

The Law Of Attraction Planner

A printable weekly planner for the practice of assumption: one intention, one daily assumption statement, an evidence log, a revision box and a week-end review. Print one sheet per week.

How each section works

1. The intention

One outcome for the week, written as a settled fact rather than a wish. Not 'I want a new role' but 'I have accepted the new role.' One intention only. A planner with six intentions is a to-do list.

2. The daily assumption statement

A single sentence you occupy each morning and each night, in the present tense, in your own plain words. It stays identical all week. Changing the wording daily is the most common reason the practice fails to settle.

3. The evidence log

One line a day recording anything that moved, however small: a reply, an introduction, a sum of money, an unprompted mention. This is a record, not a scoreboard. Blank days are written as blank.

4. The revision box

At night, take one event from the day that went badly and write it again the way you would have preferred it to go. Neville Goddard called this revision. Write it in the past tense, as something that already happened that way.

5. The week-end review

Four questions on the last sheet. Answer them in writing, then decide whether next week carries the same intention forward or takes a new one.

Weekly sheet

WEEK COMMENCING _____

THE INTENTION (WRITTEN AS ALREADY SETTLED)

DAILY ASSUMPTION STATEMENT (IDENTICAL ALL WEEK)

EVIDENCE LOG · MON / TUE / WED / THU / FRI / SAT / SUN

REVISION BOX (ONE EVENT, REWRITTEN AS YOU WOULD HAVE PREFERRED)

FEELING AT WEEK END (ONE WORD, NO EXPLANATION)

Week-end review

1. What actually changed this week, in facts rather than feelings?

2. Did the assumption statement stay the same all seven days? If not, what pulled it off course?

3. Which day was hardest to hold, and what happened that day?

4. Does next week carry this intention forward, or is it settled enough to take a new one?

Printing notes

Print the weekly sheet at 100% on A4, one copy per week. Fifty-two copies make a year. The sheet is deliberately plain so it can be filed inside a ring binder alongside your own pages.

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- realitymanuscript.com/library/law-of-attraction-planner — this folio online
- realitymanuscript.com/article/neville-goddard-revision-technique — the revision practice in full
- realitymanuscript.com/manifestation-journal — the ring-bound Manifestation Journal