

SAY IT UNTIL YOU BELIEVE IT

44 Manifestations for a Better Life

Short, repeatable sentences for more peace, confidence, joy, abundance, connection, and trust.



Pick one. Repeat it often. Write it somewhere you will actually see it.

theevrything.com

How to use these

This is not about saying a sentence once and waiting for magic. Think of these as reminders for the beliefs, choices, and energy you want to practice more often.

- Pick **one** that feels useful right now.
- Repeat it while you brush your teeth, drive, walk, or get ready.
- Write it at the top of your planner for one week.
- Put it on a mirror, lock screen, desk, or sticky note.
- When it stops feeling meaningful, choose a new one.

My manifestation right now:

What would I do differently if I believed it?

1. Good things are finding me.
2. I am safe in the life I am creating.
3. My life is allowed to feel good.
4. I trust myself to make the next right decision.
5. I do not need to rush what is meant for me.
6. I am becoming more confident every day.
7. I make room for joy without earning it first.
8. I am allowed to want more for myself.
9. I notice opportunities that fit me.
10. I welcome people who feel easy, honest, and kind.
11. I release what drains me.

12. I choose peace more often.
13. I can change my mind and still trust myself.
14. I am open to being pleasantly surprised.
15. Money can come to me in expected and unexpected ways.
16. I am capable of creating more abundance.
17. I am worthy of being paid well for what I bring.
18. I make thoughtful choices with my time and energy.
19. My ideas are worth sharing.
20. I do not need everyone to understand me.
21. I am becoming the person I keep imagining.
22. My body deserves care, patience, and respect.

- 23. Movement gets to feel good.
- 24. Rest makes room for more life.
- 25. I am allowed to take up space.
- 26. I let good moments be enough.
- 27. I am building a life I do not need to escape from.
- 28. I attract reciprocal friendships.
- 29. I am deeply loved and easy to love.
- 30. I make room for people who show up.
- 31. I can be grateful and still want change.
- 32. I release the need to control every outcome.
- 33. I am protected from what is not for me.

- 34. What belongs in my life can find me.
- 35. I have time for what matters most.
- 36. I am getting better at choosing myself.
- 37. I can handle what comes next.
- 38. My future holds beautiful things I cannot see yet.
- 39. I expect more moments of ease.
- 40. I invite more play into ordinary days.
- 41. I am creating more room for myself.
- 42. I trust that small changes can change everything.
- 43. Tomorrow can be a beautiful day.
- 44. The life I want is getting closer as I move toward it.

A few ways to repeat them

Morning: choose one before you check your phone.

Afternoon: repeat it when you notice yourself spiraling, rushing, or second-guessing.

Evening: say it slowly three times after your nighttime routine.

Try this bedtime set

I am safe.

I am happy.

I am blessed.

Only good things find me.

Tomorrow will be a beautiful day.

Write your own:

I am _____.

I welcome _____.

I release _____.

I trust _____.