

Day 2: Soulmate Manifestation

Core Beliefs and Energetic Blocks

can hold us back from manifesting our ideal soulmate and bringing love into our lives. These are programs running in the background of our mind that impact every decision we make each and every day often without us realizing it.

This worksheet will help bring awareness of some of your beliefs and blocks so you can work to release them and move forward in your soulmate manifestation journey.

Check the core beliefs you may have below:

NEGATIVE CORE BELIEFS:

- | | |
|--|--|
| <input type="checkbox"/> I don't deserve to have a high caliber soulmate partner | <input type="checkbox"/> I don't have strong boundaries |
| <input type="checkbox"/> I am powerless to manifest what I desire | <input type="checkbox"/> I can't make a lot of money |
| <input type="checkbox"/> I can't have what I want | <input type="checkbox"/> I am not smart |
| <input type="checkbox"/> I can't stand up for myself | <input type="checkbox"/> Even if I got a soulmate I'm not sure he would stay |
| <input type="checkbox"/> Men are not to be trusted | <input type="checkbox"/> I am unworthy of the ultimate soulmate partner I desire |
| <input type="checkbox"/> I have to be perfect | <input type="checkbox"/> I am too old |
| <input type="checkbox"/> I don't trust myself | <input type="checkbox"/> I don't have a lot to offer to my soulmate partner |
| <input type="checkbox"/> I'm not even sure a soulmate even exists for me | <input type="checkbox"/> I always attract the wrong men |

Additional Negative Beliefs that you may have:

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