



3 6 9 MANIFESTATION

# WORKBOOK

# Introduction

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## What is the 369 Manifestation Method?

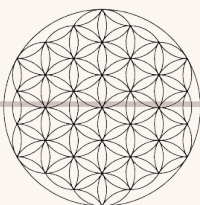
Put simply, the 369 Manifestation Method is the process of creating a 'mantra' that embodies what you want to manifest, and then physically writing it down three times in the morning, six times in the middle of the day, and nine times before you go to bed.

This is only a journal and not in any way an in depth exploration of applying the 369 Manifestation Method. If you want to maximize how effective this journal can be, then we highly recommend [The 369 Manifestation Code \(click here\)](#) to empower you.

## What to expect from this journal

On the next pages you will be walked through creating your mantra effectively. Once you have your mantra established you will be given enough lined pages to complete 33 days of the 369 Manifestation Method.

What are you waiting for? Time to make a difference in your life!





# How To Use This Workbook

## STEP 1:

The first thing you must do is create your manifestation mantra.

What is believed to work best is to begin from a place of gratitude by thanking the universe for what you will be manifesting. Example:

"I am so grateful the universe aligned to bring me a promotion..."

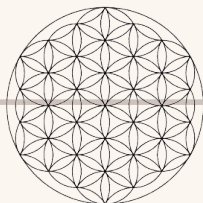
Next, add emotional context to your manifestation:

"I am so grateful the universe aligned to bring my soulmate into my life, bringing blissful peace and happiness..."

Finally, add "into my life." to complete the manifestation mantra.

"I am so grateful the universe aligned to help my mother heal from her illness, bringing relief and renewed joy into my life."

On the next page you will have the space to write several possible mantras. Choose the best one!



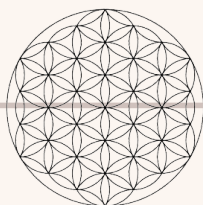
Write several possible manifestation mantras:

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

Choose the best mantra from above and write it here:

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## **STEP 2:**

**Every morning**, write your mantra down three times.

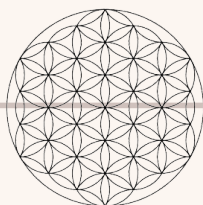
**Every day**, around the middle of the day, write your mantra down six times.

**Every night**, right before bed, write your mantra down nine times.

Continue doing this everyday for a total of 33 days.

In this work book, you are provided with 33 days of entries to make this easier.

Feel free to print out the journaling pages as needed and start bringing your dreams into reality!



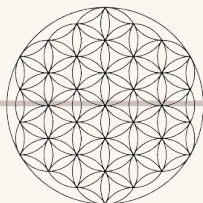
# DAY 1

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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## Night Time Mantras:

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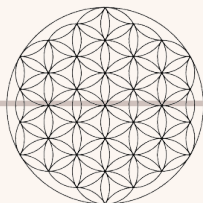
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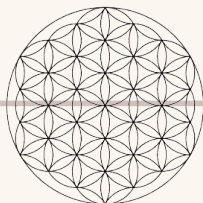
# DAY 2

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
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3. \_\_\_\_\_
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## Night Time Mantras:

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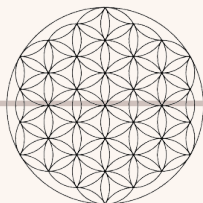
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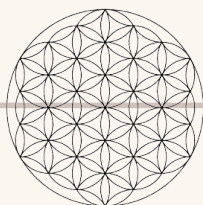
# DAY 3

## Morning Mantras:

1. \_\_\_\_\_
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## Midday Mantras:

1. \_\_\_\_\_
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3. \_\_\_\_\_
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## Night Time Mantras:

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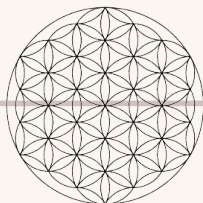
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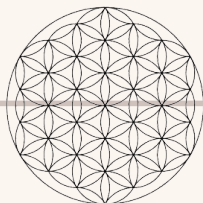
# DAY 4

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
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5. \_\_\_\_\_
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## Night Time Mantras:

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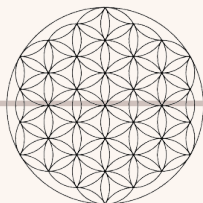
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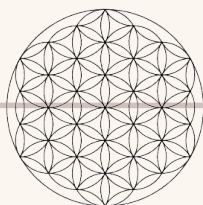
# DAY 5

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
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## Night Time Mantras:

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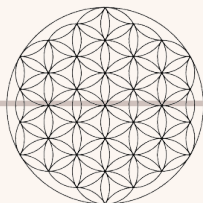
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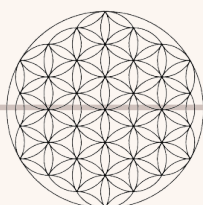
# DAY 6

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
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## Night Time Mantras:

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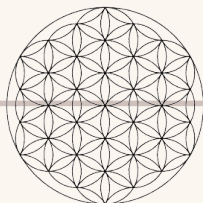
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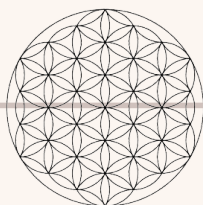
# DAY 7

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
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## Night Time Mantras:

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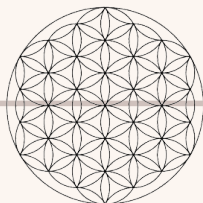
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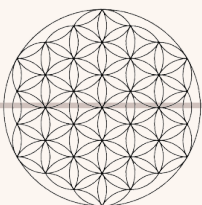
# DAY 8

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
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## Night Time Mantras:

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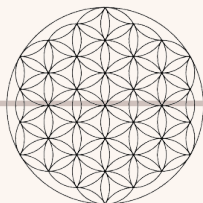
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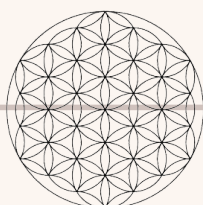
# DAY 9

## Morning Mantras:

1. \_\_\_\_\_
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## Midday Mantras:

1. \_\_\_\_\_
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## Night Time Mantras:

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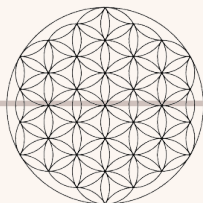
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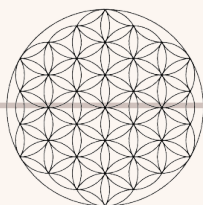
# DAY 10

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
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## Night Time Mantras:

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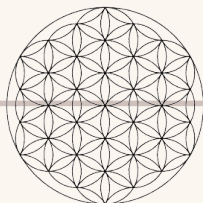
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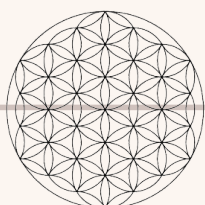
# DAY 11

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
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## Night Time Mantras:

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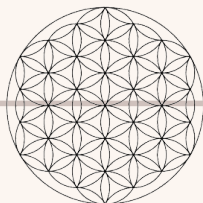
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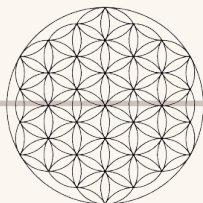
# DAY 12

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
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## Night Time Mantras:

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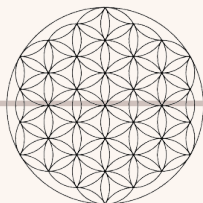
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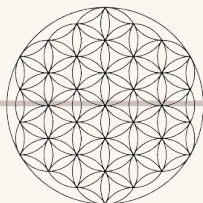
# DAY 13

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
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## Night Time Mantras:

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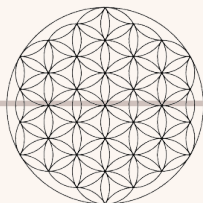
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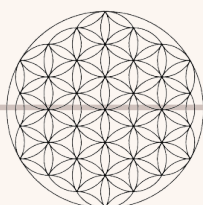
# DAY 14

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
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## Night Time Mantras:

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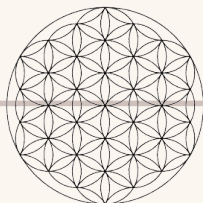
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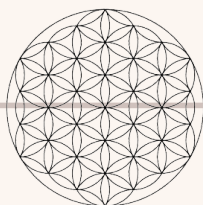
# DAY 15

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
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## Night Time Mantras:

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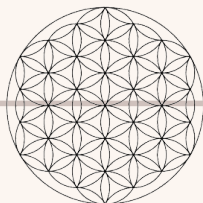
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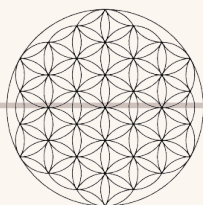
# DAY 16

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
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## Night Time Mantras:

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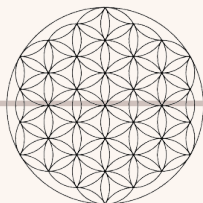
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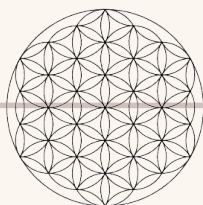
# DAY 17

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
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## Night Time Mantras:

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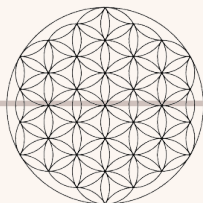
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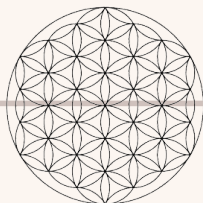
# DAY 18

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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## Night Time Mantras:

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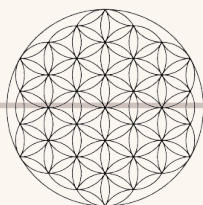
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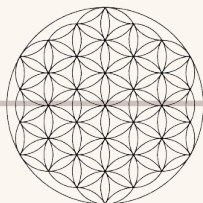
# DAY 19

## Morning Mantras:

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

## Midday Mantras:

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



## Night Time Mantras:

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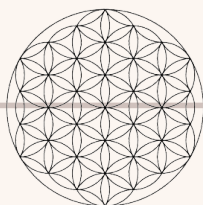
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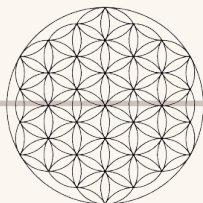
# DAY 20

## Morning Mantras:

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

## Midday Mantras:

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





## Night Time Mantras:

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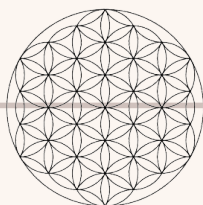
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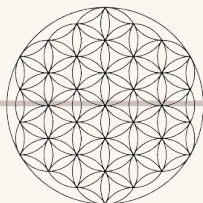
# DAY 21

## Morning Mantras:

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

## Midday Mantras:

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



## Night Time Mantras:

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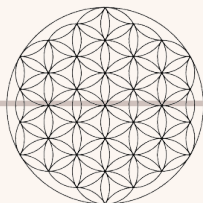
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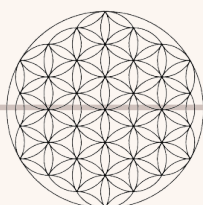
# DAY 22

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
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5. \_\_\_\_\_
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## Night Time Mantras:

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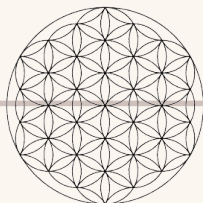
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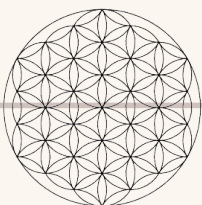
# DAY 23

## Morning Mantras:

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

## Midday Mantras:

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



## Night Time Mantras:

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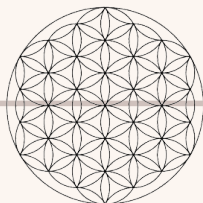
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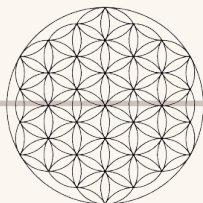
# DAY 24

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
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5. \_\_\_\_\_
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## Night Time Mantras:

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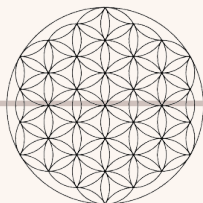
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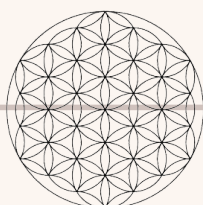
# DAY 25

## Morning Mantras:

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

## Midday Mantras:

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



## Night Time Mantras:

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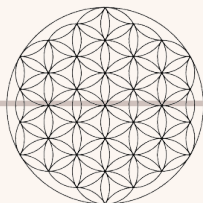
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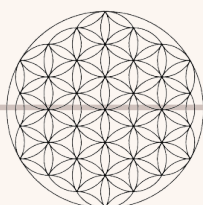
# DAY 26

## Morning Mantras:

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

## Midday Mantras:

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



## Night Time Mantras:

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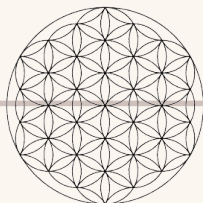
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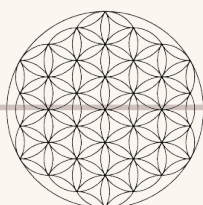
# DAY 27

## Morning Mantras:

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

## Midday Mantras:

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



## Night Time Mantras:

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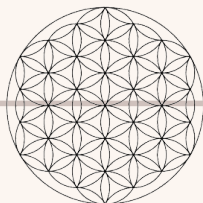
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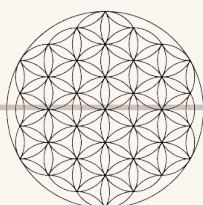
# DAY 28

## Morning Mantras:

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

## Midday Mantras:

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





## Night Time Mantras:

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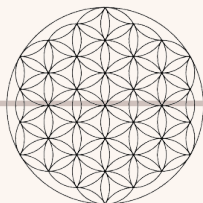
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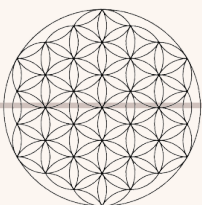
# DAY 29

## Morning Mantras:

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

## Midday Mantras:

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



## Night Time Mantras:

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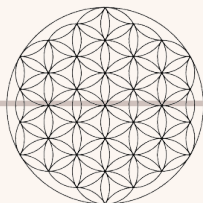
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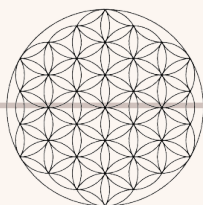
# DAY 30

## Morning Mantras:

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

## Midday Mantras:

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



## Night Time Mantras:

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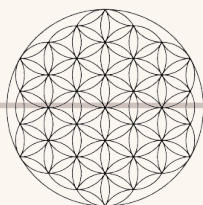
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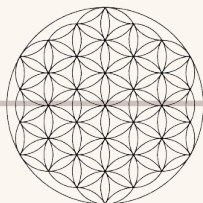
# DAY 31

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
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## Night Time Mantras:

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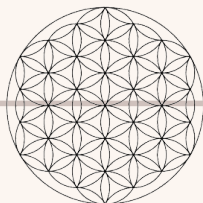
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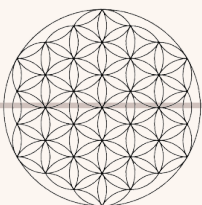
# DAY 32

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
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## Night Time Mantras:

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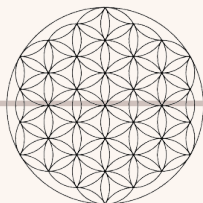
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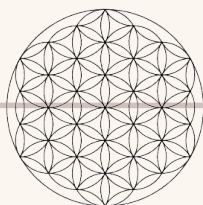
# DAY 33

## Morning Mantras:

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

## Midday Mantras:

1. \_\_\_\_\_
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3. \_\_\_\_\_
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5. \_\_\_\_\_
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## Night Time Mantras:

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