



Manifest Your Best Year

Your workbook for consciously creating
the best year of your life so far

Ellie Townsend

Welcome!



HI, I'M ELLIE

I'm a Spiritual Teacher,
a Master Life Coach and
a Master Healer.

I help people to master
their mindset and
manifesting, heal past
pain, and overcome
limitations, so they can
create a life they love.

WHY I CREATED THIS GUIDE FOR YOU

I created this guide because you
deserve to be the happiest
version of yourself, and deserve
to live the life you've always
wanted.

I believe that everyone deserves
to live a life they absolutely love,
and that there's so much joy,
magic, and blissful fulfilment
available to us all - and I want to
show you how to easily access
and attract these things into
your life.

I want to help you fully embrace
your power and ability to
deliberately create your best life,
and I want to show you that
manifesting can be easy (and
fun!) and that it's something
that's always available for you to
utilise to improve all areas of
your life.

Steps to Manifesting

#01

ASCERTAIN

Know what you want

#02

ASK

Ask for it

#03

ALIGN

Get your vibe right

#04

ACTION

Take inspired action

#05

ALLOW

Let it happen

Manifested!

Step 1

ASCERTAIN

ASCERTAIN

Getting clear on what we really want means we're sending out a clear and specific request to the Universe.

It means we can create much more deliberately (rather than by default or from vague desires), with greater ease, and our desires can manifest more quickly.

JOURNAL PROMPTS TO SUPPORT THIS STEP

TIPS TO HELP

- Use the contrast of knowing what you don't want to establish what you do want.
- Look at your 'why' to understand what you really want.
- Notice any time resistance comes up to try to convince you to change or minimise your desires.

- If anything and everything was available to me, without any limitations, what would I want my life to be like?
- How would I feel if I was living my best life, and what would my life need to look like in order for me to regularly experience those feelings?

Step 2

ASK

ASK

We ask through our vibration, so an easy way to start asking is to write our desires with certainty and the energy of them happening or having already happened.

We can also utilise chanting, vision boards, ritual, meditation, prayer and more - but the most important way to ask is visualising.

Spend time getting lost in feeling good within the 'imagining' and focus on what it will look and feel like for you when your desire has manifested.

JOURNAL PROMPTS TO SUPPORT THIS STEP

TIPS TO HELP

- Be confident. The Universe knows you're worthy of having your desires (which is how you can even have a desire at all!) so before asking, decide that you ARE worthy of having your desires.
- Check your energy - make sure you're not asking for something with an underlying energy of feeling its absence in your life.
- The Universe responds to the vibration you're offering, so offer the vibration of having your desires.

- What am I most looking forward to experiencing when I have this desire in my life?
- Is there any lack or fear-based energy sitting behind my desire and my asking for it? If so, how can I shift my energy more into faith and love?
- Write your desires: I'm so happy and so grateful for the [desire] that's coming into my life and is on its way to me right now!

Step 3

ALIGN

ALIGN

Engaging in experiences that are in alignment and harmony with our souls, and strengthen our trust and connection with the Universe, makes everything in our lives easier and better - including manifesting.

Live consciously and intentionally, raise your vibration, acknowledge blessings, lead with love, be consistent with Spiritual practices, celebrate wins, commit to inner work, and clear resistance, limiting beliefs and other blocks.

JOURNAL PROMPTS TO SUPPORT THIS STEP

TIPS TO HELP

- Feeling connected with our souls isn't just about alignment for manifesting, it's an important part of living a truly fulfilled and abundant life - so things that nourish your soul and feel good should be appropriately prioritised in your life.
- Committing to a daily Spiritual practice, and having a Spiritual 'toolkit' to utilise when needed, are great ways to support your Spiritual growth and alignment.

- What are some of my favourite Spiritual practices and tools to work with?
- What makes me feel really good and high vibe?
- What do I enjoy doing that strengthens my connection with the Universe?

Step 4

ACTION

ACTION

As physical beings wanting to manifest things into our physical reality, taking physical action is an important step.

Commit to taking inspired action in the physical world to support your manifesting, but remember to let it be *inspired* not forced.

Be consistent with your alignment practices and the next steps and actions to take will come intuitively or through a clear sign from the Universe.

TIPS TO HELP

- Being consistent with your alignment practices will strengthen your intuition and your ability to tune into its guidance, and will support you to be more open and receptive to signs from the Universe.
- Work your Magick! Working with crystals, Elements, Moon phases, rituals, and other things that correspond with your desires will boost your manifesting and are great for alignment too.

JOURNAL PROMPTS TO SUPPORT THIS STEP

- When my desires have manifested, how will the version of me who's living that life be/act/think/talk/behave etc?
- What's something I can start doing today that's more aligned with my future self's vibrational offering than my current self's offering?

Step 5

ALLOW

ALLOW

Trust the process.

In the same way you place an online order and fully expect it to arrive in the mail at a later date, maintain this same level of belief in your manifesting and trust in the Universe.

Connect into faith, trust, belief, and 'surrender' to allow yourself to be open to receiving, and allow your desires to manifest.

JOURNAL PROMPTS TO SUPPORT THIS STEP

TIPS TO HELP

- Don't get caught up thinking about how your desires might manifest. Just trust that it WILL happen and let the Universe take care of the 'how'.
- Often the doubt that arises during this step is caused by our lack of belief in ourselves and our manifesting abilities. Work through this resistance, and return to the Step 3 strategies if needed.
- What is present in my life now that was once only a desire, but I made it a reality through desire + focus + action (even if I didn't know about manifesting and deliberate creation at the time)?
- What do I enjoy doing that strengthens my faith and trust in the Universe?

Ascertain & Ask

What do I want to manifest this year?
What are my goals in these areas of my life?

SPIRITUAL

(Growth, soul nourishment)

PERSONAL

(Priorities, lifestyle, things that matter to you)

RELATIONSHIPS

(Emotional, social)

Ascertain & Ask

What do I want to manifest this year?
What are my goals in these areas of my life?

WELLNESS

(Mental, inspiration, physical)

FINANCIAL

(Money, prosperity, financial security)

VOCATION/STUDY

(Occupation, what you do for income, learning)

EXTERNAL WORLD

(Helping others, giving, contributing)

Align

Explore resistance and obstacles
Rewrite the limiting stories I'm telling myself

Did I notice any fear, lack, doubt or other resistance when thinking about and asking for my desires?

Did anything particular stand out as a 'fact' to why I can't have or won't be able to manifest my desires?

What can I tell myself, instead of what the resistance is saying, that is a more supportive story to tell myself about my manifesting?



Align

Connect with my soul
Raise my vibration

What are some Spiritual practices that make me feel really aligned, and connected with my soul and the Universe?

What are my favourite ways to raise my vibration?

Which of these (or other) things can I incorporate into my life each day so I can benefit from them, and a raised vibration, more often?

Action

What inspired actions do I feel guided to take to support my manifesting in each of these areas?

SPIRITUAL

(Growth, soul nourishment)

PERSONAL

(Priorities, lifestyle, things that matter to you)

RELATIONSHIPS

(Emotional, social)

Action

What inspired actions do I feel guided to take to support my manifesting in each of these areas?

WELLNESS

(Mental, inspiration, physical)

FINANCIAL

(Money, prosperity, financial security)

VOCATION/STUDY

(Occupation, what you do for income, learning)

EXTERNAL WORLD

(Helping others, giving, contributing)

Allow

Have faith
Trust the process

Some things that I can do to strengthen my trust in the Universe and my belief in myself are:

If I start to get caught up in lack mindset, negative thinking, or wondering how and when my desires will manifest, I will redirect my focus from fear to faith by:

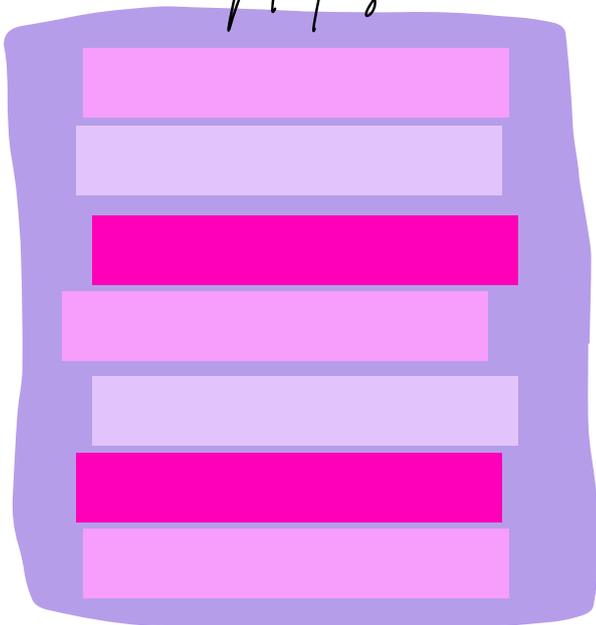
Monthly Manifesting

MONTH: _____

Important Dates, Events & Cosmic Energies

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Notes			

Notes



Goals & Actions

1. 
2. 
3. 
4. 
5. 

Mantras & Affirmations

Here are some to get you started

Note to self

I am a
powerful
creator

Note to self

I am worthy
of my desires

Note to self

I deserve to have
a happy, abundant
life

Mantras & Affirmations

Now add some of your own



Power Word

Choose a power word which makes you feel empowered, focused, inspired and motivated to create your best year yet!

My Power Word
for the year is

Manifested it!

Start a list of things you've manifested to help you fully recognise and stand in your power as a deliberate creator

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Ready to take your manifesting and your life to the next level?

Soul Journey Academy

Inspiration, education, motivation and transformation to create a life you love.



Everything you need to uplevel your life, deepen your Spirituality, master your manifesting and mindset, and align into a fulfilled and abundant life



A powerful, positive and life-changing 6-month online program, with coaching and support every step of the way



Transform your life from the inside out, and become the best version of yourself: happy, confident, empowered and thriving



Manifest with ease and have the joy, wealth, wellness, love, relationships, confidence, and other experiences you want

Find out more about Soul Journey Academy
www.ellietownsend.com/academy

Thank you!



CONTINUE YOUR JOURNEY WITH ME

I'd love to connect with you and explore how I can support you on your incredible journey to create a life you love.

If you're ready to become the best version of yourself, master your mindset and manifesting, and align into a fulfilled, empowered and abundant life, please contact me using any of the methods below.

THANK YOU!

I hope you've enjoyed this guide to manifesting your best year yet, and that it's provided you with inspiration, education and motivation to support you to consciously create a life you love!

You deserve to live a happy and fulfilled life, and you are worthy of your desires.

Everything you want is out there waiting for you - now go get it!

Happy manifesting!

CONNECT WITH ME

Website: www.ellietownsend.com

Email: hello@ellietownsend.com

Facebook: www.facebook.com/ellietownsend.souljourney

Instagram: www.instagram.com/ellietownsend.souljourney