



Your New Years Manifestation Mini Book

MADE WITH LOVE BY
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DO
SOMETHING
TODAY THAT
Future You
WILL THANK
YOU FOR

W E L C O M E

to your best year yet

Hey beautiful soul,

Right now, you're standing at the edge of something fresh... a brand new year, a new chance to shape your story exactly how you want it. This booklet isn't about pressure or setting unrealistic goals. It's about you choosing kindness for yourself, showing up with intention, and taking small, meaningful steps that your future self will look back on with gratitude.

Your highest potential is so much closer than you realise, and she's already so proud of you for chasing your dreams, shifting your habits, and intentionally aligning your days with the life you've always known was meant for you. Every time you pause to dream, to reflect, or to release what no longer serves you, you move closer to that vision, that beautiful timeline you've been holding in your heart.

This little guide is here to be your gentle companion, to hold space for your growth, your clarity, and your manifestations. You deserve every ounce of love, joy, and care this year has to give.

So, get your favourite pen and open your heart, and let's start this beautiful journey together.

With all my love,
Brooke xo

MY GOALS IN 2026

Professional Goals

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Personal Goals

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Relationship & Connection Goals

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Financial Goals

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Self-Care & Wellness Goals

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Creative & Passion Projects

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

YOUR HIGHEST TIMELINE

Daily Reflection from Future You

Imagine yourself as your dream self: confident, radiant, and fully aligned with the life you desire. This page is your space to connect with her energy and make choices that truly support your best life. Fill in the prompts below as if you've already been that girl, and let today's reflections become tomorrow's inspired actions.

THINGS THAT MADE ME HAPPY TODAY

WAYS I POURED INTO MYSELF TODAY

WATER INTAKE GOAL

1L2L3L

HOW PRESENT WERE YOU TODAY?

NOT PRESENT

→

FULLY PRESENT

MEALS THAT FUELLED ME

Breakfast

Lunch

Dinner

Snacks

A CHOICE I MADE TODAY THAT ALIGNED WITH MY GOALS

ONE THING I'M PROUD OF TODAY

Intentional *Insights*

DATE: _____

(*Reflections*)

Change begins with recognising what isn't working and taking steps to improve it. While not everything is within your control, your choices and actions are. Focus on the things you can change like your habits, mindset, or how you approach challenges.

I want

eg. a healthier, more balanced work life balance

I choose to change

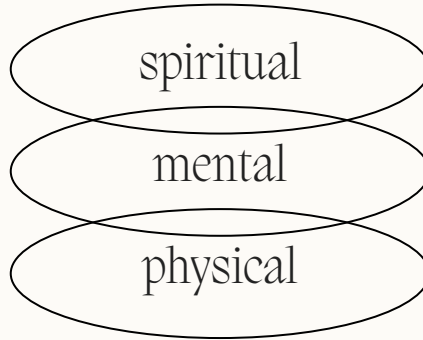
eg. my morning routine by stepping away from my phone and starting the day with a fresh glass of water.

I am no longer available for

eg. people or situations that drain my energy or pull me away from my peace.

three DAILY WINS

3 Daily Wins is an exercise designed to help you focus on nurturing key areas of your life.



Each day, choose one win from each category that feels easy and uplifting. Something that reminds you you're showing up for yourself with love and intention.

Celebrating these daily wins helps you build momentum, balance your energy, and create a life that feels purposeful, joyful, and totally aligned with your true self.

No win is too small! Every step you take is a beautiful reminder that you're growing, glowing, and becoming more YOU with every moment.

Physical Win

- walking for 30 minutes
- jogging/ going for a run
- practicing yoga or pilates
- lifting weights
- stretching exercises
- dancing
- taking the stairs
- preparing a healthy meal
- trying a new fitness class
- going for a hike
- drinking enough water
- getting 7-8 hours of sleep
- doing a home workout
- breathing exercises
- eating veggies

Mental Win

- planning and organising tasks
- setting a personal challenge
- reading
- journaling
- learning a new skill
- creating a vision board
- studying a new topic
- listening to a podcast
- practicing a language
- writing a to do list
- reviewing goals and progress
- creating a mind map
- listening to an audiobook
- doing a creative hobby
- organising your workspace or bedroom

Spiritual Win

- practicing positive self-talk
- meditating
- praying
- writing a gratitude list
- spending time in nature
- random act of kindness
- doing a digital detox
- practicing affirmations
- volunteering
- forgiving someone
- letting go of negativity
- offering emotional support
- lighting a candle
- listening to music
- checking in with a family or friend

GRATITUDE JOURNAL

2026

A SIMPLE MOMENT I'M THANKFUL FOR:

3 THINGS I TAKE FOR GRANTED THAT I WANT TO APPRECIATE:

THIS YEAR I LOOK FORWARD TO

A KIND GESTURE I RECEIVED OR GAVE:

AFFIRMATION I LOVE:

HOW MUCH DO I AIM TO MOVE MY BODY DAILY:

LIGHTMOVEMENTFULLYACTIVE

HOW MOTIVATED DO I FEEL ABOUT 2026?

NOT VERYREADYI'MFULLYREADY

2026 *Manifestation*

DATE: _____

(Important)

Manifestation journaling is a powerful tool because it focuses your mind, aligns your energy, and directs your actions toward the reality you want to create. The more you write as if it's already yours, the faster you step into it. Feel it in your heart, believe it in your mind, and let your actions reflect that energy every single day.

MY BIGGEST INTENTION FOR THE YEAR:

What is the main focus or feeling I want this year?

VISUALISE
YOUR DREAM

ALIGNED ACTION STEPS:

Three key moves I will make to step into this reality:



What am I already thankful for that matches my dreams?



How will I show up each day as the version of me who already has this life?



Self-Reflection & Awareness

3 things I know I need to prioritise more this year is...

1.

2.

3.

How do I feel about my life right now? What might be the cause of these feelings?

What are the positive qualities I see in myself?

What habits would I like to change or improve in my life?

You can't pour from an empty cup. Take care of yourself first.

Affirmations

Circle your favourite ones and recite these daily.

*I am a magnet
for success and
prosperity.*

*I am confident
in my abilities.*

*I am constantly
evolving and
improving.*

*I am resilient and
can overcome any
challenge.*

*I embrace change as
an opportunity for
growth.*

*I am a source of
inspiration and
kindness.*

*I choose joy and
gratitude in
every moment.*

*I radiate positivity
and attract positive
people.*

*I trust in the
journey of life.*

*I am already living the
life I dream of, and each
day I align with it even
more.*

LOVE NOTE

from me to you

I want to share something personal with you.

Manifestation and a positive mindset have completely transformed my life. Every day, I take the time to visualise my best life, express gratitude, and align my energy with my dreams. These simple daily practices have helped me show up as my best self, and I want to help you do the same.

Setting New Year's intentions, creating vision boards, and clarifying your goals isn't always easy, it takes courage, commitment, and a little bit of self-love. Most people let the year pass by without really thinking about what they want, but by taking the time to do this work, you're already setting yourself apart. You're showing up for yourself, investing in your growth, and giving your dreams the energy they need to manifest.

If you want to go deeper, I go further into this in my book, *The Energetics of Beauty*, where I share how to align your energy with your goals and make these practices truly transformative.

Remember, you're worthy of the life you dream of. Take these steps, trust yourself, and watch how everything begins to shift in your favour.

Here's to your most magical, intentional year yet xo