• What does your next level feel like?
• What does it look like?
• Describe the space in between where you are and where you’re leveling up to.
• What motivates you to manifest the next level in life?
• How does change feel to you?
• Write 11 affirmations of manifesting the next level of your life successfully.
• What are your short-term and long-term goals?
• What actions are you taking to co-create with The Universe?
• What non-actions are you taking?
• Describe your support system now.
• Who are you manifesting in your next level reality?
• Describe your daily life in the next level.
• What needs to change immediately to manifest your new reality?
• What needs to change slowly?
• Is there anything that doesn’t need to change?
• How is the next level easier, happier, more fun, or more exciting?
• Describe the vibration into which you are merging in as much detail as possible.
• Is your merge dramatic? Subtle? What are the characteristics of the merge itself?
• Describe yourself in your new reality- your personality, vibration, interests, etc.
• How have you changed in your new reality, and how are you the same?
• Do you have any fears, doubts, or limiting beliefs around manifesting?
• What are your brightest hopes and dreams for this manifestation?
• Journal 3 actions you can take daily in the direction of your desires.
• Journal 10 things you are grateful for right now.
• Write about the best changes you have made in life thus far.
• What inspires you the most to move to the next level?
• What doors are opening for you?
• What doors are closing?
• What surprises you about the next level?
• Write 25 adjectives to describe the life you are manifesting.
• What do you love about the next level and about yourself in it?
• How can you trust in the outcome of what you are creating?
• How can you strengthen your connection to God, The Universe, and your Spirit Angels?
• Write about how the world looks in the new level. What good things do you observe?
• What would the future you (from the next level) say to the now-time you?
• What do you have to say to the old you?
• Listen closely and write what your inner wisdom wants you to know.
• Can you channel guidance from your ancestors? Angels? Spirit Guides?
• Write about anything you need to change or work on to reach the next level.
• Write about what you are releasing as you merge into the next level.
• What do you do for fun in the next level?
• What is your love life like in the next level?
• Describe your finances in the next level?
• Journal about your career in the next level.
• Write about your friendships and family in the next level.
• Describe your body, appearance, and physical health in the next level.
• What are you taking with you to the next level?
• What are you leaving behind?
• How do you manage stress better in the next level?
• How do you amplify love in the next level?