



# 12 Days Of Manifesting Magic

"May the blessings and joy of the holidays be yours today and every day."

Amy Norman-Foster

purely  
intuitive

# INSTRUCTIONS FOR THE 12-DAYS OF MANIFESTING MAGIC

INTRO



## HOW TO USE THIS GUIDE

Welcome to your 12 Days of Manifesting Magic. I'm so happy you are here. This bundle is designed to help you reconnect to your inner knowing, raise your vibration, and gently call in the opportunities, people, and possibilities that align with your next chapter.

You can work through the 12 days in order or spread them out in a rhythm that fits your life. Each exercise builds your manifesting energy, but be sure to begin with Day 1\*. Getting clear on what you truly want is the foundation of everything that follows.

Choose a desire that feels believable, inspiring, and emotionally true for you right now. Not something too far out of reach at the moment, but something you genuinely feel you could manifest—such as attracting a wonderful new job opportunity, calling in positive uplifting people, or creating more ease and flow in your daily life. This gives your intuition and energy something realistic and do-able to start with. When you see how quickly you can master this, you can pick the next goal and reach higher.

You'll also receive emails with extra tips, intuitive prompts, and guidance to help you attract positive opportunities throughout the 12 days.

I'm wishing you a warm welcome on this manifesting adventure. May it bring clarity, joy, and new beginnings your way.

**Amy Norman-Foster**

Intuitive Reader and Trainer

Visit me anytime on Instagram at @purely\_intuitive or explore more intuitive resources & book a professional session with me on the contact page at [www.purely-intuitive.com](http://www.purely-intuitive.com)

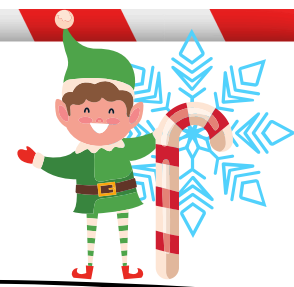


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# DAILY INTENTION PLANNER



TODAY'S DATE

HOW I WANT TO FEEL

ALIGNED ACTIONS



Sparking Gratitude and Joy:

Notes:

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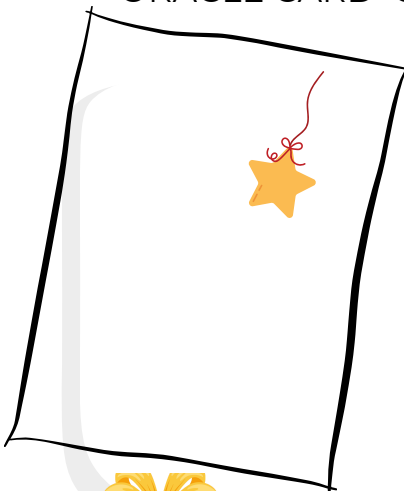
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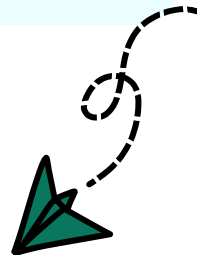
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ORACLE CARD GUIDANCE



SIGNS YOU'RE ON THE RIGHT TRACK



TODAY'S AFFIRMATION



(\*Everything I want comes to me easily and effortlessly. I allow myself to have more than I ever dreamed possible.

# THE LAW OF ATTRACTION



The Law of Attraction is an immutable Universal Law that refers to how the vibration of our thoughts and feelings directly shape our reality. If we think positively, we attract positive experiences and outcomes. If we think negatively, we attract negative experiences. Like a magnet at 100% power: positive attracts positive, and negative attracts negative.

This embraces the understanding that by focusing on what we desire, we attract that vibrational match into our lives. For example, if you want to be happy and successful, you must focus on happy and successful thoughts, feelings and actions.

## **We will Use These Steps to Activate The Power Of Attraction:**

1. **Set Clear Goals:** Write down specific and detailed goals and desired outcomes.
2. **Express Gratitude:** Remind yourself of what you are grateful for each day to cultivate a powerful vibration from within for attracting your desires.
3. **Affirmations and Positive Beliefs:** Write and repeat positive statements about yourself and your dream life as if it is happening in the present.
4. **Visualize Your Desires:** Spend a few minutes each day imagining your goals as if they are already achieved, see + feel yourself successfully navigating your day.
5. **Reflect on Your Progress:** At the end of the day, think about what went well and what you can improve by aligning your energy to your point of attraction.
6. **Take Inspired Actions:** Your intuitive actions will help you achieve your desires in the quickest and most aligned way possible..
7. **Stay Consistent:** Trust that your positive belief and energy are all that is necessary to be the power- source of your happiness.

Remember, the Law of Attraction is a miraculous journey of conscious awakening. It's about becoming aware of your vibrational reality to intentionally create the life you want and love. This 12-Day Guide is here to help you stay on track and start experiencing how your dreams can come true.



# SET CLEAR GOALS

DAY -1

Setting clear goals is the first step in using the Law of Attraction to create the abundant life you desire. Goals give you focus, direction and purpose, helping you focus your vibrational self on matching what truly matters to you.

By defining your goals, you create a roadmap that guides your intuition toward recognizing new opportunities as they arrive.

**Short-Term Goals** ( Achievable within days to a month, focusing on immediate windfalls, experiences or outcomes.)

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**Medium-Term Goals** ( Spanning months, aiming for significant level-up, items or experiences as milestones.)

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- 

**Now, Pick One Thing You Desire That Feels Do-able for this Challenge**

(A desire that is more easily within reach will make manifesting it go effortlessly.)

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- 
- 
- I Am Manifesting ...**

# Gratitude Journal Template



DAY -2



3 Little things to be grateful for

Say something nice about yourself

Daily affirmation

What would make today great?

Happy memories

Lessons I learned today

People I am grateful for

My Mantra

Mood Tracker



Notes

# BELIEVE & AFFIRM THE POSITIVE

DAY-3



Date: / /

M T W T F S S

The organizer template below will help you identify and reframe limiting beliefs that might be holding you back and sabotaging your success.

Limiting Belief Column:

- Area of Life: Identify the area of your life where the limiting belief is present (work, relationships, money, etc.)
- Negative Thought: Write down the negative thought or self-talk you've noticed yourself repeating often, or that has currently manifested a limited reality outcome.

Empowerment Column: Debunk the negativity, babe!

- Affirmation: Reframe the negative thought into a positive affirmation that feel right, and reflects your desired reality.

Area of Life	Negative Thought	Affirmation
Work	"I'm not qualified enough for that promotion."	"I bring love and a positive attitude to everything I do."



# VISUALIZE & ATTRACT YOUR SUCCESS

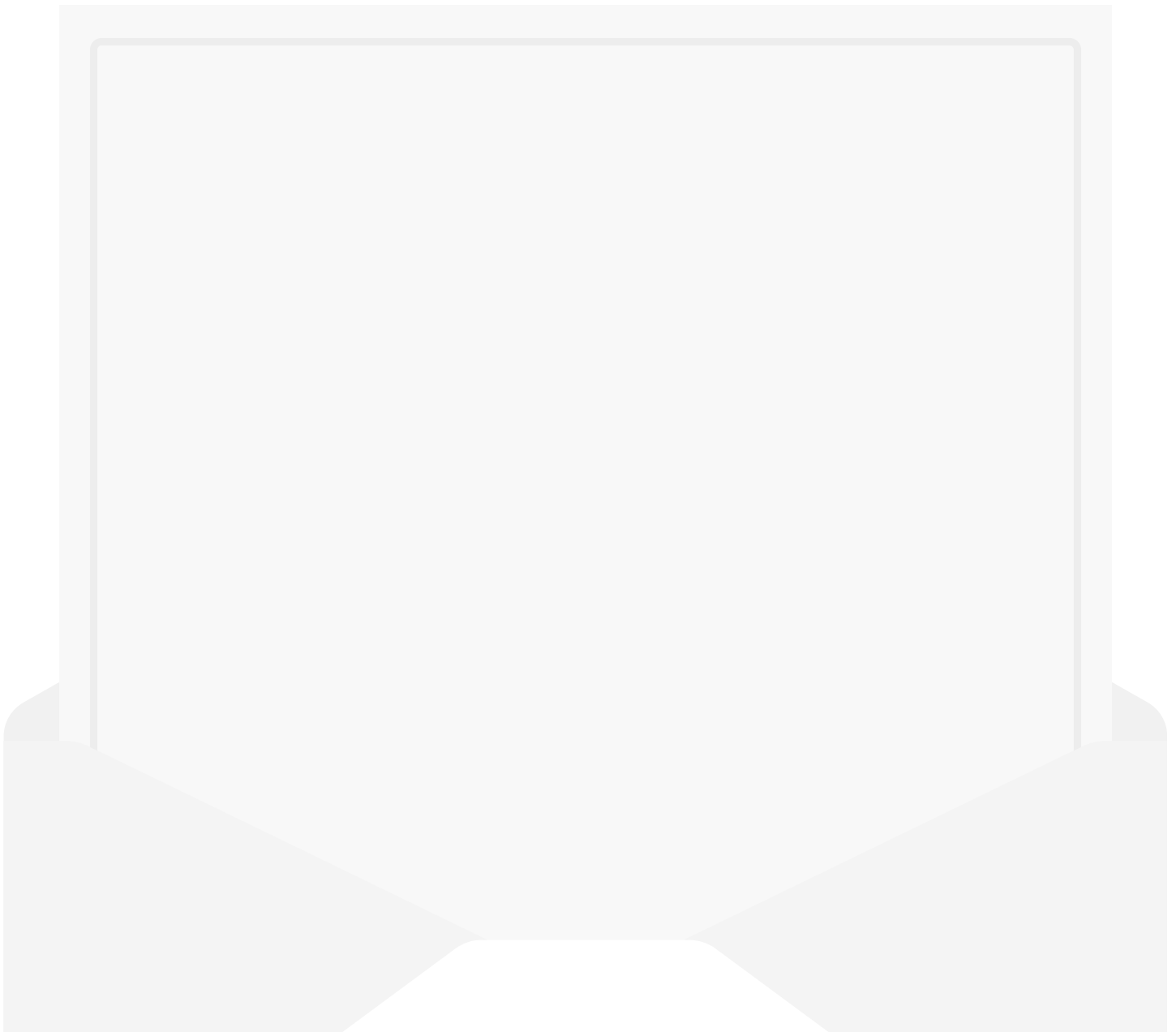
DAY -4

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Close your eyes and take a deep breath. Imagine yourself in the future, a future brimming with success, happiness, and fulfillment. What does your ideal future look like?

Create A Drawing or Write aBout The Future You Love:

- 1.The Year is: What year is it in your vision of the future?
- 2.Personal Life: Describe your ideal living situation, relationships, and personal growth. Where do you live? Who surrounds you? How have you grown as a person?
- 3.Career & Finances: What kind of work do you do? What level of financial security have you achieved? How does your work contribute to your sense of fulfillment? How does it feel?
- 4.Daily Habits & Routines: Describe your daily routines and habits.
- 5.Overall Feeling: How do you feel in this future vision? What emotions come to mind? How does your future self radiate confidence, happiness, and success?



# REFLECT ON YOUR PROGRESS

Week no.: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_

Every day brings new challenges, triumphs, and hidden gems of joy. This isn't just about celebrating the big wins (although those deserve a shout-out!), but also recognizing the smaller victories and magical moments that pave the way for success.

Wins (Note any aligned wins or positive experiences from this week)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Synchronistic Mindset: Note 3 specific events or signs you noticed happening.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Remember:

- Celebrate big & small wins!
- Learn from challenges (even setbacks hold valuable lessons about energy).
- Reflect on wins and synchronicities that point out you're in alignment with your desired outcomes.

Make it a Habit:

- Schedule a dedicated time each week for Weekly Wins (e.g., Sunday evening).
- Consistency helps track progress and awakens your consciousness as the creator of your reality.

Beyond the specific achievements, what victory did you experience this week that demonstrates the power of your energy is activated?

\*I receive inspiration from within on what feels good and sparks joy for me.  
I am now capable of generating the feeling-reality I desire.

# MORNING RITUAL

DAILY INSPIRED ACTIONS

Date:    /    /    **STEP-1**

M    T    W    T    F    S    S

Gratitude List

"I am grateful for all the amazing people in my life today ."

➤ \_\_\_\_\_

➤ \_\_\_\_\_

➤ \_\_\_\_\_

## **STEP-2**

Write Positive Affirmations: I draw to myself circumstances, activities, and people that are in alignment with my innermost being.

➤ \_\_\_\_\_

➤ \_\_\_\_\_

➤ \_\_\_\_\_

Visualization Exercise : Draw or describe how success feels emotionally to you.

## **STEP-3**

Inspired Actions: List actions you will take today that vibe with your desired attraction/outcome.

## **STEP-4**



Evening Reflection: What synchronicities appeared today? **STEP-1**

What proof showed up that you're experiencing alignment, and what signs showed up that the Universe is mirroring your request? **STEP-2**

# EVENING ALIGNMENT

EVENING ACTIVITY &  
REFLECTIONS

Date: / /

M T W T F S S

Gratitude List (3 Things I am grateful for right now.)

➤ \_\_\_\_\_

➤ \_\_\_\_\_

➤ \_\_\_\_\_

Write Positive Affirmations

\* I receive new, creative ideas exactly as I need them.

➤ \_\_\_\_\_

➤ \_\_\_\_\_

➤ \_\_\_\_\_

Visualization Exercise: "I love and trust my imagination. I imagine a positive future."

Inspired Actions: "I focus on what I love and quickly draw it to me."



Evening Affirmation:

"I change the world around me by changing myself."

\_\_\_\_\_

What proof showed up that you are in alignment and the Universe is listening to your request?

\_\_\_\_\_





# RAISE YOUR VIBRATION

DAY 5

Day: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_

Feeling low on energy? Stuck in a rut? Have more fun! It's time to raise your vibration and attract more positivity into your life! Your feeling-vibration, the energetic frequency you emit, impacts and magnetizes your thoughts, feelings, outcomes and experiences.

Luckily, there are many quick practices you can incorporate throughout your day today to boost your vibration and radiate positive energy-do it all day- and watch your resistance lift. You will allow, focus upon, and anticipate good things happening for you.

- Gratitude Glow** Speak from the heart 3 things you're grateful for, big or small. Feeling grateful instantly elevates your vibration to experience your true inner being .
- Movement Magic** Get your body moving! Physical activity releases endorphins, natural mood-lifters that elevate your vibration. Music, please!
- Positive Words** Level Up with love, acceptance and encouragement. Repeat positive affirmations like "I am strong," "I am capable," "I have compassion", "I am worthy."
- Mindful Moments** Focus on your breath and clear your mind of negativity. Mindfulness helps you stay intuitive and in the now, raising your vibration and releasing the burden of the past and future..
- Random Acts of Kindness** Perform a random act of kindness, big or small. Helping others not only benefits them but also makes you feel good.
- Nature Connection** Spend time outdoors in nature. Nature has a grounding and calming effect, healing and calming your energy..
- Positive Reflection** Before bed, reflect on 3 positive things that happened during your day. keep a notebook of your joys and pleasures. Focusing on the good keeps your vibration high and attracts more positivity into your life.
- Visualization Power** Close your eyes and visualize living in abundance. See yourself happy, successful, and fulfilled. Visualization programs your subconscious mind and raises your vibration to be in alignment with your desires.
- Happy Power** Flash a genuine smile! Smiling releases endorphins and boosts your mood (and maybe someone else's too!).

# ACTIVATE A VIBRATION

DAY -6

Date: / /

M T W T F S S

Recall times when you have attracted good things + people into your life in the first column, and what you desire to attract in the other. Use this as a visual guide to help you create positive affirmations and focus on the things you desire with clarity.

Things + people you  
have attracted into your  
life that are wonderful

Allow more things you  
love & enjoy into your  
life. List what sounds  
good!



# AFFIRM YOUR DESIRES

DAY -7

Date: / /

M T W T F S S

This Law of Attraction activity is about experiencing and focusing on your “point of attraction” - and feeling in alignment with it as your current reality.

1. Pick your desire: Choose a specific outcome you're aiming towards.
2. Present tense affirmations: Write in the present tense, describing your ideal outcome- as if you now have what you want and how you feel vibrationally.
3. Sensory details: Include sights, sounds, smells, touch - make it vivid!
4. Gratitude is golden: Express sincere thanks for living the life you love and acknowledge how its a positive impact in your world and inspires others.

Example: Land your dream job as a graphic designer!

Your Script: It's a beautiful morning at your dream design company. You feel energized, surrounded by creativity. You're working on a fantastic project, using your skills to the max! Your boss praises your work - you feel accomplished. This job is everything you wanted, financially secure and fulfilling. Gratitude fills you for manifesting this amazing life!

Remember: Read your script daily, feel the emotions, and truly believe it's possible. Attract abundance by being a magnet to your success!

## Your Dream:

### Dream Script: (Write it in your dedicated notebook or journal)

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## DAY-8A

This “Abundant Day Vision” exercise helps you gain clarity and understanding of what you want and how it will influence other areas of your life. By dividing your ideal day into clear, keywords, and describing how your life will be as you have what you desire, you create a powerful holistic magnet for an aligned and abundant life to appear.

Career / Business

Finance

Family / Friends

Love

Personal Growth

Health

Leisure

Mind

# VISUALIZE YOUR IDEAL LIFE

DAY -8 B

Date: / /

M T W T F S S

Close your eyes and take a deep breath. Imagine yourself having what you want. What does it look like? What surrounds you? Write down what you feel & experience in detail.



**Sight:** Describe the environment. Where are you? What do you see?



**Sound:** What sounds can you hear? Is it quiet and peaceful, or bustling with activity?



**Smell:** Are there any specific scents you notice? Fresh air, coffee brewing, or the ocean breeze?



**Touch:** What textures do you feel? Soft sand beneath your feet, the warmth of the sun on your skin, or the embrace of a loved one?



**Emotion:** How do you feel in this moment? Happy, fulfilled, excited, or peaceful?



## Describe your future reality:

What are your favorite activities?

Who do you spend time with?

What brings you pleasure and fulfillment?

## Focus on your accomplishments:

What does success feel like you ?

How have you leveled-up as a person?

How do you contribute to the world?

By getting clear and focused on your vision, you plant the seeds of your success. Refer back to this page to keep your dream clearly at the forefront of your mind and fuel your manifestation alignment.

# ACT "AS IF"

DAY- 9

Date:    /    /

M    T    W    T    F    S    S

Believe that what you want is coming, and act as if you already have it. This is called acting "as if" (or, "fake it 'til your make it"). If you desire to receive a gift from a partner, feel the appreciation and gratitude, and embody that you are loved and receiving joy. Notice how living "as if" helps to build your positivity and can make your day feel so much brighter and more abundant.

Come up with 5 ways you are going to act "as if" today and write them down.



# TIP: YOUR FEELINGS ARE THE POWER SOURCE



## Why Focus on Feelings?

- Emotional Resonance: When you vibrate at a frequency that matches your desired reality, you'll start attracting similar energy.
- Law of Attraction Magnet: Positive emotions attract experiences and opportunities that align with your vibrational thoughts on what's possible.
- Embodiment & Action: Feeling the joy & fun of achieving your desire and "dressing the part" activates the highest outcome, and connects you to your true self.

## Practice Being The Source:

### 1. Goal Clarity

- Define your goals and desires. (What do you want to achieve?)

### 2. Visualization with Feeling

- Close your eyes and visualize achieving your goal.
- Feel the positive emotions (joy, excitement, gratitude) of achieving your desire.

### 3. Affirmations with Emotion

- Create affirmations in present tense (e.g., "I am so proud of my success").
- Repeat affirmations with conviction, feeling the emotions associated with the goal.

### 4. Gratitude for What You Have

- Shift your focus to what you're grateful for already.
- Gratitude raises your vibration and opens you up to receiving more good things.

### 5. Take Inspired Action

- Don't just feel good, take action towards your desired lifestyle. Celebrate it and declare your creativity to the Universe!

## Remember:

- Consistency is Key: The more you practice, the easier it becomes to maintain a high vibration and attract abundance.
- Don't Force It: If you struggle to feel positive, focus on gratitude or uplifting activities.
- Believe in the Process: Trust that focusing on positive emotions aligns you with your desires. The universe can't help but bring them to you.

# LETTER TO UNIVERSE

DAY-10

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

M T W T F S S

Writing a letter to the Universe is a powerful exercise in the Law of Attraction. By clearly expressing your desires and intentions in writing, you set a focused intention and send a clear message to the Universe about what you desire to manifest. This activity helps you get crystal clear, and opens the door to possibility

Instructions:

1. Reflect on your deepest desire and vision.
2. Write a heartfelt letter to the Universe, detailing what you want to manifest.
3. Express gratitude as if you have already received what you desire.



Dear Universe,



# NOTICE THE SIGNS

DAY- 11

Date: / /

M T W T F S S

Feeling unsure? Between realities? Ever wonder if the universe is trying to tell you something? It totally is! The universe is constantly sending you signs and hints to guide you towards your dreams. But sometimes, those messages can be very subtle.

This activity will help you become a sign detective! Crack the code on those mysterious synchronicities and notice the hidden messages that help you stay on track with your desires. Let's get started and decode the universe's signs:

Note Your Intention: This is what I want to experience...

Look For	Example	Could Mean	Action
Recurring Numbers			
Meaningful Symbols			
Catchy Lyrics/Quotes			
Unexpected Connections			

# VISION BOARD EXERCISE

DAY-12

A vision board is power-tool that helps you stay focused on your goals and dreams. By gathering images, quotes, and symbols that represent your aspirations, you create a powerful reminder and guide for your subconscious mind to aim for what you desire.

Instructions:

1. Gather 10-12 images, quotes, and symbols that represent your dreams.
2. Select your favorites that inspire and reflect your desired reality.
3. Arrange your vision board in your notebook or on a poster. You can also use Pinterest or Canva to create a digital one you can use as your phone wallpaper. Or use colored pencils, etc to simply draw a symbol of it and describe in color.



Activity: Take time to create a vision board for this (or your next) desire to manifest. Be creative and make it visually appealing. This is your personal vision board, so make it meaningful and inspiring to you.



# RELEASE AND RECEIVE ROADMAP

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Imagine planting a seed. You water it, give it sunshine, but if you keep digging it up to see if it's growing, you might mess it up!

The Law of Attraction is like that. You plant seeds of your dreams with your thoughts, beliefs, attitude and actions. But if you hold on too tight to how you want things to happen, it can slow things down. Release & Receive is about letting go and trusting that good things are coming your way!

*Plant Your Seeds:* Write down your desires and visualize achieving them.

*Take Inspired Action:* Intuitive actions that align with the energy of your desired reality, and become a magnet for that energy.

## *Release Attachment:*

Choose one or more methods to practice letting go:

1. **Release:** Imagine a balloon carrying your desire up to the universe.
2. **Gratitude:** Write and speak about what you're thankful for now.
3. **Be Mindful:** Appreciate something in this moment.
4. **Be Open:** Keep believing and be open to receiving your dreams in surprising ways!

*Open Yourself to Receive:* Be open to new opportunities and synchronicities. Trust that the universe has a way, and your desires will be fulfilled effortlessly.

# FINAL REFLECTION PROMPTS

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Think about the positive experiences or wins you had this week.  
What affirmations come to mind for these experiences?

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Review your desires and intentions from DAY 1. Did you manifest what you specifically chose? If so, how does it feel now? What factors do you attribute to your successes (or what would you change)? Make notes.

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