

# **The 21-Day 3-6-9 Manifestation Workbook**

*Choose Your Intention*

*Follow the Practice*

*& Record Your Journey*

By Karah Wands

Legacy Eutopia

# POWER OF THE 3-6-9 MANIFESTATION METHOD

Clear Your Blocks,  
Align Your Intention  
& Manifest Your Desires



By Karah Wands

Legacy Eutopia

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Website:

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# Dedication

This book is dedicated to the viewers of the Legacy Eutopia YouTube channel—those who have shared this journey through prayer, meditation, sacred frequency, and inner transformation.

Your presence, faith, and willingness to explore the power within have helped shape this work. May these pages support your intentions, strengthen your practice, and remind you that the life you desire begins within you.

With love and gratitude,

**Karah Wands**

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# Introduction



Welcome to *The 21-Day 3-6-9 Manifestation Workbook*, a practical companion to *Power of the 3-6-9*.

This workbook was created to help you transform the ideas explored in the main book into a clear and consistent daily practice. Over the next 21 days, you will choose one meaningful intention, write it three times in the morning, six times in the afternoon, and nine times in the evening, and reflect on the thoughts, emotions, opportunities, and inspired actions that arise along the way.

The workbook is divided into three parts. The first explains the complete 21-day practice. The second helps you develop an intention statement that is clear, emotionally supportive, and aligned with what you truly desire. The third provides the journal pages you will use to record your daily practice and progress.

You do not need to perform this practice perfectly. Approach each day with honesty, patience, and willingness. Repetition provides the structure, but your awareness, choices, and actions give the practice meaning.

Choose a quiet place, keep this workbook nearby, and begin when you are ready to remain committed to one intention for 21 days.

May this practice bring clarity to your desire, steadiness to your thoughts, and purpose to the actions that carry you forward.

# 21-Day Tesla-Inspired 3-6-9 Manifestation Practice

The 3-6-9 manifestation technique is a modern intention-setting practice inspired by ideas commonly associated with Nikola Tesla's fascination with numbers, patterns, energy, and repetition. Tesla did not create or teach this manifestation method.

For the next 21 days, you will focus on one carefully chosen intention. You will write it three times in the morning, six times in the afternoon, and nine times in the evening.

Repetition keeps your intention present in your awareness, but writing alone is not the entire practice. You will also work with belief, emotional alignment, observation, and inspired action.

## Before You Begin

Choose one intention that is meaningful, believable, and specific enough to guide your attention.

Your statement should:

- Focus on one desire.
- Be written in the present tense.
- Describe what you want rather than what you fear.
- Feel natural when you say it.
- Leave room for this desire—or something better—to unfold.
- Avoid attempting to control another person's choices.

For example:

I am gratefully creating consistent income through meaningful work that supports my well-being.

You may also use:

I am now open and receptive to consistent income through meaningful work that supports my well-being.

The second version may feel more natural if the first creates doubt or inner resistance.

Write your chosen statement at the beginning of your journal. Use the same statement throughout the 21 days unless you discover that it does not represent what you truly desire.

## Your Daily 3-6-9 Ritual

### Morning: Write It 3 Times

Soon after waking, become still and take three slow breaths. Write your intention three times.

As you write, ask:

What quality can I embody today that supports this intention?

Choose one quality, such as confidence, patience, discipline, openness, courage, or trust.

### **Afternoon: Write It 6 Times**

Pause during the middle of your day. If possible, listen to the accompanying frequency audio while writing your intention six times.

Do not rush through the words. Consider what your intention would feel like if it were already beginning to unfold.

Then ask:

What is one action I can take today in support of this intention?

Take the action if it is practical and appropriate.

### **Evening: Write It 9 Times**

Before sleep, release the tension of the day and write your intention nine times.

After writing, close your eyes and imagine one simple scene that implies movement toward your desire. Allow yourself to feel gratitude, relief, peace, or quiet confidence.

End with:

I have stated my intention, honored it with action, and now release the outcome. What is meant for me is unfolding in the right way and at the right time.

## **Phase One: Clarity**

### **Days 1–7**

The first seven days are devoted to understanding what you desire and why it matters.

#### **Day 1: Choose the Intention**

Write your 3-6-9 statement and make a personal commitment to the practice.

Journal prompt:

What do I truly desire, and why is it important to me?

## **Day 2: Identify the Feeling**

Consider how you believe this manifestation will make you feel.

Journal prompt:

What feeling am I seeking through this desire, and how can I experience a small amount of that feeling today?

## **Day 3: Clarify Your Reason**

Look beneath the surface of the desire.

Journal prompt:

Does this intention come from inspiration, fear, comparison, necessity, love, or a combination of these?

Do not judge your answer. Honest awareness strengthens the practice.

## **Day 4: Notice Resistance**

Pay attention to thoughts that contradict your intention.

Journal prompt:

What thought arises when I imagine receiving what I desire?

Respond gently:

This is an old thought, not a command. I now choose a thought that supports the life I am creating.

## **Day 5: Examine Your Language**

Read your intention aloud. Notice whether it feels empowering or forced.

Journal prompt:

Does my statement feel clear, natural, and emotionally safe?

If necessary, make one thoughtful revision and use that version for the remainder of the practice.

## **Day 6: Create the Inner Scene**

Choose one brief scene that represents your desire beginning to unfold. It might be reading a confirmation, seeing a balance, entering a peaceful home, or feeling restored.

Journal prompt:

What would I naturally see, hear, or feel if my intention were becoming real?

### **Day 7: Reflect on the First Week**

Review your journal without judging your progress.

Journal prompt:

What have I learned about my desire, my beliefs, and myself?

## **Phase Two: Emotional Alignment**

### **Days 8–14**

During the second phase, focus on becoming emotionally receptive to the experience you desire.

### **Day 8: Practice Gratitude**

Identify three things that are already supporting your journey.

Journal prompt:

What is working in my life right now?

### **Day 9: Strengthen Self-Worth**

Remind yourself that receiving does not determine your worth.

Journal prompt:

What makes me worthy of a peaceful and fulfilling life right now?

### **Day 10: Release the Deadline**

A deadline may help you plan, but fear about timing can create unnecessary pressure.

Journal prompt:

How would I approach today if I trusted that progress was already taking place?

## **Day 11: Align Your Environment**

Make one small change to your surroundings that supports your intention.

You might organize a workspace, prepare a folder, remove clutter, set aside time, or gather needed information.

Journal prompt:

Does my environment support the future I am preparing to receive?

## **Day 12: Recognize Evidence of Movement**

Look for practical signs of progress rather than demanding dramatic proof.

Journal prompt:

What opportunity, ideas, conversation, improvement, or inner change have I noticed?

## **Day 13: Replace the Counter-Thought**

When doubt appears, do not struggle with it. Acknowledge and redirect it.

Use:

I recognize this fear, but I do not accept it as my future. I return my attention to the outcome I am choosing and the actions I can take today.

Journal prompt:

What new belief would better support my intention?

## **Day 14: Rest and Receive**

Continue the writing ritual but allow this day to feel gentle. Do not search anxiously for signs.

Journal prompt:

What would it feel like to trust without forcing?

## **Phase Three: Inspired Action**

### **Days 15–21**

The final phase connects your inner practice with deliberate action in the physical world.

### **Day 15: Identify the Next Step**

Choose one realistic action that could move you closer to your desired outcome.

Journal prompt:

What is the smallest, useful step I can take today?

### **Day 16: Follow the Strongest Idea**

Review the ideas that have appeared during the practice.

Journal prompt:

Which recurring idea feels both inspiring and practical?

Take one step towards it.

### **Day 17: Become Available for Opportunity**

Consider whether you are prepared to recognize and accept assistance.

Journal prompt:

If an opportunity appeared today, would I recognize it and be ready to respond?

### **Day 18: Release One Limiting Habit**

Identify one behavior that conflicts with your intention.

Journal prompt:

What habit can I release or reduce to create space for what I desire?

### **Day 19: Act as the Aligned Version of Yourself**

This does not mean pretending or spending beyond your means. It means choosing one responsible behavior consistent with the person you are becoming.

Journal prompt:

What would the calm, confident, and aligned version of me do today?

## **Day 20: Acknowledge Your Progress**

Recognize internal and external changes, even if the complete manifestation has not yet appeared.

Journal prompt:

In what ways have my thoughts, emotions, choices, or circumstances changed during this practice?

## **Day 21: Complete and Release**

Perform the morning, afternoon, and evening writing sessions one final time.

Review all 21 days and answer:

What did I learn?

What actions did I take?

What opportunities appeared?

What changed within me?

What will I continue doing?

Finish by declaring:

My intention has been clearly stated and faithfully supported. I remain open to this desire—or something better—unfolding for my highest good. I release the need to force the outcome and remain ready to recognize and act upon the opportunities before me. It is declared. It is established. It is now so.

## **After the 21 Days**

Although many have had spectacular results with this manifestation technique, completing the practice does not mean you must abandon your intention, nor does it guarantee that a particular outcome will occur within 21 days.

You may:

- Continue taking practical action.
- Retain a shorter daily affirmation practice.
- Repeat the 21-day cycle after a period of rest.
- Revise the intention if your understanding has changed.

- Begin a new cycle with a different intention.
- Release the practice and allow events to unfold.

Avoid immediately beginning the cycle again because you fear that you “did it incorrectly.” The purpose is not perfect repetition. The purpose is to develop clarity, emotional awareness, focused attention, and a consistent relationship between intention and action.

The numbers provide the structure. Your awareness gives the practice meaning. Your choices help carry the intention into your life.

# Choosing and Writing Your Intention

Your intention is the foundation of the 3-6-9 manifestation practice. It gives your attention a clear direction and allows you to return to the same desired experience throughout the day.

An intention is more than a passing wish. It is a conscious decision about what you are prepared to welcome, create, experience, or become. The most effective intention is meaningful enough to inspire you, clear enough to guide your choices, and believable enough that you can repeat it without feeling as though you are fighting against your own mind.

For this 21-day practice, choose one primary intention. Focusing on one desire allows you to recognize the thoughts, emotions, habits, and opportunities connected with it.

## **Begin With the Desire Beneath the Desire**

Before writing your statement, ask yourself:

What do I truly desire?

Why do I desire it?

How do I believe it will make me feel?

Is this desire genuinely mine, or am I pursuing it because of pressure, comparison, or someone else's expectations?

Sometimes the first desire that comes to mind is only the surface of something deeper. A desire for money may represent security, freedom, dignity, or the ability to care for loved ones. A desire for a relationship may represent companionship, emotional safety, affection, or mutual support.

Understanding the feeling beneath the desire helps you write an intention that reflects what you truly want.

## **Choose One Clear Focus**

Avoid combining several unrelated desires in one statement.

Instead of writing:

"I have a new home, a loving relationship, perfect health, a successful business, and complete financial freedom."

Choose the desire that feels most important currently:

“I am gratefully creating consistent income through meaningful work that supports my well-being.”

A clear intention directs your attention. A crowded intention can divide it.

### **Write in the Present Tense**

Write your statement as something you are welcoming, experiencing, or actively creating now.

Instead of:

“I will become financially secure.”

Write:

“I am creating greater financial security through aligned opportunities and wise decisions.”

The words “I will” can keep the desire indefinitely in the future. Present-tense language encourages you to consider what you can believe, embody, and support today.

### **Focus on What You Want**

State the desired experience rather than repeatedly naming the condition you want to escape.

Instead of:

“I am no longer struggling with money.”

Write:

“I am building stable, consistent income and managing my resources wisely.”

Instead of:

“I do not want to feel anxious anymore.”

Write:

“I welcome peace, stability, and confidence into my daily life.”

Your statement should direct your attention toward the life you wish to cultivate.

### **Make the Statement Emotionally Believable**

A manifestation statement does not need to feel completely ordinary, but it should not create overwhelming inner resistance every time you write it.

For example:

“I am a millionaire” may feel inspiring to one person and impossible to another.

If a statement feels too distant from your present beliefs, use language that creates a bridge:

“I am becoming more open to prosperity and recognizing new opportunities for increased income.”

“I am building a healthy and peaceful relationship with money.”

“I am ready to receive and responsibly manage greater financial abundance.”

The purpose is not to reduce your desire. It is to choose words your mind can approach with openness rather than immediate rejection.

### **Use Clear but Flexible Language**

Your intention may be specific without attempting to control every detail of how it must arrive.

For example:

“I am welcoming stable work that pays me well, respects my abilities, and supports my well-being.”

This statement is clear about the desired experience while remaining open to opportunities that may appear in unexpected forms.

When appropriate, you may add:

“This, or something better, now unfolds for my highest good.”

This does not weaken the intention. It allows room for an outcome you may not yet have imagined.

### **Do Not Attempt to Control Another Person**

Your intention should focus on your own experience rather than demanding that a particular person think, feel, or behave in a certain way.

Instead of:

“Michael leaves his relationship and chooses me.”

Write:

“I welcome a loving, available, and mutually committed partner who freely chooses a relationship with me.”

Instead of:

“My employer gives me the exact position I want.”

Write:

“I am recognized and well compensated for my abilities through the right professional opportunity.”

A healthy intention respects the free will of others while clarifying what you are willing to receive.

### **Include the Experience, Not Every Detail**

Your statement should be short enough to write eighteen times each day without becoming burdensome. One or two sentences are sufficient.

A useful intention usually contains:

Your chosen experience + the quality or feeling it creates + room for aligned action or opportunity.

For example:

“I am gratefully welcoming consistent income through meaningful opportunities that provide stability, freedom, and peace.”

### **Intention Examples**

For financial stability:

“I am creating stable, consistent income through meaningful opportunities that support my well-being.”

For love:

“I welcome a loving, honest, and mutually committed relationship into my life.”

For a peaceful home:

“I am gratefully living in a safe, peaceful, and comfortable home that supports my well-being.”

For confidence:

“I trust myself, speak with confidence, and make decisions that honor who I am.”

For healing and wellness:

“I support my body with loving choices and welcome greater strength, balance, and well-being each day.”

For creative work:

“My creativity flows freely, and I consistently complete and share work that has meaning and value.”

For spiritual alignment:

“I am guided by divine wisdom, grounded in truth, and receptive to the direction that serves my highest good.”

For a new opportunity:

“I am open, prepared, and ready to recognize the right opportunity when it appears.”

### **Test Your Statement**

Read your complete intention aloud slowly. Then ask:

Is it clear?

Does it focus on what I want?

Is it written in the present tense?

Does it describe my experience rather than control another person?

Can I understand it easily?

Can I write it eighteen times a day without it becoming too complicated?

Does it create hope, calm, confidence, or possibility?

Does it encourage me to recognize and take practical action?

If the statement feels confusing, forced, or emotionally uncomfortable, revise it until the words feel clear and steady.

### **What to Do When Doubt Appears**

Doubt does not mean you have failed or chosen the wrong intention. It may reveal a belief that needs to be acknowledged.

When a counter-thought appears, do not argue with it or attempt to force it away. Pause and say:

“This is an old thought, not a command. I recognize it, release its authority, and return my attention to the intention I have chosen.

You may then repeat a gentler supporting statement:

“I do not need to know every step today. I remain open to guidance, opportunity, and constructive action.”

The goal is not to prevent every negative thought. The goal is to decide which thoughts will direct your choices.

### **Remain Consistent for 21 Days**

Once you have selected your statement, use the same wording throughout the 21-day practice. Consistency allows you to observe how your thoughts and emotions respond over time.

You may revise the statement during the first few days if you discover that it does not accurately represent your desire. After making that thoughtful adjustment, allow the statement to remain stable.

Do not repeatedly change your intention because you feel impatient or uncertain. Give the practice time to reveal what is changing within your awareness, behavior, and circumstances.

### **My Chosen Intention**

What do I desire?

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---

Why is this desire meaningful to me?

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---

How do I want to feel as it unfolds?

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---

What action am I willing to take in support of it?

---

---

My final 3-6-9 intention statement is:

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Read your statement one final time. If it feels clear, meaningful, and supportive, carry it forward into your 21-day practice.

## The 21-Day 3-6-9 Manifestation Journal

*A Companion to the Tesla-Inspired 3-6-9 Manifestation Practice*

This journal is your personal space for completing the 21-day practice. Each day, you will write your chosen intention three times in the morning, six times in the afternoon, and nine times in the evening.

Write slowly and remain aware of the meaning behind your words. This is not a race or a test of perfect handwriting. Let each repetition return your attention to the intention you have chosen.

Repetition gives the practice structure. Your clarity, emotional awareness, and inspired actions give it life.

### My Intention

#### **The Desire I Am Choosing**

What do I desire to welcome, create, or experience?

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---

Why is this desire meaningful to me?

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How do I believe I will feel when this intention begins to unfold?

---

---

## My 3-6-9 Statement

Write one clear statement in the present tense.

---

I commit to working with this intention for 21 days while remaining open to this outcome—or something better—unfolding for my highest good.

Starting date: \_\_\_\_\_

Completion date: \_\_\_\_\_

Signature: \_\_\_\_\_

## Daily 3-6-9 Writing Page

Use one copy of this writing page for each of the 21 days.

Day: \_\_\_\_\_ Date: \_\_\_\_\_

### Morning — Write Your Intention 3 Times

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

The quality I choose to embody today is:

---

### Afternoon — Write Your Intention 6 Times

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

One action I can take in support of my intention is:

---

### Evening — Write Your Intention 9 Times

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

Something I noticed today:

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Something I am grateful for:

---

## Week 1: Clarity

Days 1-7

### Day 1: Choose Your Intention

What do I truly desire?

---

---

Why is this desire important to me?

---

---

What am I willing to do in support of this intention?

---

---

### Day 2: Identify the Feeling

What feeling am I seeking through this desire?

---

---

How can I experience a small amount of that feeling today?

---

---

The quality I embodied today was:

---

### Day 3: Clarify Your Reason

Does my intention come from inspiration, necessity, love, fear, comparison, or a combination of these?

---

---

What deeper desire or need exists beneath my intention?

---

---

My inspired action today was:

---

### Day 4: Notice Resistance

What opposing thought arises when I imagine receiving what I desire?

---

---

What thought would better support the future I am creating?

---

---

My counter-thought statement:

“This is an old thought, not a command. I now choose a thought that supports the life I am creating.”

What changed when I redirected my thinking?

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## Day 5: Examine Your Words

Does my manifestation statement feel clear, natural, and emotionally believable?

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Is any part of the statement creating pressure or resistance?

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If needed, my gently revised statement is:

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My inspired action today was:

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## Day 6: Create the Inner Scene

What simple scene would show me that my intention is beginning to unfold?

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What would I see?

---

What would I hear?

---

What would I feel?

---

## Day 7: First-Week Reflection

What have I learned about my true desire?

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---

What beliefs or fears became visible?

---

---

Which actions did I take?

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---

What changes, ideas, opportunities, or signs of movement did I notice?

---

---

What will I carry into the second week?

## Week 2: Emotional Alignment

Days 8-14

### Day 8: Practice Gratitude

What three things are already supporting my journey?

1. 

---
2. 

---
3. 

---

How does gratitude change the way I view my intention?

---

---

My inspired action today was:

## Day 9: Strengthen Self-Worth

What makes me worthy of a peaceful and fulfilling life right now?

---

---

What positive qualities do I recognize within myself?

---

Today I give myself permission to:

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---

## Day 10: Release the Deadline

How would I approach today if I trusted that progress was already taking place?

---

---

Am I using a deadline for responsible planning, or am I allowing it to create fear?

---

---

What pressure can I release today?

---

## Day 11: Align Your Environment

Does my environment support the future I am preparing to receive?

---

What small change can I make to my surroundings?

---

The change I made today:

---

How the change made me feel:

---

## Day 12: Recognize Movement

What opportunity, ideas, conversation, improvement, or inner change have I noticed?

---

---

What evidence shows that I am thinking or acting differently?

---

---

My next practical step is:

---

## Day 13: Redirect the Counter-Thought

What fear or limiting belief appeared today?

---

How did I respond?

---

Supportive statement:

“I recognize this fear, but I do not accept it as my future. I return my attention to the outcome I am choosing and the actions I can take today.”

My personal replacement belief is:

---

---

## Day 14: Rest and Receive

What would it feel like to trust without forcing?

---

---

Where have I been searching anxiously for signs?

---

What can I release tonight?

---

## Week 3: Inspired Action

### Days 15-21

How have my feelings about my intention changed?

---

---

What has become easier for me to believe?

---

---

What resistance remains?

---

---

What am I now ready to receive?

---

### Day 15: Identify the Next Step

What is the smallest, useful step I can take today?

---

Why is this step important?

---

I completed this action: Yes \_\_\_\_\_ Not yet \_\_\_\_\_

If not yet, when will I complete it?

---

## Day 16: Follow the Strongest Idea

Which idea has appeared repeatedly during this practice?

---

Does it feel both inspiring and practical?

---

What can I do to explore this idea safely and responsibly?

---

The action I took:

---

## Day 17: Become Available for Opportunity

If an opportunity appeared today, would I recognize it?

---

Am I prepared to respond?

---

What information, preparation, or support might I need?

---

What opportunity will I remain alert to?

---

## Day 18: Release One Limiting Habit

What habit is working against my intention?

---

What need has this habit been attempting to meet?

---

What healthier or more supportive behavior can replace it?

---

The choice I made today:

---

## Day 19: Embody Alignment

What would the calm, confident, and aligned version of me do today?

---

How can I practice that behavior without pretending or acting irresponsibly?

---

One aligned decision I made:

---

How that decision felt:

---

## Day 20: Acknowledge Your Progress

How have my thoughts changed?

---

How have my emotions changed?

---

How have my choices or habits changed?

---

What external movement have I noticed?

---

What progress deserves to be acknowledged?

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## Day 21: Complete and Release

What did I learn about myself?

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What did I learn about my intention?

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What practical actions did I take?

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What opportunities, ideas, or meaningful changes appeared?

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What will I continue doing?

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What am I now ready to release?

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### **My Closing Declaration**

“My intention has been clearly stated and faithfully supported. I remain open to this desire—or something better—unfolding for my highest good. I release the need to force the outcome and remain ready to recognize and act upon the opportunities before me.

It is declared. It is established. It is now so.”

Completion date: \_\_\_\_\_

Signature: \_\_\_\_\_

### **My Continuing Practice**

Which part of this practice helped me most?

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I choose to continue with:

☐ Practical actions supporting this intention

☐ A shorter daily affirmation practice

☐ Evening visualization

☐ Frequency-audio meditation

☐ Weekly journal reflection

☐ A period of rest and release

☐ Another 21-day cycle at a later time

☐ A new intention

### **A Message to My Future Self**

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### **Final Gratitude**

Today, I am grateful for:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I honor the clarity I have gained, the actions I have taken, and the willingness I have shown throughout this journey.

# Other Books by Karah Wands

[Power of the 3-6-9 Manifestation Method](#)

[Commanding The Spirits Within.](#)

[So Purkh: Awaken Your Divine Power Within](#)