

Alignment and Manifesting

Workbook



Anita Core Healing
CONNECTING YOU TO YOUR CORE

For best results, print this workbook
and handwrite your responses.

Writing by hand slows the mind and
deepens awareness.

It helps anchor intentions into the body
and nervous system.

This workbook can be used at any
point in your journey.

Return to these pages whenever you
feel called to realign, reset, or grow.



As your energy shifts and you evolve
Your intentions can evolve with you



Welcome & Intention

Welcome to this sacred space. This workbook is an invitation to slow down, soften, and reconnect with your inner wisdom. As you answer each question, be true to yourself



- How do I want to feel as I move forward?

- What intention would feel most supportive for me right now?



Gentle Grounding Practice

Find a comfortable seat. Take three slow breaths and bring awareness to your body without judgment.



- What am I noticing in my body right now?



- What emotions or sensations are present?



- What helps me feel grounded and safe?



Closing a Chapter

Before creating something new, we honour what has been.



- What has this chapter of my life taught me?



- What am I ready to lovingly release?



- What experiences have shaped me most?



Your Word

A guiding word acts as a gentle anchor, supporting your choices and energy.



- My word is...

A large, empty oval outline with a gold star at the top-left corner, designed for writing a guiding word.

- Why this word feels aligned for me?

A large, empty oval outline with a gold star at the top-left corner, designed for writing reasons why the word feels aligned.

- How I want to embody this word daily?

A large, empty oval outline with a gold star at the top-left corner, designed for writing how to embody the word daily.

Soul-Aligned Intentions

Intentions are heart-led and compassionate, not pressure-based goals.



• I choose to experience...



• I allow myself to receive...



• I am becoming...



Affirmations & Embodiment

Affirmations are gentle reminders of your truth.



- An affirmation that feels true for me?



- How I will remind myself of this truth?



- Where I feel this affirmation in my body?

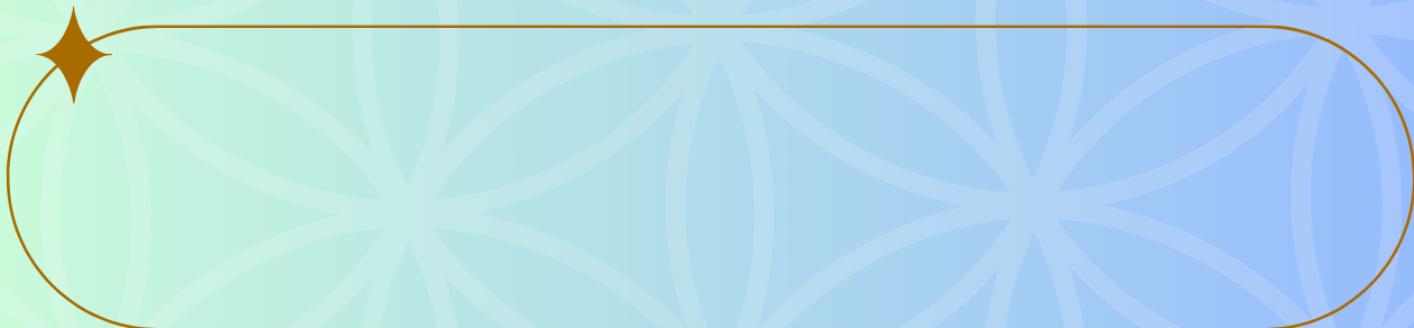


Releasing Limiting Beliefs

You are allowed to let go of stories that no longer support your growth.



- A belief I am ready to release?



- A new belief I choose to embody?



- How this shift changes my energy?



Daily Anchors & Rituals

Small daily practices create safety, grounding, and momentum.



- My daily self-connection practice

- How this practice supports my wellbeing?

- What helps me stay consistent with ease?



Closing and Commitment

Take a moment to honour yourself for showing up.



- I commit to honouring myself by...

- A loving promise I make to myself

- One way I will offer myself compassion



Meeting Your Future Self

Imagine yourself living in alignment and ease.



- What does my future self want me to know?



- What choice would they make today?



- What energy do they embody?



Manifesting with Alignment

Manifestation flows best when intention meets aligned action and trust.



- One aligned action I can take?



- What support I need to ask for?



- Where I can soften and trust more?



A Closing Blessing

May you continue to meet yourself with softness and clarity.

May you trust your inner guidance and honour your own rhythm.

May you feel supported as you release what no longer serves you, and welcome what aligns with your true self.

With care and intention

Anita Core Healing

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Thank you for respecting the energy, time, and intention that has gone into creating this work.

Designed by Nikita Singh

