

Imaginal Scene Worksheet

FOR QUICK & EFFECTIVE MANIFESTING



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for quick & effective manifesting

Awakened Imagination

MANIFESTATION · MINDSET · TRANSFORMATION

MONTH:

DATE:

Setting Up the Scene

1

DESCRIBE IN ONE OR TWO SENTENCES WHAT YOU DESIRE

2

DESCRIBE AN END SCENARIO WHICH, IF TRUE, WOULD IMPLY THAT YOU ARE LIVING YOUR DESIRE

Setting Up the Scene

3

WHAT IS THE SETTING / LOCATION OF YOUR SCENE?

4

WHO WOULD BE THERE WITH YOU?

5

WHAT WOULD YOU BE DOING?

All the Details

6

WHAT KIND OF SOUNDS OR SPEECH WOULD BE THERE?

7

HOW WOULD YOU BE FEELING?

8

WHAT WOULD YOU BE THINKING?

Picture Perfect

9

WHAT KIND OF SENSATIONS WOULD YOU BE ENCOUNTERING?
(GET DETAILED!)

10

LIST ANY NOTES OR IDEAS

Remember to keep in mind...

- GET YOURSELF IN TO A DROWSY, SLEEPY STATE BEFORE BRINGING UP YOUR SCENE IN IMAGINATION
- KEEP IT SHORT, BETWEEN 5 - 10 SECONDS TOPS AND ALWAYS VIEW IT FROM 1ST PERSON POINT OF VIEW
- LOOP YOUR SCENE OVER AND OVER, EACH TIME ADDING AS MANY TONES OF REALITY YOU CAN MUSTER. MAKE YOUR SCENE VIVID AS POSSIBLE
- HOLD THE FAITH THAT YOU WILL RECEIVE WHAT YOU IMAGINED EVEN IF IT SEEMS IMPOSSIBLE. REMEMBER, IMAGINATION CREATES REALITY

...and it is done!

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