



Manifestation Story Guide & Workbook

Use this workbook to reflect deeply on your journey, envision your future, and create a powerful, personal narrative that inspires confidence and action. Fill out each section, then use ChatGPT to transform your responses into a powerful manifestation story.

Part 1: Define Your Vision

"Clarify what success looks like for you."

- What experience do I want to manifest as a founder?
- What do I want my brand to stand for?
- Imagine a future where my brand is thriving- what does it look like?

Part 2: Emotions and Transformation

"Reconnect with the emotions that fuel your journey."

- What emotions do I want to feel every day?
- What pain points or challenges have shaped my journey?
- How will I take care of myself to sustain well-being?

Part 3: Overcoming Challenges

"Celebrate how far you've come."

- What fears or doubts did I have in the beginning?
- What are the biggest challenges I've overcome?
- How have these experiences made me stronger?

Part 4: Sensory Visioning

"Bring your vision to life with vivid details."

- What does my ideal day as a founder look like?
- Where do I imagine myself working or traveling?
- What sights, sounds, and environments inspire me?

Part 5: Embodying Success Now

"Celebrate what's already working."

- When do I already feel the emotions I'm manifesting?
 - What feedback reassures me I'm on the right path?
 - What small actions can I take every day to feel empowered?
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Part 6: Write Your Story

"Turn your reflections into an inspiring narrative."

Gather your answers and use ChatGPT to transform them into a vivid, present-tense manifestation story. Use the prompt below to generate your personalized story:

📌 ChatGPT Prompt:

"Please use the answers to my prompts below to create a vivid, present-tense manifestation story that I can read each night. I want it to inspire confidence, reflect my CPG brand journey, and include sensory details that make me feel like I'm already living this dream. Ensure the story is immersive, emotionally resonant, and structured as if my vision is already a reality. Use positive language, dynamic imagery, and affirmations that reinforce success and fulfillment."

Next Steps:

- 1 Copy and paste this prompt into ChatGPT along with your responses.
- 2 Review and personalize the output to ensure it fully resonates with you.
- 3 Read your story nightly to reinforce your vision and mindset.
- 4 Update your story as your goals evolve to keep it aligned with your journey.

Final Submission for ChatGPT

Copy and paste your final responses here before submitting them to ChatGPT:

"Your vision is not just a dream—it's a preview of what's possible. The more you align your thoughts, actions, and beliefs with your future success, the closer it becomes your reality. Keep believing, keep building, and trust that your journey is unfolding exactly as it should."

— Beth Wilson-Parentice

