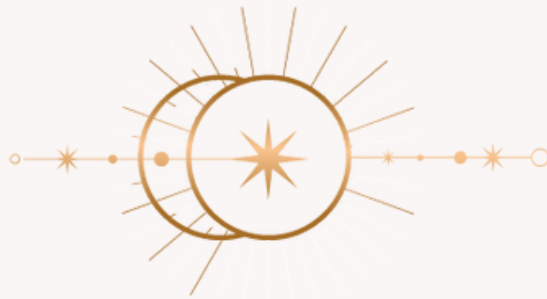


Quantum

MANIFESTATION

START-UP KIT



WWW.MONIKABENOIT.COM



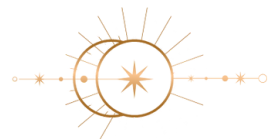
I'm honored you're here and thrilled to share my Quantum Manifestation Start-up Kit with you. If you are just getting started with the Law of Attraction and Manifestation, I recommend starting with the free resources listed at the beginning of this document. There are links to videos, blog posts and websites that take you through the basic principles you will find especially useful as you activate your innate manifesting abilities! You'll also find a unique motivational quote and a daily manifestation affirmation for the next 30 days day, along with space to fill out your intentions and daily synchronicities. My intention is to empower you to fully understand, and tap into, your full manifestation potential.

Most of us are born into a world that teaches us it takes hard work to make things happen! We are conditioned to accept beliefs that prevent us from accessing the quality of life we truly deserve. Accessing the key to true abundance begins with an invitation. I invite you to define what abundance really means to you. Abundance in the sense that you have the kind of confidence that comes from knowing what you need comes at the right time. That you are supported by the exact resources you need with divine timing.

It is every person's birth right to enjoy the plethora of resources available on this planet. The truth is that in order to experience a shift externally, we must shift internally first. Anyone has the opportunity to see the abundance around them. When we train ourselves to look for examples of abundance - we quickly realize that there are more opportunities than we ever thought possible. This Start-up Kit has been designed to do exactly that.

Let's get started!

XOXO
Monika Benoit



WWW.MONIKABENOIT.COM

Start here!



Beginner

If you are just starting to work with the principles of manifestation, start with the resources below.

1

Famous People Talk About the Law of Attraction Video

6

How to Attract Abundance
10 Steps to Feeling Successful from “The Power of Intention”
By Wayne Dyer

2

Abundance Blog by Dr. Wayne W. Dyer

7

The Metaphysics of Money—
The 7 Laws of Abundance by Deepak Chopra

3

Discover the 7 Key Traits of an “Abundance Mindset” By Angelina Zimmerman

8

The Hidden Code For Transforming Dreams Into Reality | Mary Morrissey | TEDxWilmingtonWomen

4

How Do I Adopt an Abundance Mindset
By Vicki Cook and Amy Blacklock

9

The Law of Attraction
by Greater Minds

5

6 Steps For Creating Abundance by Deepak Chopra

10

The Secret to the Law of Attraction

Check this out! *Intermediate*

If you are looking to deepen your understanding of the principles of manifestation explore the resources below.

1

Louise Hay's Website & Writings on Abundance

6

5 Exercises for Creating Abundance by Melissa Carver

2

Calm Guided Meditation to Gain Abundance, Love & Happiness by Bob Proctor

7

How to Turn Envy Into Admiration and Abundance with Glennon Doyle Melton

3

6 Tips to Develop and Model an Abundance Mindset by John C Maxwell

8

Abundance and Gratitude by Eckhart Tolle & Oprah Winfrey

4

How to use Quantum Physics to Make Your Dreams Your Reality with Suzanne Adams

9

Learning to Receive by Wellbeing Alignment

5

Prosperity and Abundance Video by Louise Hay

10

Abundance and Happiness: Quantum Physics

Click this link!

Advanced

If you are deep into the principles of manifestation,
take a look at these resources:

1

ThetaHealing Meditation +
Quantum Manifestation by
by Melanie Phillips

6

A Quantum Manifestation
Secret You Need To Know by
Sylvia Salow

2

Quantum Jumping
Manifestation by
Sarah Scoop

7

Quantum Jumping
Manifestation | How To
Quantum Shift To A New
Reality

3

Step Into Your Greatness:
Guided Meditation +
Affirmations by Amanda
Frances

8

How to Literally Do Anything
Quantum Manifestation by
Marina Jacobi

4

Manifestation Guide: How
to Manifest Anything You
Want in 24hrs by
Katherine Hurst

9

How to Manifest Using
Quantum Physics by Alex Chen

5

Quantum Manifestation:
Co-Create a Life You Love
with the Power of the
Quantum Field

10

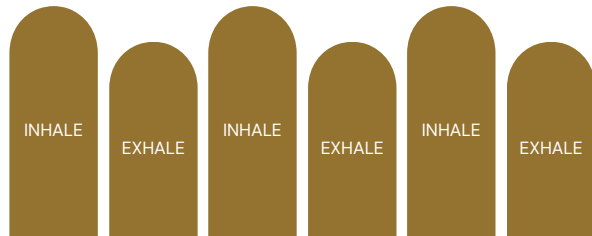
WORTHINESS SHIFT
ACTIVATION Meditation
by Prachi Mehra

Day 1

___/___/___

Manifestation begins with a single, focused thought.

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today












What Color, Image or Symbol Describes Today?



Today's Affirmation

*What I am seeking
is seeking me.*

What I Created Today

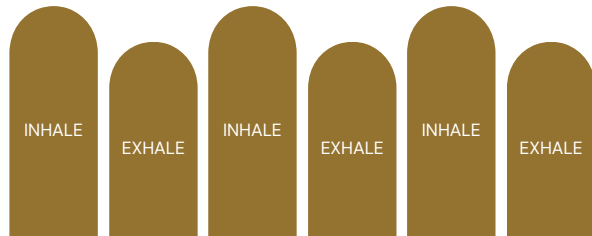
What I Choose to Create Tomorrow

Day 2

___/___/___

"Go confidently in the direction of your dreams. Live the life you have imagined." - Henry David Thoreau

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today











What Color, Image or Symbol Describes Today?



Today's Affirmation

I choose to talk to myself kindly.

What I Created Today

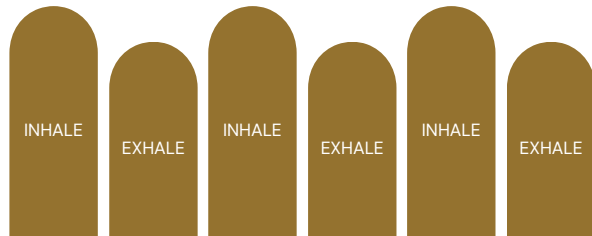
What I Choose to Create Tomorrow

Day 3

___/___/___

*"Beware of what you set your heart upon...for it shall surely be yours."
- Ralph Waldo Emerson*

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today












What Color, Image or Symbol Describes Today?



Today's Affirmation

*My intentions
for my life are clear.*

What I Created Today

What I Choose to Create Tomorrow

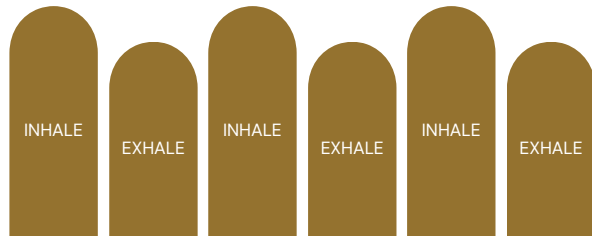
Day 4

___/___/___

"To bring anything into your life, imagine that it's already there."

—Richard Bach

Breath Before Writing



What I'm Grateful For Today












What Color, Image or Symbol Describes Today?



3 Synchronicities I Noticed Today

1

2

3

Today's Affirmation

*I am a magnet
for miracles.*

What I Created Today

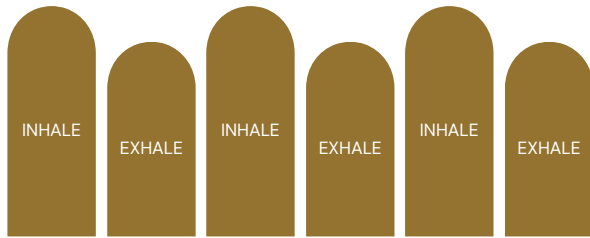
What I Choose to Create Tomorrow

Day 5

___/___/___

There is nothing you cannot have. There are no limitations.

Breath Before Writing



What I'm Grateful For Today











What Color, Image or Symbol Describes Today?



3 Synchronicities I Noticed Today

1

2

3

Today's Affirmation

I exist in a high vibrational state.

What I Created Today

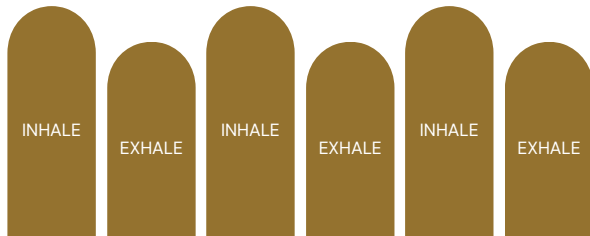
What I Choose to Create Tomorrow

Day 6

___/___/___

There is nothing you cannot have. There are no limitations.

Breath Before Writing



What I'm Grateful For Today












What Color, Image or Symbol Describes Today?



3 Synchronicities I Noticed Today

1

2

3

Today's Affirmation

I am fed by love and joy

What I Created Today

What I Choose to Create Tomorrow

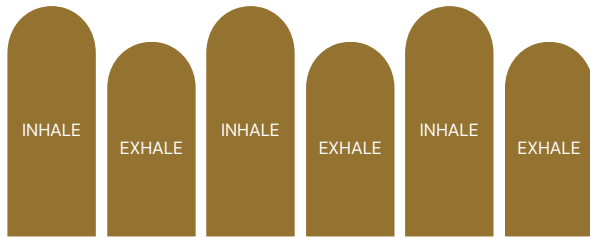
Day 7

___/___/___

"Play the picture in your mind—focus on the end result."

—Rhonda Byrne

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today











What Color, Image or Symbol Describes Today?



Today's Affirmation

*Wealth and abundance
flow to me.*

What I Created Today

What I Choose to Create Tomorrow

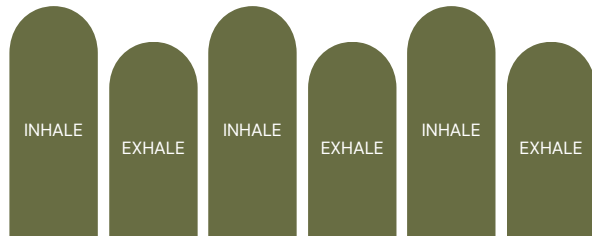
Day 8

___/___/___

"You get in life what you have the courage to ask for."

- Oprah Winfrey

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today












What Color, Image or Symbol Describes Today?



Today's Affirmation

I attract money happily into my life.

What I Created Today

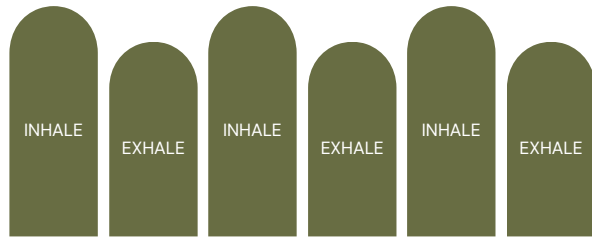
What I Choose to Create Tomorrow

Day 9

___/___/___

"It is the combination of thought and love which forms the irresistible force of the law of attraction." - Charles Hammel

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today












What Color, Image or Symbol Describes Today?



Today's Affirmation

I now expand my life's opportunities & experiences.

What I Created Today

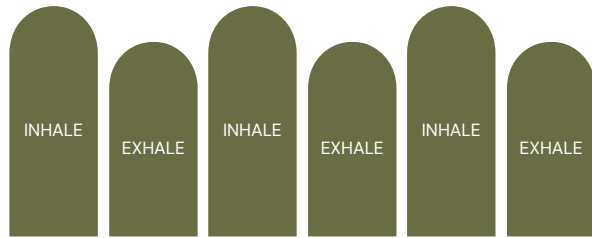
What I Choose to Create Tomorrow

Day 10

___/___/___

"When you visualize, then you materialize. If you've been there in the mind, you'll go there in the body." – Dr. Denis Waitley

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today












What Color, Image or Symbol Describes Today?



Today's Affirmation

I receive love in abundance from everyone I meet.

What I Created Today

What I Choose to Create Tomorrow

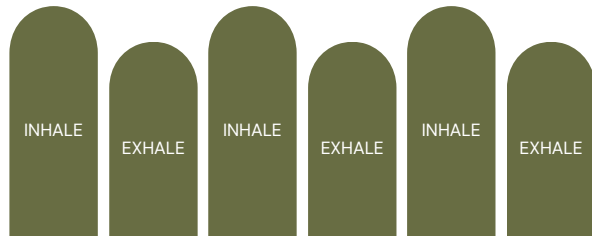
Day 11

___/___/___

"Keep your mind fixed on what you want in life: not on what you don't want."

- Napoleon Hill

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today














What Color, Image or Symbol Describes Today?



Today's Affirmation


My heart is open.


What I Created Today

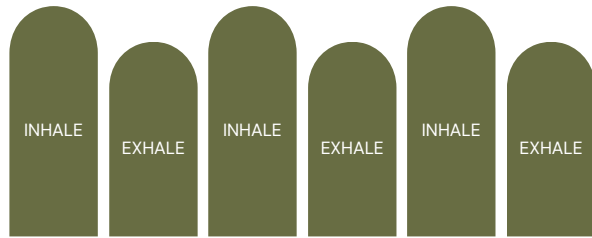
What I Choose to Create Tomorrow

Day 12

___/___/___

"You are in the perfect position to get there from here." – Abraham-Hicks

Breath Before Writing



What I'm Grateful For Today



What Color, Image or Symbol Describes Today?



3 Synchronicities I Noticed Today

1

2

3

Today's Affirmation

I give love and receive love.

What I Created Today

What I Choose to Create Tomorrow

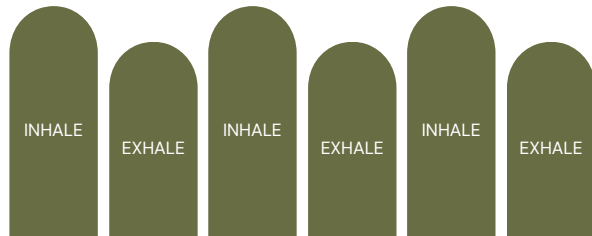
Day 13

___/___/___

"Everything you want is out there waiting for you to ask.

Everything you want also wants you." – Jack Canfield

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today












What Color, Image or Symbol Describes Today?



Today's Affirmation

*I am the creator
of my reality.*

What I Created Today

What I Choose to Create Tomorrow

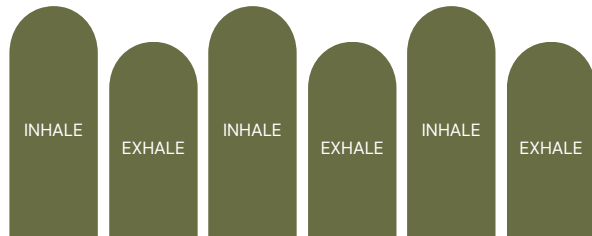
Day 14

___/___/___

Expect to manifest everything that you want to manifest.

Do not worry about the details of how it will unfold.

Breath Before Writing



What I'm Grateful For Today











What Color, Image or Symbol Describes Today?



3 Synchronicities I Noticed Today

1

2

3

Today's Affirmation

I follow my dreams with purpose & passion.

What I Created Today

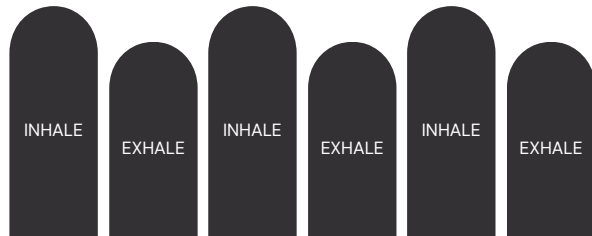
What I Choose to Create Tomorrow

Day 15



"Ask once, believe you have received & all you have to do to receive is feel good." — Rhona Byrne

Breath Before Writing



What I'm Grateful For Today











What Color, Image or Symbol Describes Today?



3 Synchronicities I Noticed Today

1

2

3

Today's Affirmation

I am a powerful creatrix...

What I Created Today

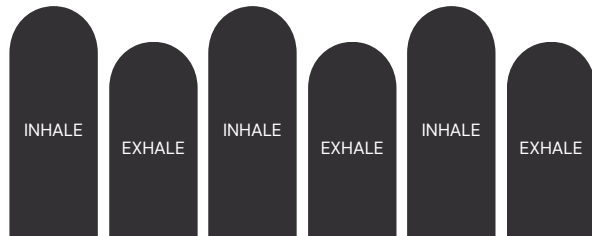
What I Choose to Create Tomorrow

Day 16

___/___/___

"Manifest what you want into existence by opening up to the Universe."

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today







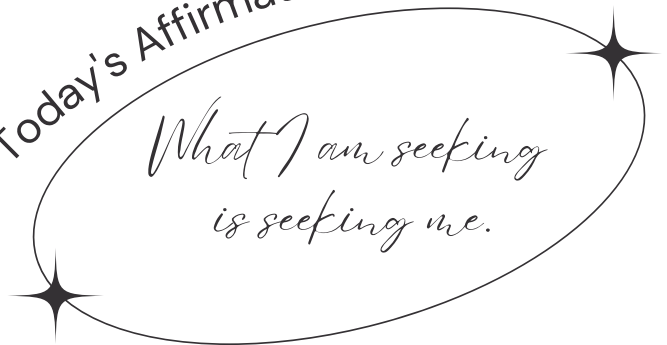




What Color, Image or Symbol Describes Today?



Today's Affirmation



What I Created Today

What I Choose to Create Tomorrow

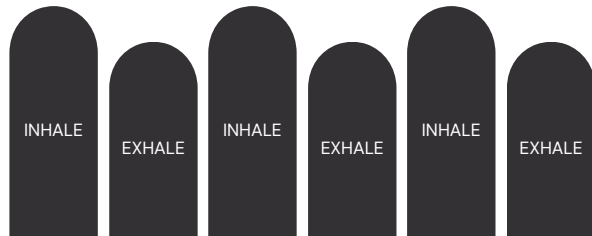
Day 17

___/___/___

"The more you praise and celebrate your life, the more there is in life to celebrate."

- Oprah Winfrey

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today











What Color, Image or Symbol Describes Today?



Today's Affirmation

I am aligned with the energy of abundance.

What I Created Today

What I Choose to Create Tomorrow

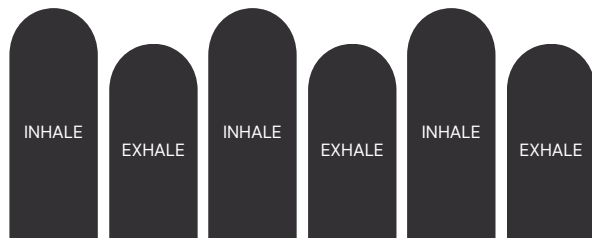
Day 18

___/___/___

"You don't attract what you want, you attract what you are."

- Dr. Wayne Dyer

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today











What Color, Image or Symbol Describes Today?



Today's Affirmation

*Abundant energy flows
freely to and through me.*

What I Created Today

What I Choose to Create Tomorrow

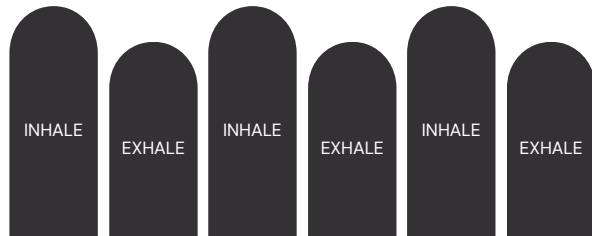
Day 19

___/___/___

"The manifestation of your desires is the first step to creating your reality."

- Shakti Gawain

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today











What Color, Image or Symbol Describes Today?



Today's Affirmation

*Every cell in my body
vibrates with love and
abundance.*

What I Created Today

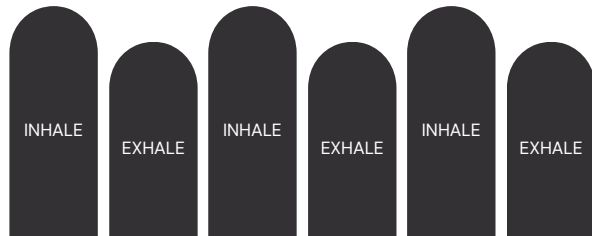
What I Choose to Create Tomorrow

Day 20

___/___/___

*Thoughts become things. If you see it in your mind,
you will hold it in your hand.* - Bob Proctor

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today












What Color, Image or Symbol Describes Today?



Today's Affirmation

*I choose abundance
through joy gratitude &
self-love.*

What I Created Today

What I Choose to Create Tomorrow

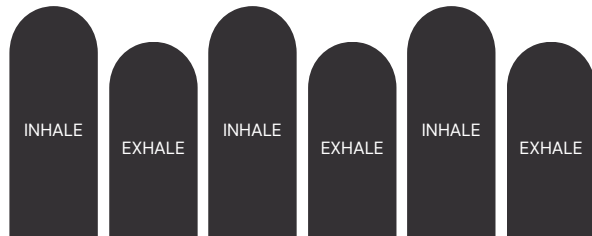
Day 21

___/___/____

"Success is not final, failure is not fatal. It is the courage to continue that counts."

- Winston Churchill

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today











What Color, Image or Symbol Describes Today?



Today's Affirmation

I surrender control & allow abundance to flow in unexpected ways.

What I Created Today

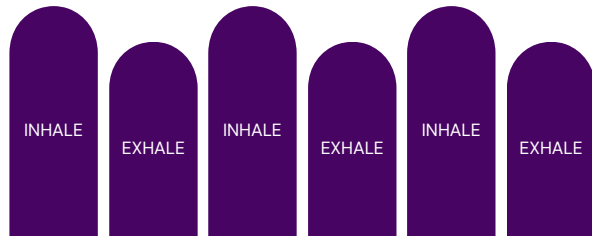
What I Choose to Create Tomorrow

Day 22

___/___/___

"Whatever you focus on, think about, read about, and talk about intensely, you're going to attract more of into your life." - Jack Canfield

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today











What Color, Image or Symbol Describes Today?

Today's Affirmation

I am connected to endless innovation inspiration & creativity.

What I Created Today

What I Choose to Create Tomorrow

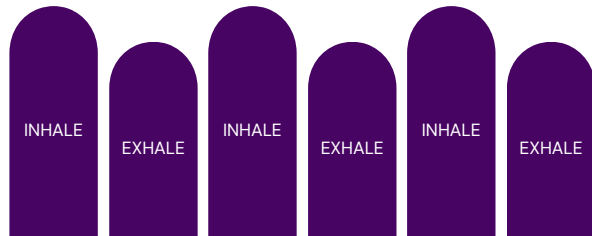
Day 23

___/___/___

"To live your greatest life, you must first become a leader within yourself.

Take charge of your life..." - Sonia Ricotti

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today











What Color, Image or Symbol Describes Today?

Today's Affirmation

*I am tuned into passion
positivity & prosperity.*

What I Created Today

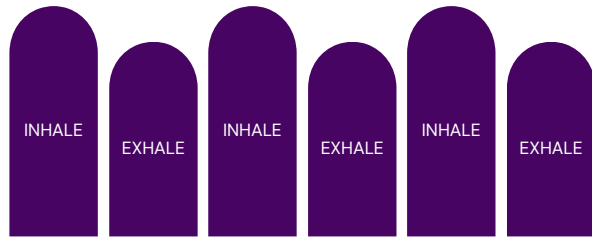
What I Choose to Create Tomorrow

Day 24

___/___/___

"Eliminate all doubt and replace it with the full expectation that you will receive what you are asking for." - Rhonda Byrne

Breath Before Writing



What I'm Grateful For Today











What Color, Image or Symbol Describes Today?



3 Synchronicities I Noticed Today

1

2

3

Today's Affirmation

I am aligned with the highest frequency of abundance.

What I Created Today

What I Choose to Create Tomorrow

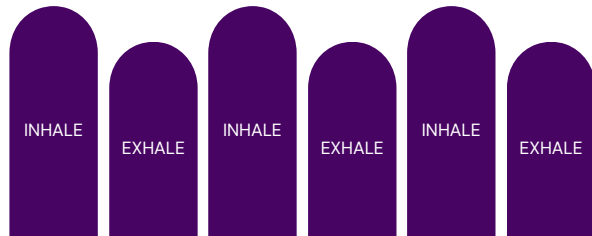
Day 25

___/___/___

"Action that is inspired from aligned thoughts is joyful action."

- Abraham Hicks

Breath Before Writing



What I'm Grateful For Today



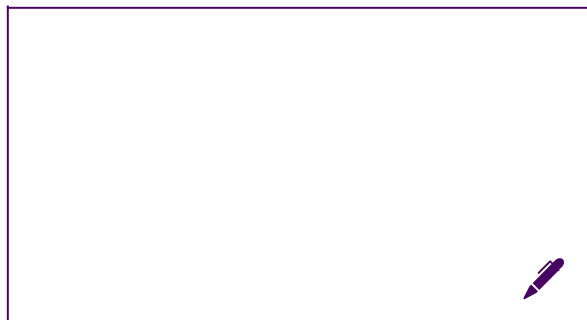








What Color, Image or Symbol Describes Today?



3 Synchronicities I Noticed Today

1

2

3

Today's Affirmation

*Everything I need to
create infinite abundance
is within me.*

What I Created Today

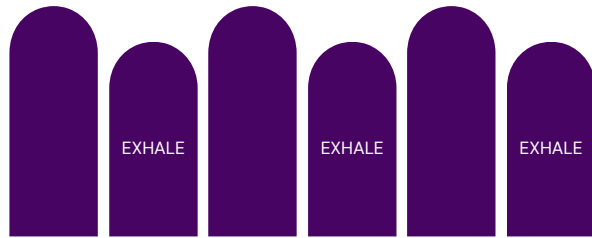
What I Choose to Create Tomorrow

Day 26

___/___/___

"You manifest what you believe, not what you want." – Sonia Ricotti

Breath Before Writing



What I'm Grateful For Today












What Color, Image or Symbol Describes Today?



3 Synchronicities I Noticed Today

1

2

3

Today's Affirmation

*All the good I put out
comes back tenfold.*

What I Created Today

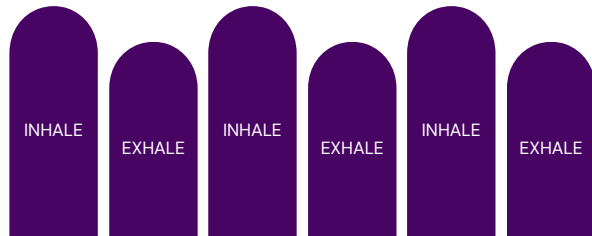
What I Choose to Create Tomorrow

Day 27

___/___/___

"We receive exactly what we expect to receive." - John Holland

Breath Before Writing



What I'm Grateful For Today



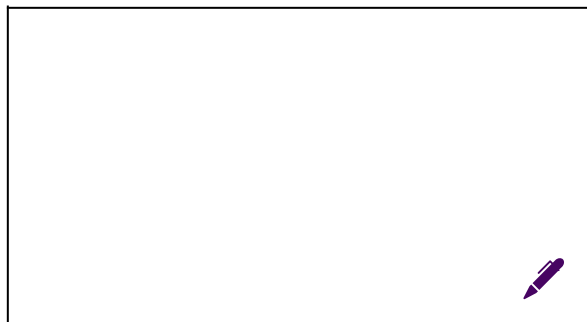








What Color, Image or Symbol Describes Today?



3 Synchronicities I Noticed Today

1

2

3

Today's Affirmation

*Everywhere I look
I see abundance &
new opportunities.*

What I Created Today

What I Choose to Create Tomorrow

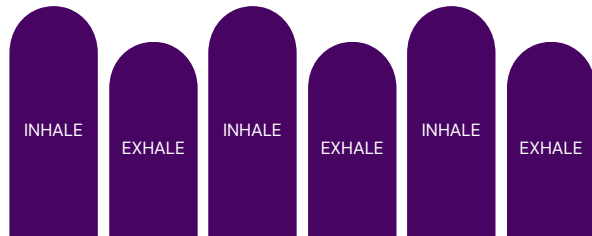
Day 28

___/___/___

"Imagination is everything. It is the preview of life's coming attractions."

- Albert Einstein

Breath Before Writing



What I'm Grateful For Today











What Color, Image or Symbol Describes Today?

3 Synchronicities I Noticed Today

1

2

3

Today's Affirmation

*My life is bursting with joy
love & prosperity.*

What I Created Today

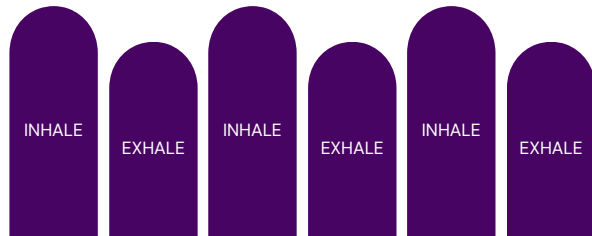
What I Choose to Create Tomorrow

Day 29

___/___/___

"When you visualize, then you materialize. If you've been there in the mind, you'll go there in the body." - Dr. Dennis Waitley

Breath Before Writing



3 Synchronicities I Noticed Today

1

2

3

What I'm Grateful For Today












What Color, Image or Symbol Describes Today?



Today's Affirmation

*I am connected to the
endless abundance of the
Universe.*

What I Created Today

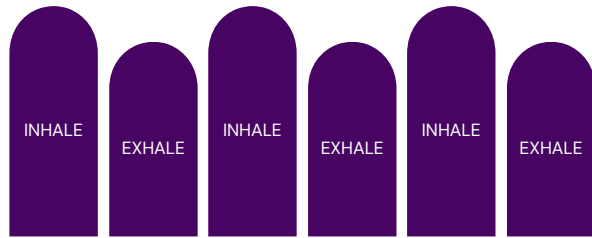
What I Choose to Create Tomorrow

Day 30

___/___/___

"To bring anything into your life, imagine that it's already there." - Richard Bach

Breath Before Writing



What I'm Grateful For Today











What Color, Image or Symbol Describes Today?



3 Synchronicities I Noticed Today

1

2

3

Today's Affirmation

I am free of limiting beliefs & open to the flow of everlasting abundance.

What I Created Today

What I Choose to Create Tomorrow

About Monika



Monika Benoit is a Mindset & Transformation coach and creator of Quantum Manifestation Hypnosis™. She has helped countless people transform their personal and professional lives through her blog, newsletters, e-books, digital courses, and private mentorship. She is a leader in the wellness space: a healer, speaker, teacher, self-help author, mom, and a woman on a mission to positively impact planet Earth. She is proudly known as the Quantum Manifestation Queen.

She teaches from experience: having shifted her personal reality through mindset transformation & the healing of emotional and financial trauma. She shares her story of shifting from anxious, broke and crying daily to embodying the most expansive version of herself, while running a fulfilling soul-led business - to inspire others to reach for their dreams. Monika now facilitates healing and transformation on a daily basis, helping energy healers, coaches, hypnotists and holistic health practitioners level up their personal lives and businesses and tap into limitless money, soulful impact & pleasure.

Through a unique combination of subconscious reprogramming via Quantum Manifestation Hypnosis™ & deep energetic healing, Monika helps her clients tap into their co-creative power, reclaim their limitless potential and turn their dreams into an abundant reality.

Monika lives in Connecticut and enjoys being in nature, spending time with her family and pets, and living her purpose through joy-filled experiences. Learn more about Monika's private mentorship programs by [clicking here](#).

