



TWENTY24

**MANIFESTATION TRACKER
FOR A MORE ABUNDANT YEAR**

**GELEEN ANTONIO
TRAVEL NOT TO ESCAPE**



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Twenty24 Manifestation Tracker for a More Abundant Year
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THESE MANIFESTATIONS BELONG TO:

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MESSAGE FROM THE AUTHOR



MAKE 2024 YOUR YEAR OF ABUNDANCE.

HI, I'M GELEEN!

I've created this manifestation tracker just for you!

Back in 2015, I stood right where you may be now—navigating rock bottom, battling depression, loneliness, stress, and living a life I created based on family and societal expectations. A life that was outwardly “successful”, but was not right for me. After over a decade of solo travel and a journey of personal growth, I am now living a life I love, filled with supportive friends, a passion-filled business, and location freedom.


I founded Travel Not to Escape with a clear mission: to empower women to manifest lives they're excited about. This includes a podcast, community, workshops, events, meditations, and products such as this Manifestation Tracker!

The exercises included here are the very same ones I used to bring intentionality and abundance into my life. These practices have been pivotal on my journey, and now I'm sharing it to help you on yours!

May this tracker be your guide in unlocking abundance and manifesting a life you authentically love.

Now, close your eyes, take a deep breath, and let's embark on this transformative journey together.

Let's Connect!

 [travelnottoescape](https://www.instagram.com/travelnottoescape)

www.travelnottoescape.com

HOW TO USE THIS MANIFESTATION TRACKER

Welcome to your Manifestation Tracker - a powerful tool designed to guide you on your journey of creating a more abundant year and manifesting a life you are excited about! Here's how to make the most of it:

Step 1 - Vision, Intention, and Goals

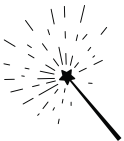
These exercises will help you set your intentions and are crucial first steps for manifestation. The universe will co-create with you, but you need to share your plan!

Step 2 - Gratitude and Affirmations

Gratitude and affirmations will increase your vibration to the level of what you are calling in and open your heart and mind to receive the abundance.

Step 3 - Monthly Practice

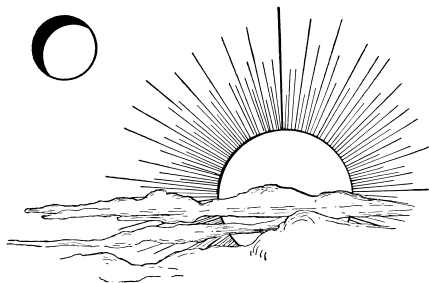
Create a monthly ritual where you write out the manifestations you are seeking to create and how the universe can support you. Reflect on abundance that has come to you, whether it was part of your manifestations or a surprise. When you are mindful of even the smallest signs of abundance, more will come to you.



LOOK FOR THIS SYMBOL AND YOU WILL FIND MANIFESTATION
MAGIC TIPS WHICH WILL HELP YOU LEVEL UP YOUR
MANIFESTATIONS!



WHAT IS MANIFESTATION?



Manifestation is about turning your dreams into reality. But it isn't just law of attraction and thinking positive things. Manifestation is about making everything you want a reality through your thoughts, beliefs, emotions, and actions.

To start manifesting, you need to:

- 1) get clarity around your goals
- 2) ask the universe for what you want
- 3) work toward your goals.

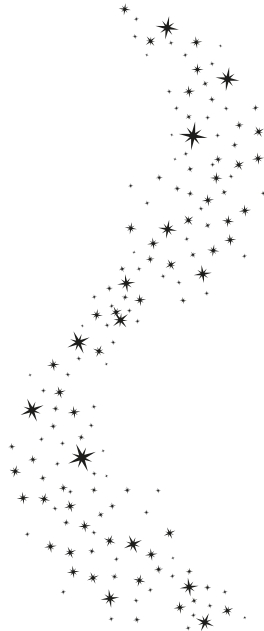
In this Manifestation Tracker, we will be focusing on these three foundational steps so you can actively co-create a reality with the universe that aligns with your vision.

Throughout these pages, this QR code will be available for you to jump into the Travel Not to Escape website where you will find guided meditations and additional resources to help you in your manifestations.





“Shoot for the moon. Even if you
miss, you’ll land among the stars.”
— Norman Vincent Peale





START HERE

THESE 4 EXERCISES HELPED ME IN MY TRANSFORMATION AND I NOW LOVINGLY SHARE THEM WITH YOU SO YOU CAN CREATE YOUR OWN MANIFESTATIONS.

• VISUALIZE YOUR IDEAL LIFE

• Identify your top five passions and align your life with these priorities

• WHAT ARE YOUR CORE VALUES?

• By becoming more aware of your values, you can use them as a guide to make the best choice in any situation.



• LIFE AUDIT

• Understand how balanced or fulfilled your life is in this moment and what areas need focus for improvement.



• CHAT WITH YOUR FUTURE SELF

• Be your own accountability buddy, expanding your mind to think beyond your current circumstances, and gaining motivation to take imperfect action toward your goals.



Pair this Manifestation Tracker with free meditations, audio guides, and examples found on: www.travelnottoescape/manifest

VISUALIZE YOUR IDEAL LIFE

ONE OF MY FAVORITE EXERCISES IS THE PASSION TEST, FROM THE BOOK “THE PASSION TEST: THE EFFORTLESS PATH TO DISCOVERING YOUR DESTINY” BY CHRIS ATTWOOD AND JANET BRAY ATTWOOD.

THIS TEST HELPS YOU IDENTIFY YOUR TOP FIVE PASSIONS SO YOU CAN ALIGN YOUR LIFE WITH THESE PRIORITIES.

This is my personal example. After I completed the Passion Test, I created this list of 5 “I Am” statements which have served as my north star for all decisions.

————— ◆ —————
WHEN MY LIFE IS IDEAL, I AM...

1. Surrounded by a network of supportive and inspiring friends and colleagues.
2. In a relationship where my partner and I inspire and challenge each other.
3. Empowering women by expanding their worldview and helping them realize their full potential to live meaningful lives.
4. Making a lasting impression in the world that surpasses my lifetime.
5. Having a significant impact on a global scale.

————— ◆ —————
NOW ITS YOUR TURN!



WHEN MY LIFE IS IDEAL, I AM

SET A TIMER OF 15 MINUTES. WRITE DOWN 20 STATEMENTS THAT ARE TRUE WHEN YOU ARE LIVING YOUR IDEAL LIFE. THINK BIG AND AUDACIOUS! DON'T SECOND GUESS YOURSELF AT THIS STAGE. JUST WRITE IT DOWN!

1

2

3

4

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20

NOW, GO THROUGH EACH ITEM ABOVE AND SELECT ONLY YOUR TOP 5 "I AM" STATEMENTS.

WHEN MY LIFE IS IDEAL, I AM...

REWRITE YOUR LIST OF TOP 5 STARTING WITH
THE MOST IMPORTANT(1)

WHEN MY LIFE IS IDEAL, I AM...

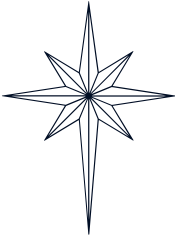
1

2

3

4

5



THESE STATEMENTS WILL BE YOUR
NORTH STAR, GUIDING THE DIRECTION
OF YOUR YEAR, YOUR LIFE, AND ALL
THE DECISIONS AND MANIFESTATIONS
TO COME



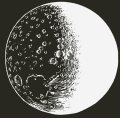
MANIFESTATION MAGIC TIP

TAKE A PHOTO OF THESE AND SAVE THEM TO YOUR
PHONE SCREEN SO YOU SEE IT EVERYDAY



JANUARY

“It’s already yours.”
- The Universe



REFLECTIONS

LET ALL YOUR THOUGHTS AND
EMOTIONS FLOW

WHICH MANIFESTATION ARE YOU MOST GRATEFUL FOR?

WHICH MANIFESTATION WAS THE MOST SURPRISING?

WHAT ACTIONS CAN YOU TAKE TO BE MORE ALIGNED WITH ABUNDANCE?
