

The Manifestation Checklist And 30-Day Tracker

A one-page daily checklist and a thirty-day tracker grid. Print both, or print the tracker alone and keep the checklist on your phone.

The daily checklist

Six items. None takes longer than five minutes, and the whole sequence fits inside fifteen. The order matters more than the duration.

- ☐ **1. Define it once**
State the outcome in one sentence as a settled fact. Do not redefine it daily.
- ☐ **2. Morning assumption**
On waking, before the phone, hold the sentence for sixty seconds as though it is already so.
- ☐ **3. One physical step**
Take one action today that a person who already had it would plausibly take.
- ☐ **4. Catch one contradiction**
Notice one moment you spoke or thought against the assumption. Note it, do not scold.
- ☐ **5. Revise the day**
Pick one thing that went badly and rewrite it mentally the way you would have preferred.
- ☐ **6. SATS before sleep**
In the drowsy state, run a short scene implying the wish fulfilled. Loop it until you drift.

What the checklist deliberately leaves out

There is no item for checking whether it has worked. Monitoring for evidence is the most reliable way to reintroduce the sense of lack the practice is meant to remove. There is also no item for repeating affirmations many times a day; repetition without feeling is the commonest wasted effort in this field.

30-day tracker

One row per day, one column per checklist item. Tick what you did. Blank days are data, not failure — a month of honest ticks will show you which item you keep skipping, and that is usually the one doing the work.

DAY	DEFINE	MORNING	ACTION	CATCH	REVISE	SATS	NOTE
1							
2							
3							
4							
5							
6							
7							
8							
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30							

After thirty days

Read the tracker before you judge the month. Count which column has the fewest ticks. In practice it is almost always 'Catch' or 'SATS' — noticing contradiction is uncomfortable, and the night practice is the first thing sacrificed to tiredness. Whichever column is thinnest is the next month's single focus.

If the outcome has not appeared, that is not evidence the assumption failed. It is evidence of where you are in the practice. Carry the same intention forward rather than starting a new one; changing the target every month is the equivalent of digging six shallow holes.

Continue

- realitymanuscript.com/library/manifestation-checklist — this folio online
- realitymanuscript.com/article/sats-technique-nevilles-sleep-method — the night practice in full
- realitymanuscript.com/library/law-of-attraction-planner — the weekly planner sheet
- realitymanuscript.com/manifestation-journal — the ring-bound Manifestation Journal