CHATS WITH WITCHY

THE YES SET

A 31-DAY MANIFESTATION & ALIGNMENT JOURNAL



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CHATS WITH WITCHY

Welcome

TO YOUR YES SET JOURNAL

This journal is an invitation to play, to imagine and to create a bridge between where you are now and the life you want to experience.

You are going to use a simple but powerful technique called a Yes Set to help your subconscious mind become more receptive to what you are trying to manifest. By weaving together things that are true in your current life with things you want to become true, you begin to create a pattern of agreement inside your mind.

Over the next 31 days, you will write daily journal entries that mix the real and the imagined. You will explore what your life could look and feel like, get clear on what you want, and spend time connecting with that future as though it is simply another part of your day.

LET'S BEGIN.

What Is a Yes Set?

A Yes Set is a simple but powerful technique used in hypnosis and persuasion. It works by creating a series of statements that your subconscious mind naturally agrees with. When your mind hears several yeses in a row, it becomes more open and receptive to the statement that follows.

In this journal, you will use a written version of the Yes Set to help you align with and attract the life you want to experience. You will combine things that are true in your current reality with the things you want to become true, weaving them together in a natural, conversational journal entry.

How to do the Exercise

1. Begin your journal entry with three or four statements that are absolutely true for you right now.
2. Follow with a statement about something you want to manifest, written as though it is simply another part of your day.
3. Continue with more true statements, then add another desired experience.
4. Be as detailed as you can, using your senses to bring the entry to life.
5. Let yourself feel the emotions that come with living this day.

EXAMPLE

'I'm sitting on my couch wearing my blue shirt and drinking a cup of tea. I can't wait for Ozz to get home because we're going to wander into Centro to try a new taco place. This morning I fed the cats their Licky Things, made Ozz coffee and worked for a little while. Then I spent the afternoon swimming in the pool and lying in the sun. I'm getting a really good tan!

Date:

The life you imagine today
is the life you begin to create.

Date:

Date:

Date:

Date:

Date:

Date: _____

Small, consistent moments of imagination create extraordinary change.

Date:

Date:

Date:

Date:

Date:

Date:

What you focus on and feel as real begins to find you.

Date:

Date:

Date:

Date:

Date:

Date:

A more aligned you
creates a more magical life.

Date:

Date:

Date:

Date:

Date:

Date:

Every thought you choose is a step toward the life you desire.

Date:

Date:

Date: _____

Date:

Date:

Date:

Until Next Time

You've completed 31 days of Yes Set journaling!

By taking this time to do the Yes Set exercise each day, you have been using a powerful hypnotic technique to gently prime your subconscious mind with the life you are choosing to create.

Keep your eyes open for the ways your subconscious continues to respond to this work. You may notice new ideas, synchronicities, opportunities, or little shifts that let you know it's working.

Trust the process, and keep using the Yes Set whenever you want to reinforce your vision.

Here's to your beautiful manifestation!

♡

Love, Linda