



MANIFESTATION 30-DAY PLAN

Rewire Your Mind. Attract What You Want.

Your thoughts create your reality. Science, not magic — neuroplasticity is real.

1

WEEKS 1-2: FOUNDATION

- ◆ Day 1-3: Write your vision in present tense ('I am, I have')
- ◆ Day 4-6: Morning gratitude — 3 specific things, why they matter
- ◆ Day 7-9: Identify 1 limiting belief. Write its opposite belief
- ◆ Day 10-12: Visualize for 5 minutes: feel the outcome, not just see it
- ◆ Day 13-14: Create a vision board — physical or digital, use it daily

2

WEEKS 3-4: ALIGNED ACTION

- ◆ Day 15-17: Set 1 inspired action daily toward your goal
- ◆ Day 18-20: Scripting — journal as if your goal is already achieved
- ◆ Day 21-23: 369 method: write goal 3× morning, 6× afternoon, 9× night
- ◆ Day 24-26: Detach from outcome — trust timing, release desperation
- ◆ Day 27-30: Review evidence journal — log every sign of progress

3

LOA SCIENCE DECODED

- ◆ Reticular Activating System (RAS) filters what your brain notices in your environment
- ◆ Confirmation bias: belief shapes what opportunities you notice and act on
- ◆ Neuroplasticity: repeated thoughts literally rewire brain
- ◆ High-vibe actions (gratitude, joy) expand creative thinking
- ◆ Consistent focus + action = momentum. Momentum = unstoppable results

PRO TIP: The #1 manifestation killer is checking HOW it will happen. Your job is the WHAT and WHY. The universe handles the HOW.

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