

The Manifestation Journal Template

This template is built for one thing: keeping a daily record of the state you are assuming, so the assumption is held steadily instead of restarted from scratch every few days. Print one daily page for each day you intend to practise, and the tracker at the back once.

1. The assumption

Write the outcome as already true, in the present tense, in one sentence. Not "I want" and not "I am becoming". State it in the plainest words you would use if it were ordinary fact.

2. The scene

Describe a short, specific scene that would only be happening if the assumption were true. A handshake, a key in a door, a sentence someone says to you. Keep it small and repeatable.

3. The felt state

Note how that scene feels from the inside. This is the part that does the work; the wording of the sentence matters far less than the state you occupy while writing it.

4. Evidence and movement

Record anything that moved in the direction of the assumption, however small. This is a record, not proof. It exists to stop you rewriting the week as "nothing happened".

5. Revision

Before sleep, take one moment from the day that jarred and write it again as you would have preferred it. Neville Goddard called this revision, and he treated it as the most practical part of the discipline.

6. Sleep scene

Take the scene into the drowsy state at the end of the day and repeat it until it is natural. Write the single line you will run in the sleep-scene field.

A note on consistency

A missed day is not a reset. Pick the practice up on the next page without restarting the count. What breaks this work is not an imperfect run but the habit of changing methods every week.

BEFORE YOU BEGIN

A Completed Page, For Reference

This is what a filled page looks like. The wording is deliberately ordinary. Nothing here is a formula to copy; it is here so the blank fields are not intimidating.

THE ASSUMPTION

I earn a steady, comfortable income from work I am glad to do.

THE SCENE

I open the banking app on a Tuesday morning, see the figure, and feel nothing unusual about it. It is simply what is there now.

THE FELT STATE

Settled. Slightly bored by it, which is the point - it is normal.

EVIDENCE AND MOVEMENT

*Old client emailed asking about availability.
Finished the proposal I have been avoiding for three weeks.*

REVISION

*I snapped at a message about money. Rewritten: I read it, answered plainly,
and it did not touch me.*

TONIGHT'S SLEEP SCENE

The banking app on a Tuesday morning. Repeat until drowsy.

Note what is absent: no bargaining, no reasons why it should happen, no instructions to the universe. The page records a state held as fact, and one honest revision of the day.

DAILY PAGE

Day 1

DATE _____ MORNING _____ EVENING _____

THE ASSUMPTION, STATED AS ALREADY TRUE

THE SCENE THAT IMPLIES IT

THE FELT STATE WHILE WRITING

EVIDENCE AND MOVEMENT TODAY

REVISION: ONE MOMENT OF TODAY, WRITTEN AS PREFERRED

TONIGHT'S SLEEP SCENE, IN ONE LINE

TODAY I HELD THE ASSUMPTION

☐ Easily

☐ With effort

☐ Barely

DAILY PAGE

Day 2

DATE

MORNING

EVENING

THE ASSUMPTION, STATED AS ALREADY TRUE

THE SCENE THAT IMPLIES IT

THE FELT STATE WHILE WRITING

EVIDENCE AND MOVEMENT TODAY

REVISION: ONE MOMENT OF TODAY, WRITTEN AS PREFERRED

TONIGHT'S SLEEP SCENE, IN ONE LINE

TODAY I HELD THE ASSUMPTION

☐ Easily

☐ With effort

☐ Barely

DAILY PAGE

Day 3

DATE

MORNING

EVENING

THE ASSUMPTION, STATED AS ALREADY TRUE

THE SCENE THAT IMPLIES IT

THE FELT STATE WHILE WRITING

EVIDENCE AND MOVEMENT TODAY

REVISION: ONE MOMENT OF TODAY, WRITTEN AS PREFERRED

TONIGHT'S SLEEP SCENE, IN ONE LINE

TODAY I HELD THE ASSUMPTION

☐ Easily

☐ With effort

☐ Barely

DAILY PAGE

Day 4

DATE

MORNING

EVENING

THE ASSUMPTION, STATED AS ALREADY TRUE

THE SCENE THAT IMPLIES IT

THE FELT STATE WHILE WRITING

EVIDENCE AND MOVEMENT TODAY

REVISION: ONE MOMENT OF TODAY, WRITTEN AS PREFERRED

TONIGHT'S SLEEP SCENE, IN ONE LINE

TODAY I HELD THE ASSUMPTION

☐ Easily

☐ With effort

☐ Barely

DAILY PAGE

Day 5

DATE _____ MORNING _____ EVENING _____

THE ASSUMPTION, STATED AS ALREADY TRUE

THE SCENE THAT IMPLIES IT

THE FELT STATE WHILE WRITING

EVIDENCE AND MOVEMENT TODAY

REVISION: ONE MOMENT OF TODAY, WRITTEN AS PREFERRED

TONIGHT'S SLEEP SCENE, IN ONE LINE

TODAY I HELD THE ASSUMPTION

☐ Easily

☐ With effort

☐ Barely

DAILY PAGE

Day 6

DATE _____ MORNING _____ EVENING _____

THE ASSUMPTION, STATED AS ALREADY TRUE

THE SCENE THAT IMPLIES IT

THE FELT STATE WHILE WRITING

EVIDENCE AND MOVEMENT TODAY

REVISION: ONE MOMENT OF TODAY, WRITTEN AS PREFERRED

TONIGHT'S SLEEP SCENE, IN ONE LINE

TODAY I HELD THE ASSUMPTION

☐ Easily

☐ With effort

☐ Barely

DAILY PAGE

Day 7

DATE _____ MORNING _____ EVENING _____

THE ASSUMPTION, STATED AS ALREADY TRUE

THE SCENE THAT IMPLIES IT

THE FELT STATE WHILE WRITING

EVIDENCE AND MOVEMENT TODAY

REVISION: ONE MOMENT OF TODAY, WRITTEN AS PREFERRED

TONIGHT'S SLEEP SCENE, IN ONE LINE

TODAY I HELD THE ASSUMPTION

☐ Easily

☐ With effort

☐ Barely

DAILY PAGE

Day 8

DATE _____ MORNING _____ EVENING _____

THE ASSUMPTION, STATED AS ALREADY TRUE

THE SCENE THAT IMPLIES IT

THE FELT STATE WHILE WRITING

EVIDENCE AND MOVEMENT TODAY

REVISION: ONE MOMENT OF TODAY, WRITTEN AS PREFERRED

TONIGHT'S SLEEP SCENE, IN ONE LINE

TODAY I HELD THE ASSUMPTION

☐ Easily

☐ With effort

☐ Barely

EVERY SEVENTH DAY

The Week In Review

Read back the last seven pages before answering. The purpose is not to grade yourself but to see whether the assumption stayed the same all week, because a changed assumption is the most common reason a run stalls.

WAS THE ASSUMPTION WORDED THE SAME EVERY DAY? IF IT DRIFTED, WRITE THE VERSION YOU ARE KEEPING

WHICH DAY FELT MOST NATURAL, AND WHAT WAS DIFFERENT ABOUT IT

WHAT KEPT PULLING YOU BACK INTO THE OLD STATE

MOVEMENT RECORDED THIS WEEK, READ AS A WHOLE

THE ONE THING YOU ARE CHANGING FOR NEXT WEEK

28-Day Tracker

Shade a square for each day you completed the page. The grid is here to show a pattern, not to shame a gap. Four weeks is long enough to see whether the practice is holding.

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Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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Day 6

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Day 7

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Day 8

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Day 9

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Day 10

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Day 11

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Day 12

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Day 23

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Day 24

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Day 25

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Day 26

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Day 27

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Day 28

AFTER 28 DAYS: WHAT IS TRUE NOW THAT WAS NOT TRUE ON DAY ONE

When loose sheets stop being enough

Printed pages are right for testing a practice. If it carries past four weeks, The Manifestation Journal is the bound version of this template: the daily page, the revision box and the review, in one book you can still read back next year.

realitymanuscript.com/manifestation-journal