



MANIFEST YOUR  
VISION: A JANUARY  
GUIDE TO CREATING  
THE LIFE YOU DESIRE

*with Dalia Halabi*



## Welcome

I'm so glad you're here. Starting a new year can feel exciting and overwhelming all at once. We dream big, set goals, and hope for change—but sometimes, it's hard to know where to begin. That's why I created this workbook, to guide you through a process that's personal, actionable, and transformational.

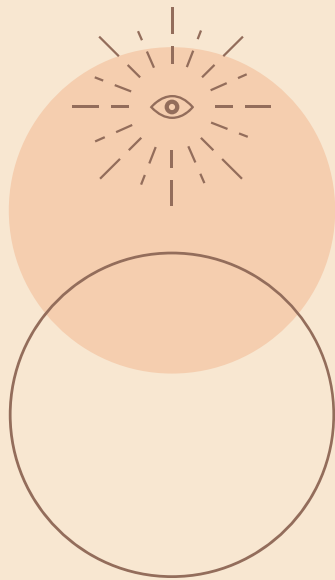
Manifestation isn't just about "thinking positive." It's about becoming the version of yourself who already lives the life you desire. That process involves aligning your thoughts, emotions, and actions with your dreams. When you show up for yourself this way—consistently and intentionally—you're not just imagining change; you're creating it.

This workbook is here to help you connect with your vision, break free from limiting patterns, and take inspired action. I've included tools rooted in neuroscience, psychology, and mindfulness to empower you every step of the way. But it's not about perfection.

You're not here to "get it all right"—you're here to grow, and every small step counts. Take your time with these exercises. Let them inspire you, challenge you, and reconnect you with your power. I believe in you—and I know you've got everything it takes to make

2025 your year.

# The Science of Manifestation



# What is manifestating?

Manifestation isn't just about "thinking positive." It's about aligning your brain, body, and energy with your intentions. Dr. Joe Dispenza emphasizes how repeated thoughts and emotions form neural pathways, and when paired with elevated emotions like gratitude and joy, these pathways influence our reality.

Research in neuroplasticity shows that your brain rewires itself based on repeated thoughts and behaviors. Similarly, elevated emotions like gratitude and joy signal your brain and body to act as if your desired outcome is already happening.

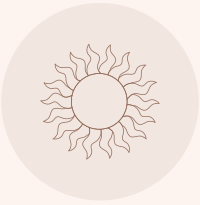
When you visualize your goals and pair them with positive emotions, you engage the reticular activating system (RAS) in your brain. This helps filter opportunities and resources aligned with your focus, making your goals feel achievable and within reach.



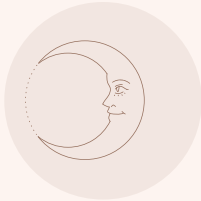
# Mentally Rehearsing Your Future

## Creating a future movie

Visualization is a powerful tool that allows you to mentally rehearse your goals. By creating a vivid 'movie' of your desired future, you teach your brain and body to act as though it's already happening.



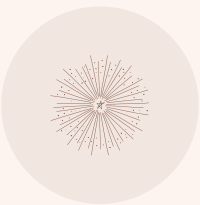
## Activity



- Close your eyes and imagine your ideal day one year from now.
- What do you see?
- What emotions are you feeling?
- Who are you with?
- What are you doing?
- Divide a blank page into “scenes” of your future. In each section, draw or paste pictures and write phrases that represent specific aspects of your vision.

## Daily Practice

Spend 5 minutes each day visualizing this movie. Feel the joy, excitement, and gratitude as if it's real.

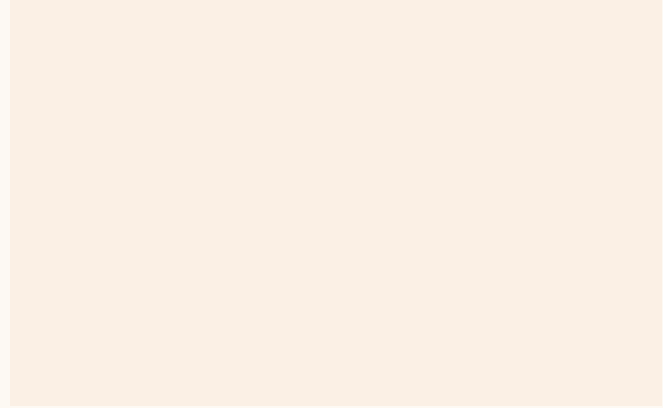


# Becoming your future self

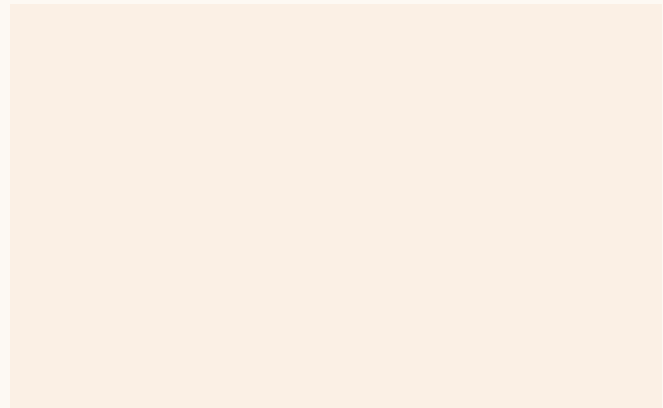
Manifestation isn't just about thinking—it's about becoming. When you act, think, and feel like your future self today, you draw that reality closer.

## Prompts:

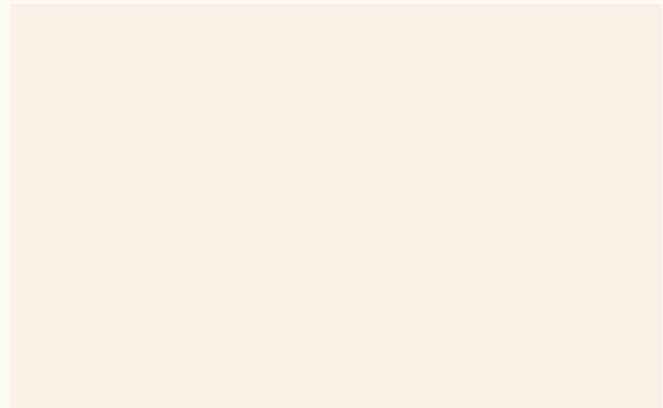
What does your future self believe about life, success, and themselves?



What habits does your future self practice daily?

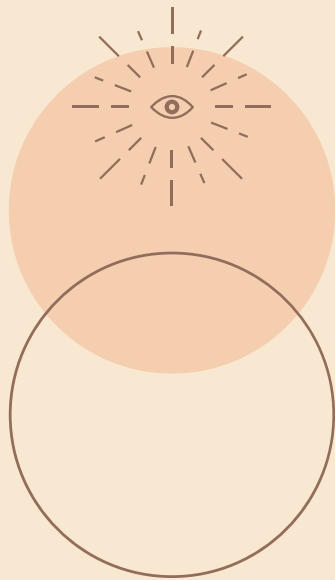


What is one small action you can take today to align with your future self?



Create a “Future Self Journal.” Each day, write as if you are already living your dream life. Describe your thoughts, feelings, and daily activities.

# Release- Making Space





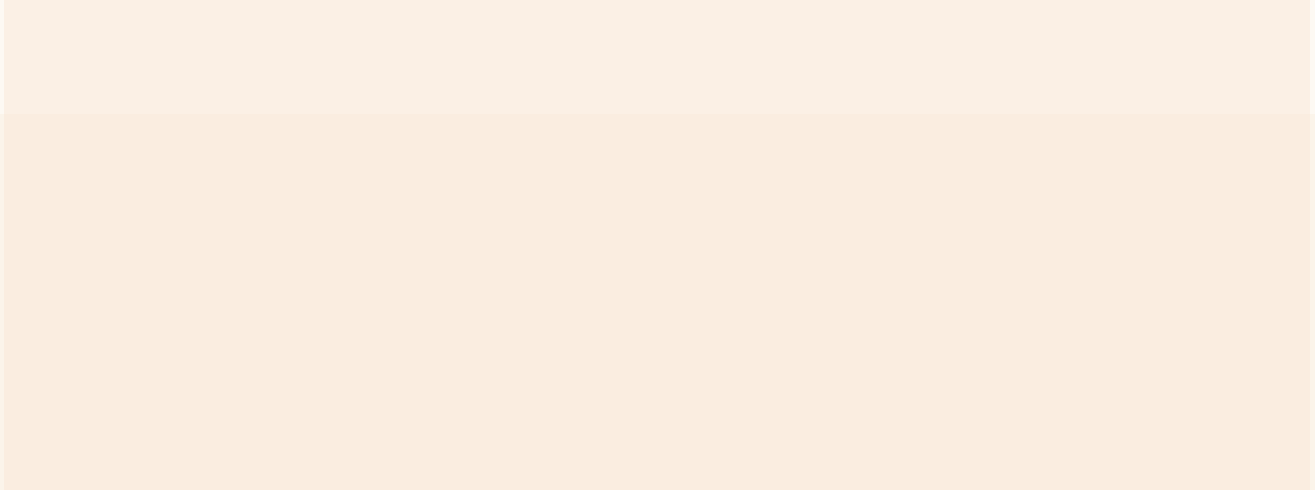
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Before planting seeds for  
the future, we must clear  
the soil. Reflecting on the  
past year helps us  
understand what patterns,  
beliefs, or habits no longer  
serve us.

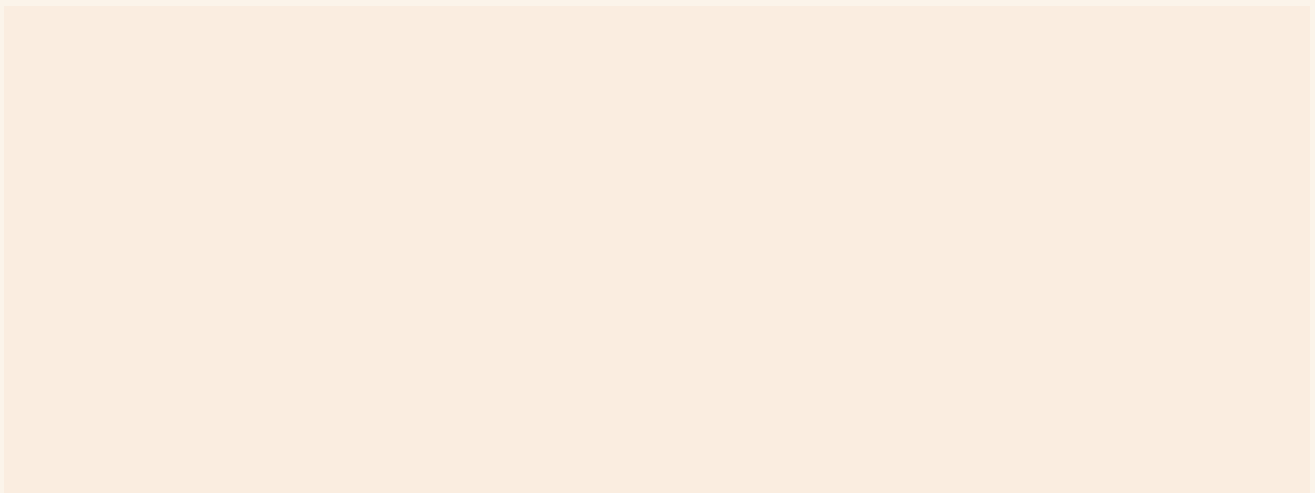
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## Prompts:

What limiting beliefs or patterns held you back last year?




What is one thing you want to forgive yourself for?

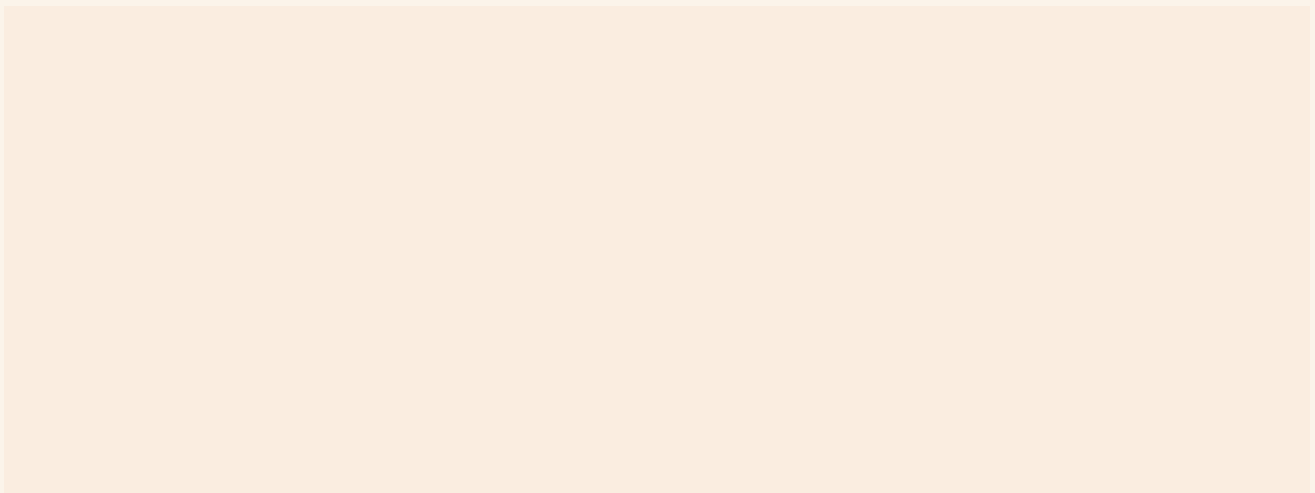


## Prompts:

Write about one challenge from last year and the lesson it taught you.



What do you want to let go of as you step into this new chapter?



# Release letter

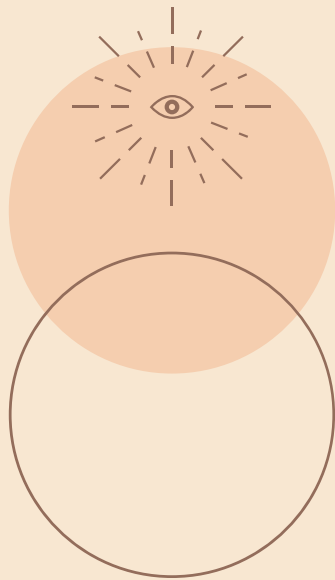
- Begin your letter with:  
“Dear [Your Name], this year I am letting go of...”

- List anything that feels heavy—old fears, regrets, or grudges. Thank these experiences for the lessons they taught you, then write:

“I release these with gratitude to make space for new opportunities.”

(Optional: Tear up or burn the letter safely as a symbolic act of letting go.)

# Setting Intentions



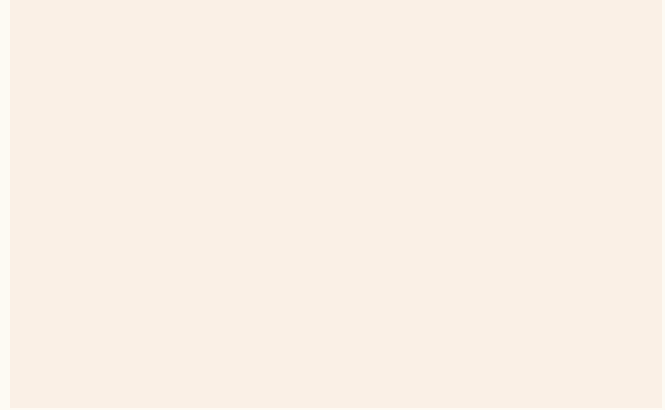
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Unlike resolutions, which often feel rigid, intentions are rooted in your values and focused on how you want to feel. Intentions give you direction while allowing for flexibility and flow

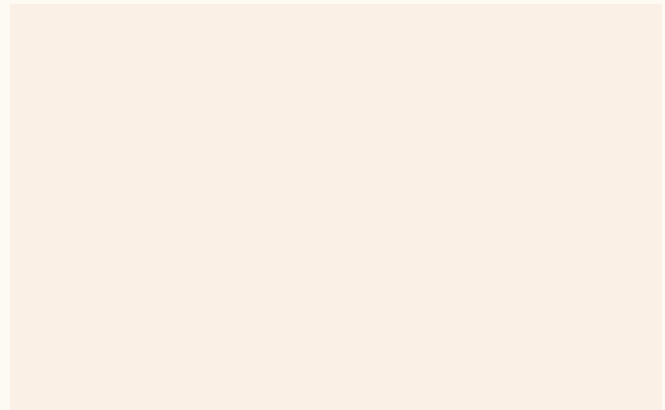
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# Prompts:

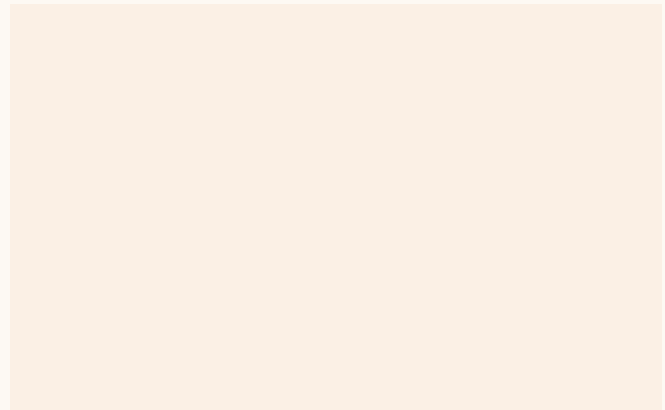
What do you want to create in 2025?



Why is this meaningful to you?



How do you want to feel in the year ahead (e.g., peaceful, creative, strong)?



# Write one intention, then turn it into a SMART goal:

S

Specific

What exactly do you want to achieve?

M

Measurable

How will you track your progress?

A

Attainable

Is this goal realistic for your current circumstances?

R

Relevant

How does it align with your values?

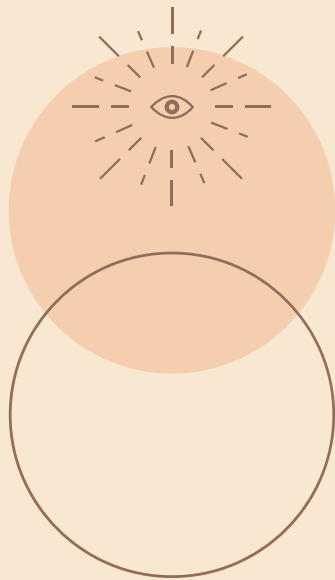
T


Timely

What is your deadline?



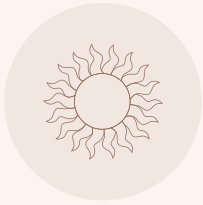
# Amplifying your energy





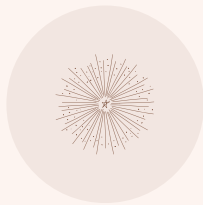
Your energy attracts your  
reality. By cultivating  
emotions like gratitude and  
joy, you align with the  
frequency of your desires

# Becoming a Magnet



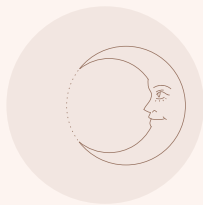
## Gratitude Amplifier Exercise:

1. Each morning, write down three things you're grateful for.
2. Close your eyes and feel gratitude in your heart. Imagine it expanding through your body.



## Affirmations

- “I am the creator of my reality.”
- “I am worthy of abundance and success.”
- “Every day, I align more fully with my highest self.”



## If you're feeling stuck, try this:

- Stand up and move (dance, stretch, or walk).
- Repeat an affirmation aloud: “I am capable of creating my dreams.”

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# Notes

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