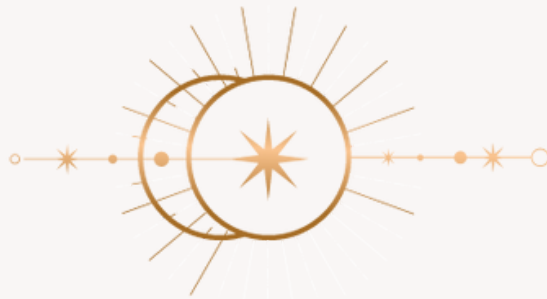


*Quantum*

**MANIFESTATION**

START-UP KIT



[WWW.MONIKABENOIT.COM](http://WWW.MONIKABENOIT.COM)

# Welcome!



I am delighted to welcome you to our community and excited to introduce my Quantum Manifestation Start-up Kit. If you are new to the concepts of the Law of Attraction and Manifestation, I recommend beginning with the complimentary resources included at the start of this document. Within these resources, you will find links to readings and audio materials that elucidate the core principles essential for awakening your innate manifesting abilities. Additionally, the kit includes a motivational quote and a daily manifestation affirmation for the next 30 days, along with space for you to record your intentions and daily synchronicities. My objective is to empower you to fully comprehend and harness your manifestation potential.

Many individuals grow up in environments that emphasize hard work as a prerequisite for achieving their desires. Consequently, we may internalize beliefs that hinder us from experiencing the quality of life we truly deserve. The key to unlocking genuine abundance begins with a conscious invitation. I encourage you to articulate what abundance means to you personally. In this context, abundance signifies the confidence that what you need will arrive at the appropriate time, as well as the recognition that you are supported by the necessary resources in perfect alignment.

It is every individual's right to enjoy the wealth of resources available in our world. To manifest external changes, we must first undergo an internal transformation. Everyone has the opportunity to acknowledge the abundance that surrounds them. By training ourselves to seek signs of abundance, we soon discover there are far more opportunities than we ever imagined. This Start-up Kit is designed to facilitate that journey.

Let us embark on this transformative experience together!

XOXO  
Monika Benoit



[WWW.MONIKABENOIT.COM](http://WWW.MONIKABENOIT.COM)

Here are all the resources organized into three categories for your convenience:

## *Read - Watch - Listen (Meditate)*

### **Read (Articles)**

- [Discover the 7 Key Traits of an “Abundance Mindset” by Angelina Zimmerman](#)
- [How Do I Adopt an Abundance Mindset by Vicki Cook and Amy Blacklock](#)
- [6 Steps For Creating Abundance by Deepak Chopra](#)
- [The Science of Manifestation: How Quantum Physics Supports the Process by the Secret School of Wisdom](#)
- [How to Attract Abundance: 10 Steps to Feeling Successful from “The Power of Intention” by Wayne Dyer](#)
- [Learning to Receive by Wellbeing Alignment](#)
- [5 Exercises for Creating Abundance by Melissa Carver](#)
- [6 Tips to Develop and Model an Abundance Mindset by John C Maxwell](#)
- [5 Keys to Unlock the Science of Manifestation for Quantum Transformation](#)
- [Love Your Bills by Louise Hay](#)
- [Quantum Jumping Manifestation by Sarah Scoop](#)

### **Listen (Audios and Meditations)**

- Calm Guided Meditation to Gain Abundance, Love & Happiness by Bob Proctor
- Abundance and Gratitude by Eckhart Tolle & Oprah Winfrey
- ThetaHealing Meditation + Quantum Manifestation by Melanie Phillips
- Step Into Your Greatness: Guided Meditation + Affirmations by Amanda Frances
- [Manifestation Meditation - Powerful Abundance Meditation - Manifest Your Dreams](#)
- WORTHINESS SHIFT ACTIVATION Meditation by Prachi Mehra

### **Watch (Videos)**

- Famous People Talk About the Law of Attraction
- Prosperity and Abundance Video by Louise Hay
- [The Hidden Code For Transforming Dreams Into Reality | Mary Morrissey | TEDxWilmingtonWomen4](#)
- [How to use Quantum Physics to Make Your Dreams Your Reality with Suzanne Adams5](#)
- [A Quantum Manifestation Secret You Need To Know by Sylvia Salow6](#)
- [Quantum Jumping Manifestation | How To Quantum Shift To A New Reality7](#)
- How to Literally Do Anything Quantum Manifestation by Marina Jacobi
- [How to Manifest Using Quantum Physics by Alex Chen8](#)
- [The Metaphysics of Money—The 7 Laws of Abundance by Deepak Chopra](#)
- [How to Turn Envy Into Admiration and Abundance with Glennon Doyle Melton](#)

I hope this helps you navigate the resources more easily!

XOXO  
Monika Benoit



# Beginner

*Read*

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

**1**

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

**6**

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

**2**

From Waves to Wishes:  
The Quantum Physics Ultimate Guide to  
Manifestation

**7**

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

*Listen*

**3**

Law of Attraction 101  
by Gabby Bernstein

**8**

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

*Watch*

**4**

Famous People Talk About  
the Law of Attraction Video

**9**

The Secret to the  
Law of Attraction

**5**

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

**10**

Prosperity and  
Abundance Video by  
Louise Hay

# Check this out! *Intermediate*

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

**1**

5 Keys to Unlock the Science of Manifestation for Quantum

**6**

Abundance and Happiness: Quantum Physics

**2**

Quantum Jumping Manifestation by Sarah Scoop

**7**

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

*Listen*

**3**

20 Minute Guided Visualization by Law of Attraction Changed My Life Podcast

**8**

Worthiness Shift Activation Meditation by Prachi Mehra

*Watch*

**4**

Science of Manifestation: relation to Quantum Physics & How to actually Manifest your Desires

**9**

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

**5**

Abundance and Gratitude by Eckhart Tolle & Oprah Winfrey

**10**

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

# Advanced

*Read* →

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

**1**

How to Manifest Using  
Quantum Physics by  
Alex Chen

**6**

A Quantum Manifestation  
Secret You Need To Know by  
Sylvia Salow

**2**

5 Keys to Unlock the  
Science of Manifestation  
for Quantum  
Transformation

**7**

The Science of Manifestation:  
How Quantum Physics  
Supports the Process by the  
Secret School of Wisdom

*Listen* →

**3**

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

**8**

ThetaHealing Meditation +  
Quantum Manifestation by  
by Melanie Phillips

*Watch* →

**4**

Quantum Manifestation  
Explained | Dr. Joe Dispenza

**9**

How to Literally Do Anything  
Quantum Manifestation by  
Marina Jacobi

**5**

Science of Manifesting in-  
depth Quantum Physics:  
Quantum jumping &  
Quantum field Explained

**10**

Quantum Manifestation  
Explained: The Science  
Behind Shifting

# Bonus

*Read*

Additional resources to expand your understanding of the principles of Universal Law and how to implement them.

**1**

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

**6**

6 Steps For Creating Abundance by Deepak Chopra

**2**

Learning to Receive by Wellbeing Alignment

**7**

5 Exercises for Creating Abundance by Melissa Carver

**3**

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

**8**

Love Your Bills by Louise Hay

**4**

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

**9**

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

*Listen*

**5**

Manifestation Meditation Attract Your Desires

**10**

Quantum Manifestation Meditation



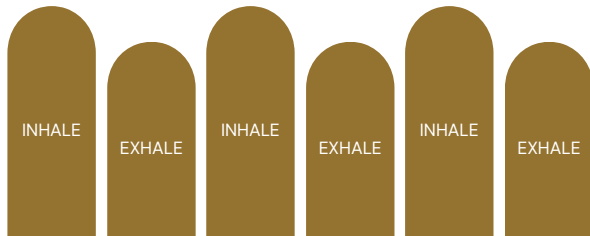


# Day 1

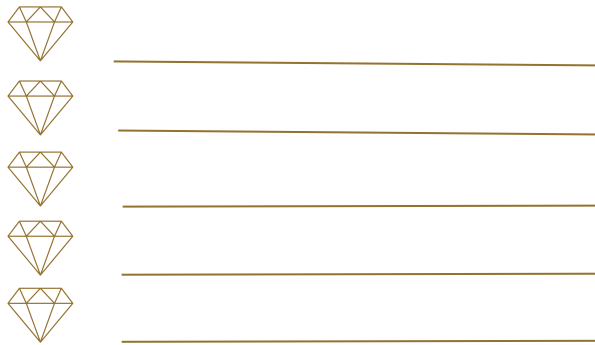
\_\_\_/\_\_\_/\_\_\_

*Manifestation begins with a single, focused thought.*

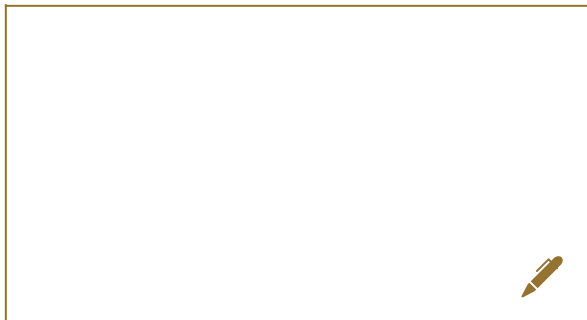
## Breath Before Writing



## What I'm Grateful For Today



## What Color, Image or Symbol Describes Today?



## 3 Synchronicities I Noticed Today

1

2

3

## Today's Affirmation

*What I am seeking  
is seeking me.*

## What I Created Today

---

---

---

---

## What I Choose to Create Tomorrow

---

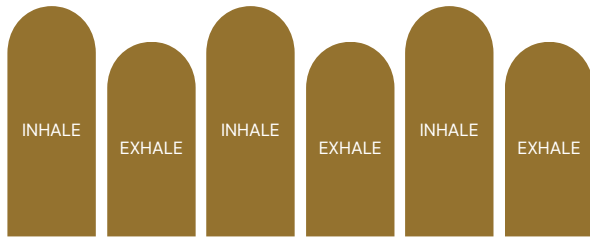
---

# Day 2


\_\_\_/\_\_\_/\_\_\_

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

## Breath Before Writing





## 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 choose to talk to myself kindly.*

## What I Created Today

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## What I Choose to Create Tomorrow

\_\_\_\_\_

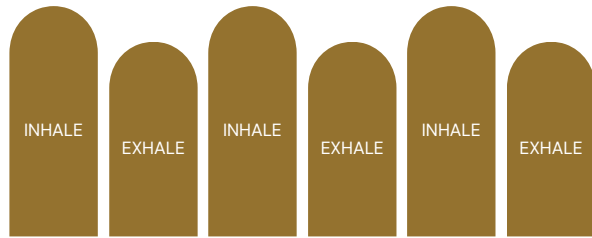
\_\_\_\_\_

# Day 3

\_\_\_/\_\_\_/\_\_\_

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

## Breath Before Writing



## 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 intentions  
for my life are clear.*

## What I Created Today

---

---

---

---

## What I Choose to Create Tomorrow

---

---

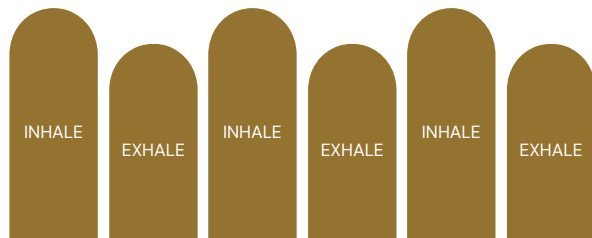
# Day 4

\_\_\_/\_\_\_/\_\_\_

*"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

---

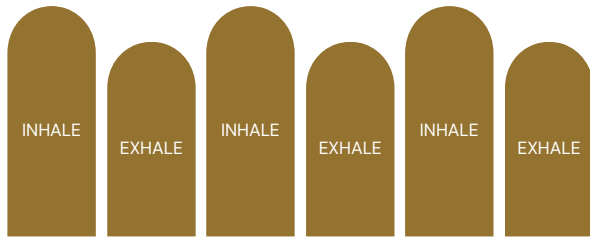
---

# Day 5

\_\_\_/\_\_\_/\_\_\_

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

## Breath Before Writing



## 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 exist in a high vibrational state.*

## What I Created Today

---

---

---

---

## What I Choose to Create Tomorrow

---

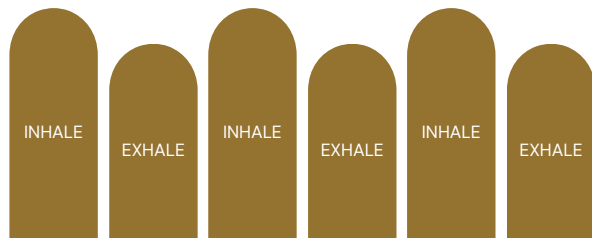
---

# Day 6

\_\_\_/\_\_\_/\_\_\_

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

## Breath Before Writing



## 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 fed by love and joy*

## What I Created Today

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## What I Choose to Create Tomorrow

\_\_\_\_\_

\_\_\_\_\_

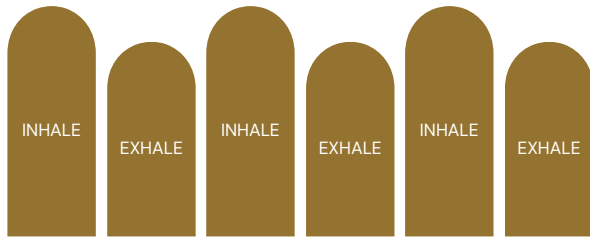
# Day 7

\_\_\_/\_\_\_/\_\_\_

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

*—Rhonda Byrne*

## Breath Before Writing



## What I'm Grateful For Today



---



---



---



---



---

## What Color, Image or Symbol Describes Today?

## 3 Synchronicities I Noticed Today

1

2

3

## Today's Affirmation

*Wealth and abundance  
flow to me.*

## What I Created Today

---

---

---

---

## What I Choose to Create Tomorrow

---

---





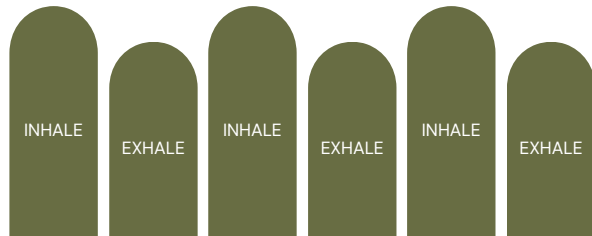
# Day 8

\_\_\_/\_\_\_/\_\_\_

*"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

\_\_\_\_\_

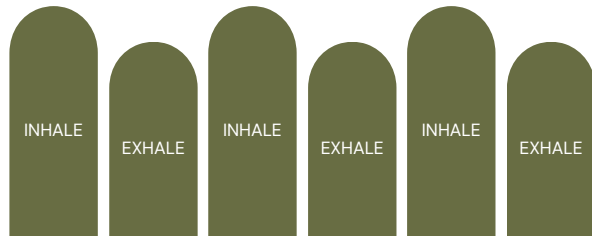
\_\_\_\_\_

# 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

---

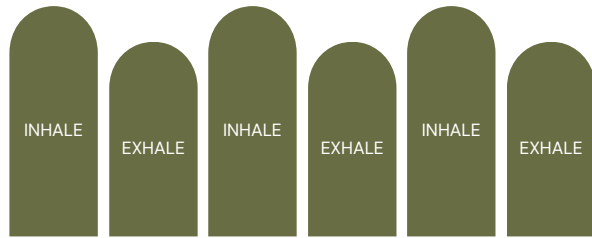
---

# 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



## 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 receive love in abundance from everyone I meet.*

## What I Created Today

---

---

---

---

## What I Choose to Create Tomorrow

---

---

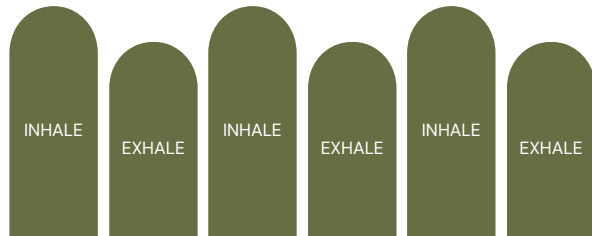
# Day 11

\_\_\_/\_\_\_/\_\_\_

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

*- Napoleon Hill*

## Breath Before Writing



## What I'm Grateful For Today



---



---



---




---



---

## What Color, Image or Symbol Describes Today?



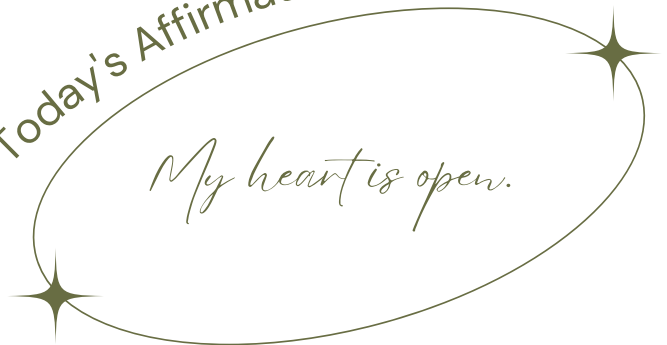
## 3 Synchronicities I Noticed Today

1

2

3

## Today's Affirmation



## What I Created Today

---

---

---

---

## What I Choose to Create Tomorrow

---

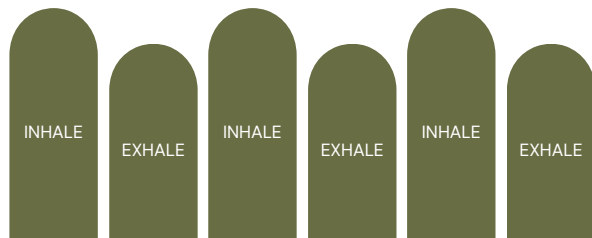
---

# 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

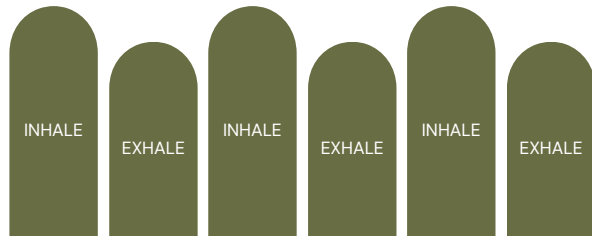
# Day 13

\_\_\_/\_\_\_/\_\_\_

*"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

---

---

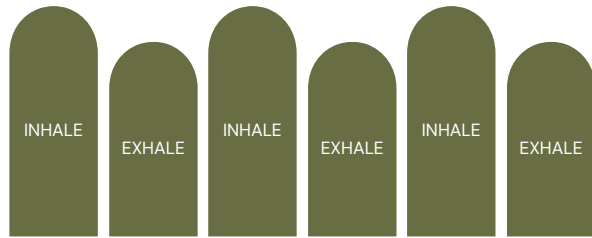
# Day 14

\_\_\_/\_\_\_/\_\_\_

*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?

A large empty rectangular box for drawing or writing. A small pencil icon is located in the bottom right corner of the box.

## 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

---

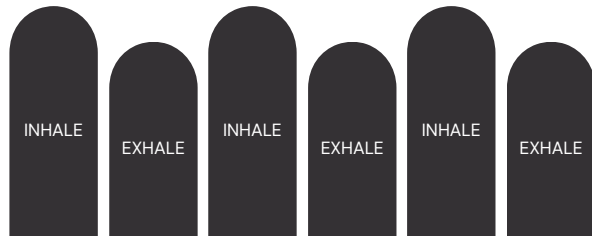
---

# 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

---

---

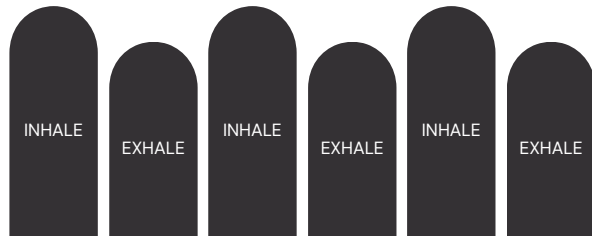


# Day 16


\_\_\_/\_\_\_/\_\_\_


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


## Breath Before Writing





## What I'm Grateful For Today

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

## What Color, Image or Symbol Describes Today?



## 3 Synchronicities I Noticed Today

1

2

3

## Today's Affirmation

*What I am seeking  
is seeking me.*

## What I Created Today

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## What I Choose to Create Tomorrow

\_\_\_\_\_

\_\_\_\_\_

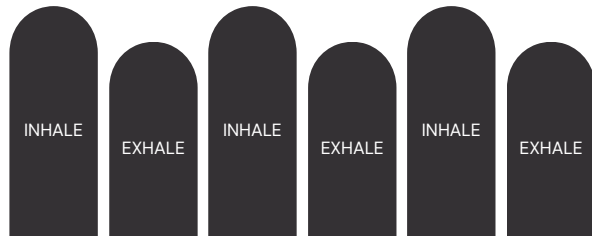
# Day 17

\_\_\_/\_\_\_/\_\_\_

*"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

\_\_\_\_\_

\_\_\_\_\_

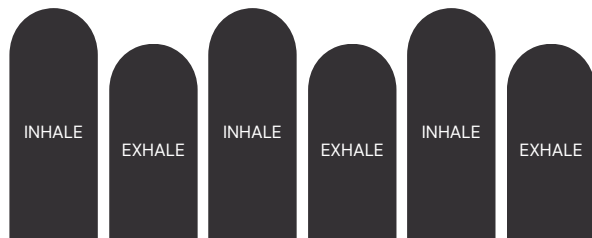
# Day 18

\_\_\_/\_\_\_/\_\_\_

*"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

\_\_\_\_\_

\_\_\_\_\_

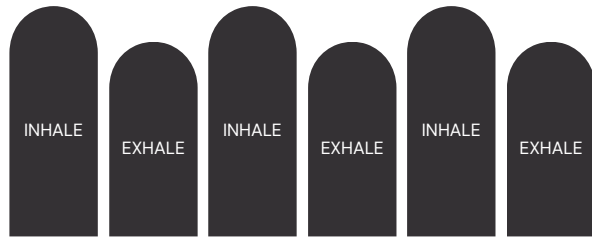
# Day 19

\_\_\_/\_\_\_/\_\_\_

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

*- Shakti Gawain*

## Breath Before Writing



## What I'm Grateful For Today



---



---



---



---



---

## What Color, Image or Symbol Describes Today?



## 3 Synchronicities I Noticed Today

1

2

3

## Today's Affirmation

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

## What I Created Today

---

---

---

---

## What I Choose to Create Tomorrow

---

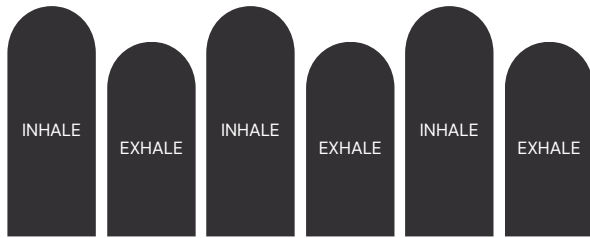
---

# Day 20

\_\_\_/\_\_\_/\_\_\_

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

## Breath Before Writing



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

## What I Created Today

---

---

---

---

## What I Choose to Create Tomorrow

---

---

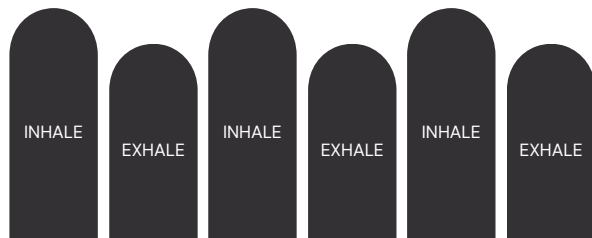
# Day 21

\_\_\_/\_\_\_/\_\_\_

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

*- Winston Churchill*

## Breath Before Writing



## 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 surrender control & allow abundance to flow in unexpected ways.*

## What I Created Today

---

---

---

---

## What I Choose to Create Tomorrow

---

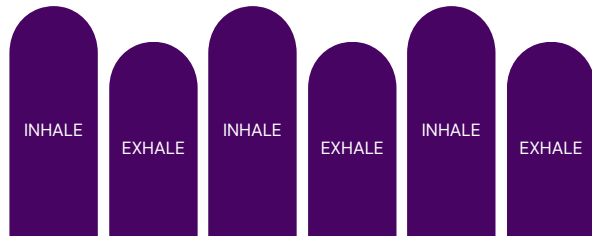
---

# 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

---

---

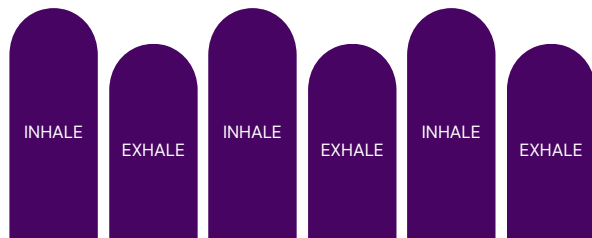
# Day 23

\_\_\_/\_\_\_/\_\_\_

*"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?

A large, empty rectangular box with a thin black border, intended for drawing or writing. A small icon of a pencil is located in the bottom right corner of the box.

## Today's Affirmation

*I am tuned into passion  
positivity & prosperity.*

## What I Created Today

---

---

---

---

## What I Choose to Create Tomorrow

---

---

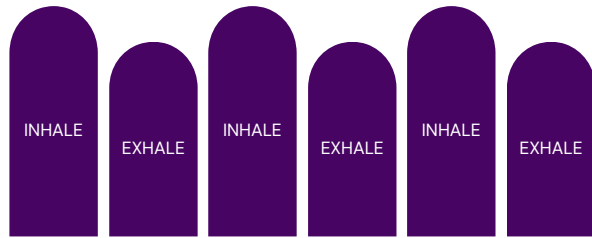


# Day 24

\_\_\_/\_\_\_/\_\_\_

*"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

---

---

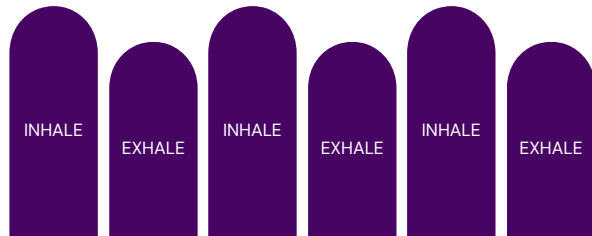
# Day 25

\_\_\_/\_\_\_/\_\_\_

*"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

---

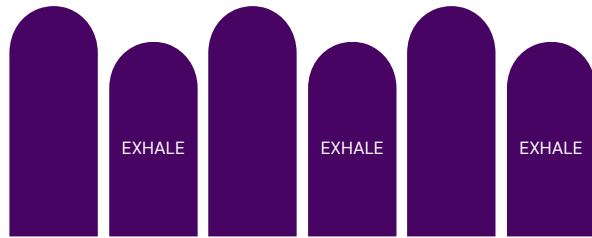
---

# 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

---

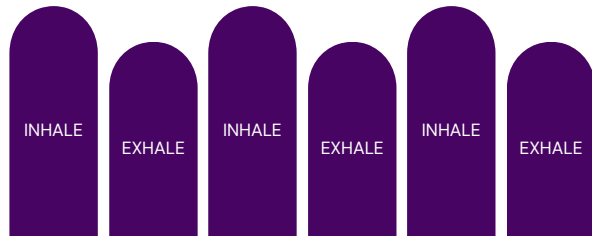
---

# Day 27

\_\_\_/\_\_\_/\_\_\_

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

## Breath Before Writing



## What I'm Grateful For Today



---



---



---

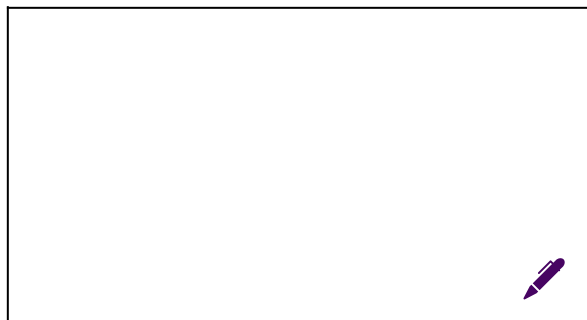


---



---

## 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

---

---

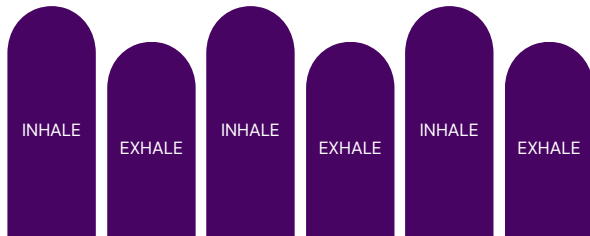
# Day 28

\_\_\_/\_\_\_/\_\_\_

*"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

\_\_\_\_\_

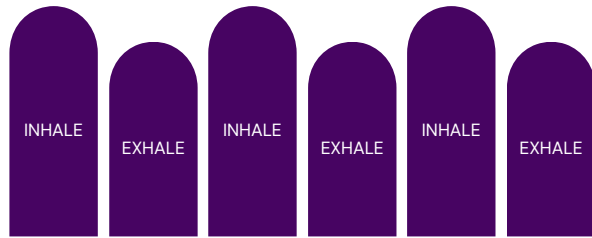
\_\_\_\_\_

# 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

---

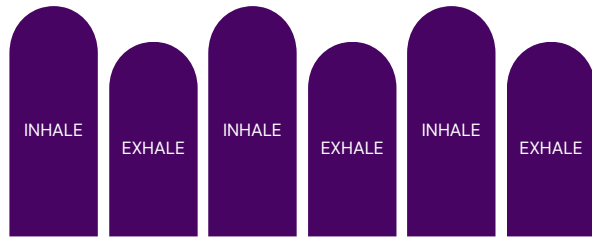
---

# 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](#).

