

THE REALITY MANUSCRIPT LIBRARY · FOLIO NO. 2

Fifty Journal Prompts for Conscious Creation

*Prompts for the written assumption,
with two worked entries to begin from.*

Write as if the wish were already fact. The pen is the assumption made visible.

How To Work These Prompts

Answer each prompt in the present tense, from inside the fulfilled state. Not “I want” or “I hope”, but “I am” and “it is”. If the sentence feels untrue, write it anyway; the unease you feel is the old assumption objecting, and it is precisely there the work happens.

One prompt a day is plenty. Ten honest lines outweigh three rushed pages.

I. The Wish Fulfilled

1. Describe an ordinary morning in the life where your desire is already settled fact.
2. What did you stop worrying about once this came true? Write as that person.
3. Who congratulated you first, and what did they say?
4. Write the diary entry you would have written the evening it happened.
5. What is no longer remarkable to you now that it is normal?
6. Describe your home as it is in the fulfilled state.
7. What did you wear the day it resolved? Describe the hour.
8. What problem used to fill your thoughts that you have entirely forgotten about?
9. Write a thank-you note to life for the thing you have not yet seen.
10. What did the fulfilled version of you do this morning before breakfast?

II. Self-Concept

1. Complete this sentence ten different ways: I am the kind of person who...
2. What would you no longer apologise for if you fully accepted yourself?
3. Describe how strangers treat you in your true assumption of yourself.
4. What did you forgive yourself for today?
5. Write about yourself in the third person, as someone who admires you.
6. Which old label did you quietly retire this week?
7. What do you expect by default now, that you once had to beg for?
8. Describe the version of you that your younger self needed to meet.
9. What is easy for you that is hard for most people, and why is that allowed?
10. Write the sentence you most need to be true, then write the day as if it were.

III. Love & Union

1. Describe the evening routine of the relationship you now occupy.
2. What do they love about you that you used to hide?
3. Write the message you received today in the fulfilled union.
4. How does your body feel when you are loved the way you wanted?
5. Describe the argument you no longer have.
6. What does devotion look like at 7am on an ordinary Tuesday?
7. Write about the moment you knew you were chosen, in the past tense.
8. What did you stop performing once you were secure in love?
9. Describe being introduced to their friends, from inside the memory.
10. What does your love give you that you once tried to give yourself?

IV. Supply & Prosperity

1. Money arrived today from a direction you did not predict. Write the story.
2. What did you pay off, and how did it feel to write the final amount?
3. Describe your relationship with supply now that it is unbroken.
4. What did you buy this week without checking the balance first?
5. Write the entry where the work you love began to support you fully.
6. What do you now give freely because you are freely given to?
7. Describe the exact figure in your account in the fulfilled state, and your mood as you read it.
8. What fear about provision did you retire, and what replaced it?
9. Write about the opportunity that found you because you were ready.
10. Describe an ordinary errand in a life where lack is no longer a character.

V. Revision & Gratitude

1. Rewrite today's hardest moment as you wish it had gone.
2. Revise a memory that still stings. Write the kinder version until it feels familiar.
3. List ten things from this week that already answer an old prayer.
4. What did today give you that the worried version of you said was impossible?
5. Revise the last conversation you regret, line by line.
6. Write about this year as if you are reading its story at the end of it.
7. What are you grateful for that has not yet arrived in the visible?
8. Revise a childhood scene, and watch what loosens in the present.
9. Write the headline of your life as it stands in the fulfilled state.
10. Describe tonight's sleep in the life where everything you wrote is true.

Two Worked Entries

Prompt: Describe an ordinary morning in the life where your desire is already settled fact.

"Woke before the alarm again, the way I do now that nothing is chasing me. Made coffee in the kitchen with the good light. Signed the confirmation yesterday; the keys are on the hook by the door where I keep looking at them. I used to script mornings like this. Now I am simply in one."

Prompt: Revise the last conversation you regret.

"When she asked how I was, I heard care instead of accusation. I said I was well, and meant it. We laughed about the thing I had been rehearsing as a wound. We ended the call warmly, and I put the phone down feeling taller."

Continue the study: Manifestation journal prompts, with examples at realitymanuscript.com/article/manifestation-journal-prompts