



The Feeling Board Guide Worksheet

Feel the Shift!



✦ **Step 1: Reflect on What You're Manifesting**

What do you want to manifest?

(Examples: more money, a relationship, health, purpose)

1. _____
2. _____
3. _____

How do you feel about these things right now?

(Check all that apply or add your own)

- **Excited**
- **Hopeful**
- **Calm**
- **Fearful**
- **Stressed**
- **Doubtful**
- **Unworthy**
- **Frustrated**
- **Other:** _____

What do you *want* to feel instead?

- **Peaceful**
- **Empowered**
- **Abundant**
- **Loved**
- **Safe**
- **Confident**
- **Clear**
- **Joyful**
- **Other:** _____

 **Step 2: Tune In to the Feeling**

Choose 3–5 feelings that represent your desired emotional state.
(These will become the foundation for your Feeling Board.)

1. _____
2. _____
3. _____
4. _____
5. _____

Describe what each feeling looks or feels like to you:

Example: "Freedom = sitting in nature, barefoot, with sunshine on my skin"

- Feeling 1: _____
- Feeling 2: _____
- Feeling 3: _____
- Feeling 4: _____
- Feeling 5: _____

 **Step 3: Create Your Feeling Board**

Use this checklist as a creative prompt or download and listen to the meditation on the website:

- Choose images that *represent the feelings*, not the stuff
- Draw symbols, shapes, or patterns that make you feel good
- Use colors that evoke the energy you're cultivating
- Include textures, fabrics, or elements you can touch or imagine
- Add words or affirmations that match your emotional goals
- Trust your instincts—this board is for *you*, no one else

Optional extras:

- Place your board somewhere visible
 - Take a photo of it and use it as your phone wallpaper
 - Use it during your daily 17-second pause practice
-

 **Step 4: Align Daily**

Quick Daily Check-In (optional):

- What feeling am I embodying today? _____
- What's one thing I can do to tune back into that frequency? _____

Remind yourself: I don't need to force anything. I just need to *feel* into alignment.

You're raising your frequency—one feeling at a time. 

© 2025 Vanessa Holmes | Manifest Evolution™

All rights reserved. This guide is for personal use only. No part of this publication may be reproduced, distributed, or transmitted in any form without prior written permission from the author. For permissions, contact memanifestevolution@gmail.com.