



The Grounded Manifestation Tracker

Feel it as if it's already yours. Plant one seed. Again tomorrow.

Manifestation works best when the energy and the action rise together. Each day, name **the feeling** you held as if the thing you want is already yours, then write down **the one seed** you planted toward it. Small counts. One real step beats a perfect plan.

1

DAY

The feeling I held (as if it's already mine)

The one seed I planted (toward it)

2

DAY

The feeling I held (as if it's already mine)

The one seed I planted (toward it)

3

DAY

The feeling I held (as if it's already mine)

The one seed I planted (toward it)

4

DAY

The feeling I held (as if it's already mine)

The one seed I planted (toward it)

5

DAY

The feeling I held (as if it's already mine)

The one seed I planted (toward it)

6

DAY

The feeling I held (as if it's already mine)

The one seed I planted (toward it)

7

DAY

The feeling I held (as if it's already mine)

The one seed I planted (toward it)

When nothing moves, check which piece slipped tick the one that fits, then reset tomorrow



Desperation

Wanting it from panic and lack



Rushing the timing

Digging up the seed to check it



Going through the motions

Saying it without feeling it



Skipping the action

Hoping, but planting nothing

Seven small seeds and the feeling to match. You are not waiting for it. You are meeting it halfway.

Seeding Serendipity
GROW YOUR OWN LUCK