

the

OPEN YOUR HEART TO CHANGE

MANIFESTATION JOURNAL



14 DAYS OF MANIFESTING

a journal from

DALIA ORLEV

WWW.JEWISH-MINDFULNESS.COM

INTRODUCTION

This journal employs the 333 manifestation technique to assist you in bringing to reality your manifestations.

Here's how it works:

- Choose a potent manifestation and write about it three times in the morning, three times at midday, and three times before bedtime for 14 days.

Not only does this journal provide space for your daily intentions, but it also includes useful tips, exercises, affirmations, and prompts to help you maintain focus on your desires and take inspired actions. You'll have the chance to reflect on your progress, gain clarity on your goals, dreams, and associated emotions over time.

By concentrating on one strong manifestation and journaling three times daily, you can witness concrete results. This journal will keep you centered, grounded, and driven to manifest your ideal life.

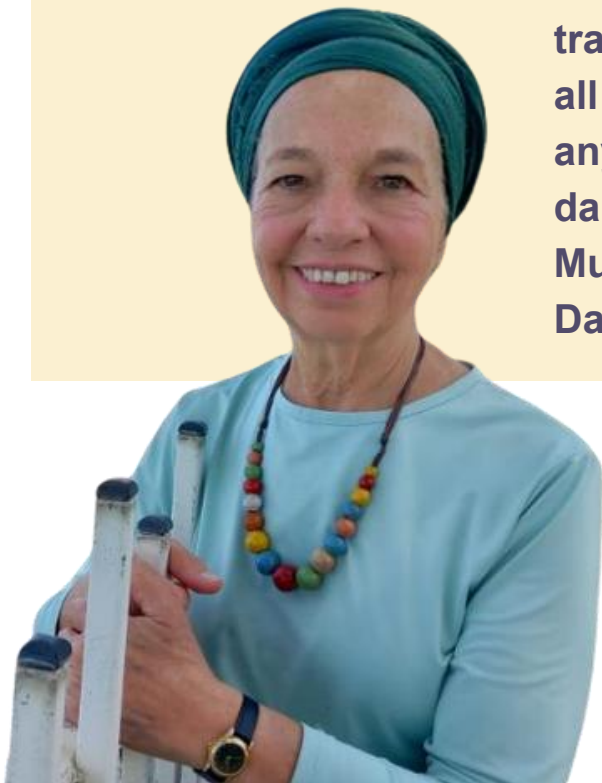
Embark on the journey to live the life you've always dreamed of starting today!

Happy Manifesting!

EXPLAINING 333 METHODS IN A SIMPLE FOUR-STEP PROCESS.

1. Choose your desired manifestation
2. Write it down and journal about it daily
3. Take inspired action
4. Track and review your progress

MEET DALIA



**Shalom! I am Dalia Orlev! For over forty five years, I have had the honor of facilitating workshops and courses for Jewish women, focusing on Jewish mindfulness, meditation, and movement. I am thrilled to join you in your transformational journey, helping you manifest all your goals and dreams this year. If you have any questions, please feel free to contact me at daliaorlev@gmail.com or 050-7449867. Much love and blessings,
Dalia Orlev**

Step 1

DECIDE ON YOUR MANIFESTATION AND PHRASE IT RIGHT

The most important part of this manifestation process is to be very specific about the outcome you desire and to phrase your desired results in a positive way.

We recommend this formula:

- a.) Start the manifestation with gratitude
- b.) Add emotions (how you want to feel)
- c.) Add the words "into my life"
- d.) Keep it short. You should be able to read your manifestation in 15 - 17 seconds.

For example:

"I am so thankful to Hashem aligning with me to bring a loving and supportive relationship into my life. I feel loved. His presence makes every moment more enjoyable and meaningful. I feel appreciated and deeply connected. Thank you."

"I am so thankful to Hashem aligning with me to manifest a job that I love, bringing feelings of abundance, financial freedom, security, and fulfillment into my life. I love what I do and look forward to showing up every single day. I can afford everything I want and more. Thank you."

"I am so thankful to Hashem aligning with me to see massive growth and momentum in my business, bringing a sense of purpose, creativity, and success into my life. I feel a deep connection with my audience. They love my offers. I sell with ease and enjoy the financial abundance and feeling of security. Thank you."



Step 2

RECORD YOUR MANIFESTATION MULTIPLE TIMES EACH DAY FOR 14 DAYS.

Write it down and journal about it 3 times in the morning, 3 times at midday, and 3 times before going to bed for 14 days.

While you write focus on the feeling and emotion your desired manifestation brings. Close your eyes and visualize having what you desire as if it already exists. Lean into the energy of what it is you want to attract.

Now release your desire and trust that you will receive what you asked for.



Step 3

TAKE INSPIRED ACTION FOR 14 DAYS

The 333 method is not just about journaling and visualizing, but also taking inspired action. Once you become clear on the outcome you want to create, Hashem will start to send signs, opportunities, and people your way that can help in the manifestation process.

Listen to your intuition and take the steps that feel exciting and inspiring. Take small actions every day that align with your desired outcome.

Step 4

TRACK & REVIEW PROGRESS

At the end of each day, take a few moments to review your progress and be grateful for how things start to align and how your manifestation becomes reality. Celebrate every big and small victory to increase your vibration and stay in alignment with the universe.

By tracking your progress, you'll be able to see how certain actions will bring results faster or slower than expected and what needs to be adjusted in order for you to reach your goal.

MANIFESTATION TIPS

- Write down your manifestation in the present tense.
- Practice gratitude and mindfulness daily
- Believe that you can have what you want
- Be willing to receive
- Stay flexible and detach from the outcome
- Keep positive thoughts, especially during setbacks
- Take inspired action daily to create tangible results
- Track your progress to stay encouraged and motivated
- Celebrate your victories, no matter how small
- Expand your faith in Hashem's power to bring you what you desire
- Take time each day to manifest and visualize
- Connect with a manifestation community for additional support
- Remain open-minded and trust that the outcome will be perfect
- Enjoy the journey and stay focused!



AVOID SELF-SABOTAGE WHEN MANIFESTING

- Don't focus on the how of manifestation
- Don't give up, no matter how difficult it may seem to get what you want
- Avoid overthinking and stress about the outcome
- Avoid comparing yourself with others — everyone is on their own journey
- Let go of fear, doubt, and negative thoughts
- Don't ignore your intuition and inner guidance
- Avoid feeling ashamed or embarrassed about wanting or having what you desire

AVOID SELF-SABOTAGE WHEN MANIFESTING

- Don't be afraid to ask for help when needed
- Release attachment to the outcome — trust that Hasehm will deliver perfect timing and perfect solutions
- Don't give up, even when things seem to move slowly or not at all
- Don't focus on the lack of what you want to manifest, but instead focus on abundance
- Don't get discouraged when things don't happen in the timeframe you desire
- Don't allow fear or doubt to take over — push through anyway!



4 STEPS

POWERFUL DAILY
CHECKLIST PAGES
TO JOURNAL YOUR
INTENTIONS



UTILIZING THE 3 PILLARS:
INTENTION
ATTENTION AND IMAGINATION

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1. WHERE AM I RIGHT NOW?

What am I grateful for?

Grateful about myself?

2. INTENTION: WHERE AM I GOING? VISION

3. ATTENTION: WHAT IS MY BIGGEST BLOCK TO GETTING THERE?

4. IMAGINATION: LET GO AND LET G-D THANK HASHEM FOR YOUR MANIFESTED INTENTION

14

POWERFUL JOURNAL PROMPTS TO HELP YOU MANIFEST

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INCORPORATE ONE OF THESE JOURNAL PROMPTS DAILY FOR
14 DAYS. THIS PRACTICE WILL AID IN OVERCOMING
OBSTACLES AND ENHANCING THE SPEED OF MANIFESTATION.

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**WHAT WOULD IT FEEL LIKE TO BE LIVING
MY DESIRED REALITY?**

**HOW AM I HOLDING MYSELF BACK FROM
MANIFESTING WHAT I DESIRE?**

**IN WHAT WAYS CAN I STAY FOCUSED AND MOTIVATED
IN MANIFESTING MY GOALS?**

**WHAT INSPIRED ACTION CAN I TAKE TODAY TO MOVE
CLOSER TO MY DESIRED OUTCOME?**

**WHAT WOULD IT LOOK LIKE IF I HAD ALREADY
MANIFESTED WHAT I WANTED?**

**HOW CAN I STAY PRESENT AND IN THE MOMENT WHILE
MANIFESTING?**

**WHAT LIMITING BELIEFS AM I READY TO LET GO OF
TODAY?**

**WHAT DO I NEED TO FEEL SAFE, SECURE, AND
CONFIDENT AS I MANIFEST?**

**WHAT UNIQUE SKILLS AND TALENTS DO I POSSESS IN
MANIFESTING MY DESIRES?**

**WHO ARE THE PEOPLE THAT CAN HELP ME MANIFEST
MY GOALS QUICKLY AND EASILY?**

**HOW CAN I TAP INTO MORE CONFIDENCE WHEN
TAKING INSPIRED ACTION TOWARD MY DESIRED
OUTCOME?**

**WHAT IS THE FIRST STEP I NEED TO TAKE TO BEGIN
MANIFESTING?**

**WHAT IS THE NEXT RIGHT ACTION I CAN TAKE TODAY TO MOVE
CLOSER TO MY GOAL?**

**IN WHAT WAYS DO I NEED TO CHANGE MY THOUGHTS, BELIEFS, AND
ACTIONS IN ORDER TO BRING MORE ABUNDANCE INTO MY LIFE?**

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POWERFUL AFFIRMATIONS TO HELP YOU MANIFEST FASTER

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USE THESE AFFIRMATIONS WITH THE JOURNAL TO REMIND
YOU OF YOUR MANIFESTATION POWER AND HELP YOURSELF
MANIFEST WITH MORE CONFIDENCE AND EASE.

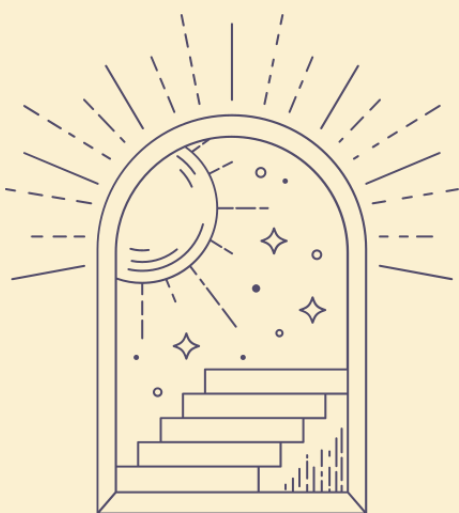
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THESE AFFIRMATIONS ARE A POWERFUL WAY TO ALIGN YOURSELF WITH THE ENERGY OF MANIFESTATION AND ABUNDANCE.

BY CONSISTENTLY REPEATING THESE POSITIVE STATEMENTS, YOU ARE REINFORCING YOUR BELIEF IN YOUR OWN POWER AND POTENTIAL TO CO-CREATE WITH HASHEM. AFFIRMATIONS LIKE THESE HELP TO SHIFT YOUR MINDSET, MAKING YOU MORE RECEPTIVE TO THE OPPORTUNITIES AND RESOURCES THAT ARE ALREADY AVAILABLE TO YOU.

THEY ENCOURAGE YOU TO TRUST IN THE PERFECT TIMING OF HASHEM AND TO RELEASE ANY LIMITING BELIEFS OR DOUBTS THAT MAY BE HOLDING YOU BACK. EMBRACING THESE AFFIRMATIONS CAN LEAD TO A MORE ABUNDANT AND FULFILLING LIFE, WHERE YOUR DREAMS AND DESIRES MANIFEST WITH EASE AND GRACE.





1. I AM A POWERFUL CO-CREATOR WITH HASHEM

2. Everything I need to manifest my desires is already here and available to me now.

3. I trust that hashem will provide all that I need when it's in perfect timing for me.

4. My dreams are coming true faster than I ever imagined.

5. I am confident and secure in my ability to manifest quickly and easily.

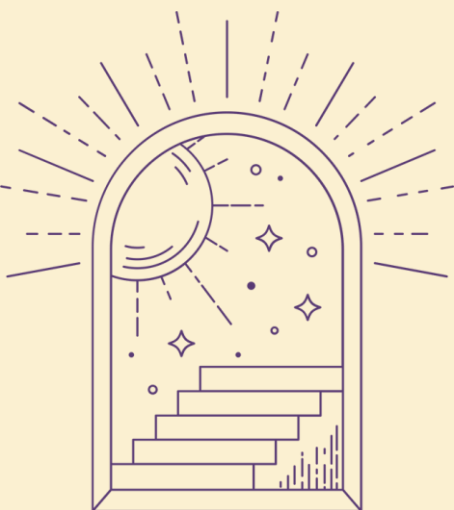


6. I open my heart and mind to receive all that is available to me now.

7. Abundance flows freely and effortlessly into my life now.

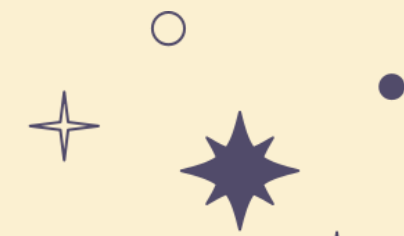
8. All of the resources, people, and opportunities I need are already manifesting for me.

9. I am now open to receiving all the abundance that is mine.



10. My desires manifest with ease and grace every single day.

11. I let go of any limiting beliefs or doubts about my ability to manifest quickly and easily.





12. I AM NOW A VIBRATIONAL MATCH TO MY DESIRED OUTCOMES.

13. I take inspired action every day toward manifesting my dreams into reality.

14. Hashem is always conspiring in my favor to bring me all that I desire.

15. My faith and trust in hashem are unwavering, and I know that I will manifest my desires.



16. I am an open channel for abundance and prosperity to flow into my life.

17. I am always supported by hashem in all that I do.

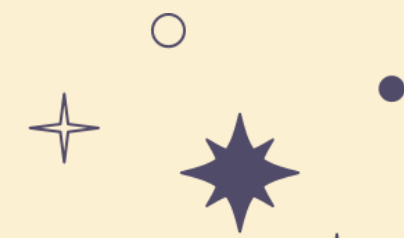
18. I now attract only positive energy that supports me in manifesting quickly and easily.



19. My manifestations come true with perfect timing and in the exact right way.

20. I am willing to take risks, let go of fear, and trust that my desires will manifest.

21. HASHEM IS MANIFESTING ALL OF MY HEART'S DESIRES NOW.





22. I RELEASE ANY DOUBTS OR FEARS ABOUT THE MANIFESTATION PROCESS WITH GRACE AND EASE.

23. I am aligned with the power of manifestation and always receive what I need.

24. All of my manifestations are created in perfect harmony with hashem.

25. I joyfully accept the abundance that is now manifesting in my life.



26. I easily and gracefully attract all that I desire into my life now.

27. I am a powerful force of manifestation and create my reality with intention.

28. I give thanks for all the abundance that is already present in my life.

29. I live in joy and expect miracles to manifest in perfect timing for me.

30. My manifestations are done easily and effortlessly.



31. I AM CONNECTED WITH THE POWER OF MANIFESTATION AND TRUST IN ITS ABILITY TO DELIVER MY DESIRES.



**32. MY FAITH IS STRONG AND I KNOW THAT
ALL OF MY MANIFESTATIONS WILL COME TRUE
QUICKLY AND EASILY.**

**33. ALL OF MY DREAMS MANIFEST INTO
REALITY NOW!**



YOUR 1ST MANIFESTATION

FORMULATE YOUR FIRST MANIFESTATION
HERE:

A reminder of the recommended formula:

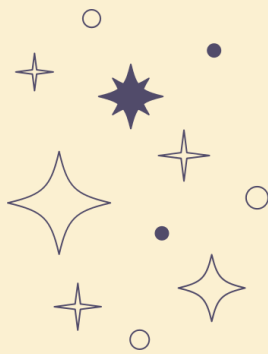
- A.) START THE MANIFESTATION WITH GRATITUDE
- B.) ADD EMOTIONS (HOW YOU WANT TO FEEL)
- C.) ADD THE WORDS "INTO MY LIFE"
- D.) KEEP IT SHORT. YOU SHOULD BE ABLE TO READ YOUR
MANIFESTATION IN 15 - 17 SECONDS.

FOR THE NEXT 7 DAYS, USE THE FOLLOWING PAGES TO:

- #1: WRITE YOUR MANIFESTATION 3 TIMES IN THE MORNING,
3 TIMES AT MIDDAY, AND 3 TIMES BEFORE GOING TO BED.
- #2: JOURNAL IN THE MORNING OR BEFORE GOING TO BED USING
ONE OF THE JOURNAL PROMPTS.
- #3: PRACTICE YOUR FAVORITE MANIFESTATION AFFIRMATIONS
THAT WILL SUPPORT YOUR EFFORTS AND GIVE YOU THE
CONFIDENCE AND TRUST YOU NEED TO MANIFEST WITH EASE.
- #4: REFLECT ON ALIGNED ACTION STEPS YOU WANT TO TAKE.
- #5: TRACK PROGRESS AND NOTE DOWN ANY SMALL OR BIG WINS.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

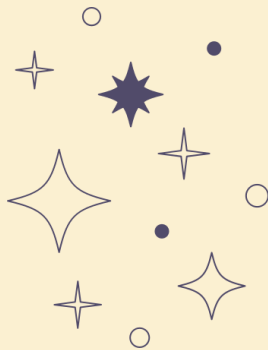
02



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This image shows a full page of blank, cream-colored paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general note-taking. There are no margins, text, or other markings on the page.

03



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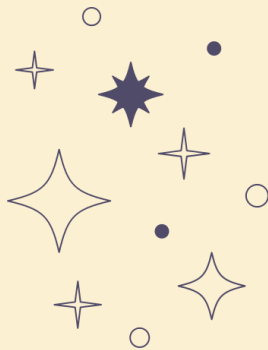
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04

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05



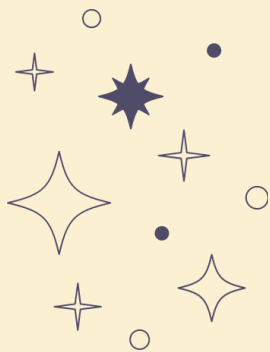
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This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

A collection of stylized stars and circles in white and dark blue on a light yellow background. The stars vary in size and shape, including four-pointed and eight-pointed designs. The circles are simple outlines. The arrangement is scattered across the page.

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07



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YOUR SECOND MANIFESTATION

FORMULATE YOUR SECOND MANIFESTATION
HERE:

A reminder of the recommended formula:

- A.) START THE MANIFESTATION WITH GRATITUDE
- B.) ADD EMOTIONS (HOW YOU WANT TO FEEL)
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08



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09



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A decorative pattern featuring several stylized stars and circles. The stars vary in size and orientation, with some having multiple points. The circles are simple outlines. The entire pattern is set against a light yellow background.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

A collection of various star and celestial shapes in white and dark blue on a light yellow background. The shapes include a large dark blue eight-pointed star, several white four-pointed stars with dark blue outlines, and several white circles of different sizes.

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A decorative pattern featuring several stylized stars and circles. The stars vary in size and orientation, with some having multiple points. The circles are simple outlines. The entire pattern is set against a light yellow background.

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A decorative pattern featuring several stylized star shapes and dots. The stars vary in size and orientation, with some having multiple points. The dots are small circles. The entire pattern is set against a light yellow background.

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