



# BREAK FREE *MANIFESTATION JOURNAL*



3 Ways To Change And Control  
The Desires Of Your Body And Mind

DEBORAH FEARON

Break Free Manifestation Journal

ISBN: 978-17355848-6-7

© Copyright 2022 by Debbie Fearon

Published by Beauty of Healing LLC

This Journal Belongs  
to:

---

Month of:

---

## TABLE OF CONTENT SECTIONS

### 1. Act On Your Belief

Breathing Cycle

Focused Goal

Affirmations

Meditate on it

### 2. Be a Blessing

Be A Blessing Day

Look for opportunity to bless

### 3. Create a Nutrition lifestyle

Focused goal

Meal plan

Food Combination

Fasting Rehydrate

### 4. Relationship Building

Exercise regularly

Communicate relationship

Establish a support system

### 5. Environmental Reshape

Your quiet place

Use of Music

Seeing Humor

### 6. Transformation Results

Expected results

Routines established

Goal met

New goal

Coping with unhealthy thoughts



## The Purpose of This Journal

When you go into action writing, speaking, and visualizing, your thoughts become a belief. Your belief set into motion hormones that carry emotion, and feeling sensations to the brain via the nervous system. These sensations are interpreted by the brain, and a new vision snapshot of the experience is created. This good memory vision replaces the previous unresolved memory vision of the experience, and allows for healing to begin.

Thus, a new snapshot memory experience allows the brain to send new instructions to the body, and to the subconscious mind. The more you speak with emotion, and the more senses you use in vividly picturing your affirmation the faster the results. Once the habit is formed with continued repetition, the subconscious mind will automatically act on its own to produce these good results without any active work from you. The good results will now be on autopilot.



## Section 1

### 1. Act on Your Belief

List your actions to be practiced for your (MVV) meditation, verbalization, and visualization. Describe the breathing technique you will use to create your powerful electric energy current.

My Actions List for The Week of \_\_\_\_\_

# My Action List



## 1) BREATHING CYCLE

---

---

---

---

---

## 2) FOCUSED GOAL

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

### 3) Affirmations

Date:

[illegible]



Affirmations



Date:

20 horizontal lines for writing affirmations.

# Affirmations

Date:

[illegible]

# Affirmations

Date:

[illegible]

4) Meditate: see a big picture throughout the day.

## SECTION 2

### 2. Be a Blessing Day:

It is more blessed to give than to receive.

Acts 20: 35

When you give, be open to receiving.



## 2. Be a Blessing Day



HOW I WILL BE A BLESSING FOR THE DAY OF \_\_\_\_\_

---

---

---

---

---

HOW I WILL BE A BLESSING FOR THE DAY OF \_\_\_\_\_

---

---

---

---

---

HOW I WILL BE A BLESSING FOR THE DAY OF \_\_\_\_\_

---

---

---

---

---

# Be a Blessing Day



HOW I WILL BE A BLESSING FOR THE DAY OF \_\_\_\_\_

---

---

---

---

---

HOW I WILL BE A BLESSING FOR THE DAY OF \_\_\_\_\_

---

---

---

---

---

HOW I WILL BE A BLESSING FOR THE DAY OF \_\_\_\_\_

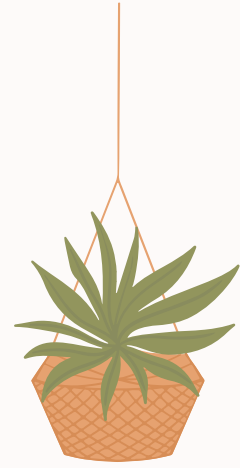
---

---

---

---

---



## SECTION 3

### 3. CREATING A NUTRITIOUS LIFESTYLE

NUTRITION TO SUPPORT THE IMMUNE SYSTEM IS OF MAJOR IMPORTANCE TO WELLBEING, AND CAN BECOME A WAY OF LIFE.



### 3. Creating a Nutritious lifestyle



FOCUSED GOAL FOR THE WEEK OF \_\_\_\_\_

---

---

---

---

---

## FOOD COMBINATIONS LIST

[illegible]

# Food Combinations List

Date:

[illegible]

# Food Combinations List

Date:

[illegible]

# Rehydration plan for the Week of \_\_\_\_\_



## UPON RISING

S

M

T

W

T

F

DRINKING A GLASS OF CLEAN WATER WITH A  
TIP OF FRUIT JUICE REHYDRATE AS WELL AS  
CLEANSE THE BODY AFTER A 12 HR  
OVERNIGHT FAST.

Meal plan for the day of \_\_\_\_\_



## BREAKFAST

---

---

---

---

---

## LUNCH

---

---

---

---

---

## DINNER

---

---

---

---

---

Meal plan for the day of \_\_\_\_\_



## BREAKFAST

---

---

---

---

---

## LUNCH

---

---

---

---

---

## DINNER

---

---

---

---

---

Meal plan for the day of \_\_\_\_\_



## BREAKFAST

---

---

---

---

---

## LUNCH

---

---

---

---

---

## DINNER

---

---

---

---

---

Meal plan for the day of \_\_\_\_\_



## BREAKFAST

---

---

---

---

---

## LUNCH

---

---

---

---

---

## DINNER

---

---

---

---

---



Meal plan for the day of \_\_\_\_\_



## BREAKFAST

---

---

---

---

---

## LUNCH

---

---

---

---

---

## DINNER

---

---

---

---

---

Meal plan for the day of \_\_\_\_\_



## BREAKFAST

---

---

---

---

---

## LUNCH

---

---

---

---

---

## DINNER

---

---

---

---

---

Snacks for the Day of \_\_\_\_\_



### MID-MORNING

---

---

---

---

---

### AFTER-LUNCH

---

---

---

---

---

---

### AFTER-DINNER

---

---

---

---

---

---

Snacks for the Day of \_\_\_\_\_



### MID-MORNING

---

---

---

---

### AFTER-LUNCH

---

---

---

---

---

### AFTER-DINNER

---

---

---

---

---

Snacks for the Day of \_\_\_\_\_



MID-MORNING

---

---

---

---

---

AFTER-LUNCH

---

---

---

---

---

---

AFTER-DINNER

---

---

---

---

---

---

Snacks for the Day of \_\_\_\_\_



MID-MORNING

---

---

---

---

---

AFTER-LUNCH

---

---

---

---

---

AFTER-DINNER

---

---

---

---

---

Snacks for the Day of \_\_\_\_\_



MID-MORNING

---

---

---

---

---

AFTER-LUNCH

---

---

---

---

---

AFTER-DINNER

---

---

---

---

---

Snacks for the Day of \_\_\_\_\_



MID-MORNING

---

---

---

---

---

AFTER-LUNCH

---

---

---

---

---

AFTER-DINNER

---

---

---

---

---



#### 4. RELATIONSHIP BUILDING



BUILDING NEW CELLS IN THE BODY BY  
USING LIFE FILLED WORDS SPOKEN TO SELF  
AND TO OTHERS CREATES NURTURING  
RELATIONSHIPS.

HEALING AFFIRMATIONS HAVE A  
TREMENDOUS VIBRATORY ENERGY FORCE,  
WHICH PROFOUNDLY AFFECT OUR  
PHYSICAL WORLD.

CULTIVATING THIS ENERGY POSITIVELY ALONG WITH  
SHARED PHYSICAL ACTIVITY CAN BRING MUCH JOY IN  
RELATIONSHIP.

PERFORMING EXERCISE BUILDS  
RELATIONSHIP WITH YOU AND YOUR BODY.

CULTIVATING AN EXERCISE ACTIVITY WITH  
OTHERS BUILDS AND STRENGTHENS  
RELATIONSHIPS.

## 4 Relationship Building



WHAT EXERCISE WILL I DO FOR THE WEEK OF \_\_\_\_\_

---

---

---

---

---

HOW WILL I COMMUNICATION RELATIONSHIP IN  
SHARED ACTIVITY FOR THE WEEK OF \_\_\_\_\_

---

---

---

---

---

HOW WILL I ESTABLISH A SUPPORT SYSTEM FOR THE WEEK  
OF \_\_\_\_\_

---

---

---

---

---

## 5. *Environmental Reshape*



MY QUIET PLACE FOR THE WEEK OF \_\_\_\_\_

---

---

---

---

MY USE OF MUSIC FOR THE WEEK OF \_\_\_\_\_

---

---

---

---

---

SEEING HUMOR FOR THE WEEK OF \_\_\_\_\_

---

---

---

---

---

# Environmental Reshape



THE CLUTTER TO CLEAR FOR THE WEEK  
OF \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## 6. *Transformation Results*



EXPECTING GOOD RESULTS, LIKE A  
MAGNET ATTRACTS, YOUR  
THOUGHTS ARE ATTRACTING YOUR  
GOOD RESULTS TO YOU.

---

---

# Transformation Results



EXPECTED RESULTS FOR THE WEEK OF \_\_\_\_\_

---

---

---

---

ROUTINES I ESTABLISHED FOR THE WEEK  
OF \_\_\_\_\_

---

---

---

---

GOAL MET FOR THE WEEK OF \_\_\_\_\_

---

---

---

---

---

# Transformation Results



HOW I AM COPING WITH UNHEALTHY THOUGHTS  
FOR THE WEEK OF \_\_\_\_\_

---

---

---

---

HOW I AVOID UNPRODUCTIVE WORDS FOR THE  
WEEK OF \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

