practice a breeze.

- Caitey Jay -

1. In detail, describe a desire you want to manifest.
2. What emotions would you feel if your desire manifested?
3. What steps can you take with the universe to make your desire come true?
4. What's stopping you from going after your desire?
5. How can you be more patient with your manifestation
6. How can you work on cultivating more joy in your life?
7. How can you work on cultivating more love in your life?
8. My dream life looks like...
9. I believe everything is possible for me, even...
10. In one year, this is what my life will look like...
11. In five years, this is what my life will look like...
12. In ten years, this is what my life will look like...
13. When I look back on my life, these are the things I will be proud of achieving...
14. This year, my goal is to...
15. I know I will succeed because...
16. What does peace look like to you?
17. I will be a more compassionate person by....
18. I will prioritize my health by...
19. I will protect my energy by...
20. The habit I want to change is ____ to allow me to ____.
21. I will earn my dream income, which is...
22. These are the decisions that I can make right now to work toward my dream life...
23. As I grow and change, these are the values I will hold onto and live by...
24. I am ready to commit to...
25. My ideal partners has these qualities...
26. I show love to my ideal partner by...
27. I show love to myself by....
28. I express my love to the people I care about by ____.
29. I know I am loveable because...
30. I am willing to let go of ____ to achieve my dream life.
31. These are the things I want to experience today...
32. These are the things I want to experience this month...
33. These are the things I want to experience this year...
34. I want to buy ____ this year.
35. I need more of ____ in my life.
36. If I knew that I wouldn't fail, then I would do this...
37. I will practice financial self-care by doing this...
38. My dream vacation is ____.
39. In my ideal life, I would generate income by ____.

Cathy Joyner

40. I deserve abundance because I ____.
41. The person I want to be has these qualities.
42. The person I want to be does these things daily...
43. The person I want to be treats others like this....
44. The person I want to be takes care of themself by...
45. If my future self wrote me a letter, they'd explain their life like this.
46. Write down five positive affirmations that resonate with you.
47. List three gifts you want to offer the world.
48. Write a thank you letter to the universe for the things you have received in your life so far.
49. List three self-limiting beliefs that are holding you back. What will you do to overcome these?
50. What is standing in your way right now and what would happen if you could overcome that challenge?
51. What have I done recently that's felt like the most authentic version of me? How can I do more of this?
52. If I knew I wouldn't be judged, this is what I would do...
53. My dream job looks like...
54. In one year, I hope my career looks like this...
55. The healthiest version of me looks like this...

Caitlyn Joyner