

Coral Valley Journaling Series

Tools to Guide your Growth

February Journaling Focus: Operationalizing our Intentions

Last month, we reflected on last year and developed manifestation statements with new intentions for the coming year. But just like those fleeting New Year’s Resolutions, goal-setting, manifesting, and other related exercises— regardless of how genuine our intentions—often result in a spurt of motivation, followed by a lack of follow-through. Whether we get “too busy,” slip up on our resolve, or outright change our minds, we can quickly become discouraged by a perceived lack of progress, which we may go so far as to label a “failure.”

So, before finding ourselves doused in discouragement, let’s take some time to operationalize our intentions, so we may truly manifest the selves we aspire to be in the lives we strive to live!

Revisiting Our Manifestation Statements

Review your writings from last month. Record one to three of the manifestation statements you created below. *You are free to write a revision of a previous statement, or to start over, altogether.*

Notice how you feel in your body as you record those manifestation statements, and simply acknowledge the emotions that arise in you as you do so.

Example: I am fully present with my family when we are together.

Now that you have recorded your statements above, take a moment to read them aloud in a confident and commanding voice.

Now close your eyes, and repeat them, verbatim.

Imaging yourself speaking them into existence—one at a time— as you envision those manifestations becoming just that—manifest!



Reinvesting in our Manifestation Statements

Part of the reason why our resolutions, goals, and manifestations lose steam is because we diminish our investment in their importance. As such, take a moment to write a few sentences about why your manifestation statements are important to you! Since these are rooted in your values, it should not be so hard to do this; that said, if you find that the importance of your manifestation statements is hard to rationalize (i.e., upon second thought, maybe you don't need to prioritize XYZ at this time...), it is your prerogative to change your mind and redirect your focus to a more important, values-driven manifestation.

Manifestation Statement	Rationale: Why is this important to me? With which of my personal values is it aligned?
<i>I am fully present with my family when we are together.</i>	<i>"Family" is one of my top values. It is important to me to be present with my spouse and children when not working. I want to remember all of these precious memories, as our children will grow so quickly! I also am more stressed when my attention is divided, and my family can tell. I want to bring my best, whole self to my family, because I believe that is what we ALL deserve!</i>



Visualizing Our Manifestation Statements

After you have reinvested in your manifestation statements, and as you continue to articulate and envision them, take a few moments to describe what each of them LOOKS like, SOUNDS like, and FEELS like. Be as specific as you can. You might do this in free-flowing sentences (perhaps in a separate journal), or in short phrases, using the table below.

Manifestation Statement	Looks like...	Sounds like...	Feels like...
<i>Ex: I am fully present with my family when we are together.</i>	<i>No technology, including TV, tablets, phones, etc. We are playing games, make believe. We are outdoors on a sunny day, we are playing hide-and-seek, we are smiling, we are dancing.</i>	<i>Our voices, our laughter. No ringtones or phone reminders. Bicycle wheels turning. Singing, listening to music.</i>	<i>Warm and full in my torso. Lightness in my legs. No tension in my back. Emotionally, no guilt, just joy!</i>



Operationalizing Our Manifestation Statements

Now it is time to get super concrete to operationalize your manifestation statements.

You have likely heard of SMART goals. Let's take a few moments to break your manifestation statements into concrete steps using the SMART goals framework.

These are goals that are: Specific. Measurable. Ambitious. Realistic. Time-bound.

To do this, you may benefit from, again, closing your eyes and envisioning what it will look like, sound like, and feel like to manifest your intentions. Again, be as specific as you can, using the table below. You may have more than one SMART goal per manifestation statement, and may benefit from replicating the table in a separate journal to give yourself more space!

Manifestation statement	Specific	Measurable	Ambitious	Realistic	Time-bound
<i>Ex: I am fully present with my family when we are together.</i>	<i>Once I am home, I will turn my phone on silent and leave it in our home office to reduce distractions.</i>	<i>This is measurable because I will spend ZERO time on my phone once I have arrived home.</i>	<i>This is ambitious because I know it is challenging to "turn off" my work brain, especially since I am so passionate about my work.</i>	<i>I know that there is nothing in my professional world that is so urgent that I cannot afford to put my phone away.</i>	<i>I will do this from the moment I return home to the moment my family has gone to bed.</i>



Repeating Our Manifestation Statements

Another way to manifest your intentions is by practicing what is referred to as the “369 method.” While some dismiss this as superstitious, there is scientific research to support the notion of repetition, visualization, and positive expectation as reinforcements of success.* As such, we encourage you to experiment with the 369 method to support your efforts towards manifesting your intentions.

The 369 method is pretty straightforward: Simply write one manifestation statement three times in the morning, six times midday, and nine times in the evening. While doing so, we encourage you to repeat it aloud, and after doing so, to close your eyes and envision what it looks, sounds, and feels like when carried out. As with the aforementioned exercises, you may choose to use this table, or to use a separate journal to rewrite your manifestation statements with sufficient space, and on a daily basis!

Morning: 3	Midday: 6	Evening: 9



Enlisting Support of Our Manifestation Statements

Accountability and Support

Last month, we encouraged you to share your manifestation statements with someone you love and trust. Doing so not only increases accountability, but also offers you the opportunity to reflect on your progress, which may include an honest recognition of hurdles that you encounter along the way. If you have not yet chosen someone, take a few moments to determine who that person will be, and when/how often you will check in regarding your manifestation statements. Even more helpful would be to choose someone who is also engaging in this process with you—so invite a friend to participate in the *Coral Valley Journaling Series* and challenge one another to grow into the selves you aspire to be in the lives you strive to live!

Name of Accountability Person: _____

When will you check in? _____

Once you have identified a person and scheduled your check ins, take a moment to add these events to your planners, smartphones, email calendars, etc. Set up reminders 24 hours and also 15 minutes in advance to give you ample time to meaningfully reflect upon your progress and make the most of your check in conversations.

Stay tuned for the next exercise in the Coral Valley Journaling Series!

*Kennon M. Sheldon & Sonja Lyubomirsky (2006) How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves, *The Journal of Positive Psychology*, 1:2, 73-82, DOI: [10.1080/17439760500510676](https://doi.org/10.1080/17439760500510676)

