

# HOW TO USE THE WORKSHEET

Thank you for downloading my weekly manifesting worksheet designed to help keep you accountable in your manifesting journey. I hope it brings lots of love, abundance and joy into your life. Make sure to tag me in any photos you share of this online as I love to re-share them! Below is a quick guide on how to use the worksheet in your day-to-day life.

The daily practice section is for you to tick off each day you complete your gratitude practice and another practice of your choice. Total it up at the end of the week to see how you've done!

Use this section to be honest and accountable of your week. What would you like to improve on next week, this could be manifestations, emotions or a goal? This will be the focus you take through to next week.

**SPIRITUAL QUEEN  
WEEKLY  
WORKSHEET**

**Daily Practise**

Gratitude Practice  
M T W T F S S / 7

Your Choice Practice (Yoga, Meditation, EFT, Journaling, Visualisation etc)  
M T W T F S S / 7

**How Do You Feel End Of Week Score**

Gratitude Score: / 10

Happiness Score: / 10

Calm Score: / 10

Describe This Week In One Word...

Goals I would like to achieve this week...

What content do I plan to read, watch or listen to this week?...

What is your focus, mantra or affirmation for the week?...

Wouldn't it be nice if this week...

What I'd like to improve on next week...

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Use this section to rate how you feel at the end of each week (Sunday). Keep a note of your scores so you can keep track of how you're feeling each month. Also, describe your week in one word how was it for you?

Use these four sections to plan, manifest and call in abundance throughout the week. In the wouldn't it be nice section use this to script what positive surprises you'd like to happen this week.

# SPIRITUAL QUEEN WEEKLY WORKSHEET



## Daily Practise

### Gratitude Practise

M T W T F S S



Your Choice Practice (Yoga, Meditation, EFT, Journaling, Visualisation etc)

M T W T F S S



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