



EVIDENCE LOG

What is an Evidence Log?

When things aren't happening as quickly as you'd like, it's easy to focus on everything that seems to prove your manifestation isn't working. An Evidence Log helps you deliberately notice the evidence pointing in the other direction.

Write down the little things. An unexpected opportunity. A useful conversation. Something you asked for showing up. A coincidence that gets your attention. A change in how you're thinking or feeling. A door opening that wasn't open yesterday.

It doesn't have to be the manifestation. It only has to be evidence that something is moving.



What does the evidence say?

Looking at everything you've written down, what story could you tell about where things are going?

