

A FREE GIFT FROM TRANSFORM WITH DR V

7-Day Manifestation & Mindset Journal

BECOME THE BEST YOU CAN BE
— MIND, BODY, SPIRIT —

TRANSFORM *with* DR V

Welcome, my friend

I am so glad you are here. This little journal is my gift to you: seven days, seven small practices, and one big decision, to become the best you can be.

Over the years, as a doctor, a coach and a woman on her own journey, I have learned this: **real transformation starts on the inside.** When we change the way we think, we change the way we feel, the choices we make and, in time, the life we live.

Give yourself 10–15 quiet minutes each day. Morning is beautiful, but any time that is truly yours will work.

How to use this journal

1. **Breathe.** Sit quietly for a few minutes. Put your phone on silent.
2. **Read** the day's short teaching and say the affirmation out loud three times.
3. **Write.** Answer the prompts honestly. There are no wrong answers.
4. **Check in** with your mind, body and spirit using the little boxes at the bottom.
5. **Act.** Take what you wrote into your day.

If you miss a day, simply pick up where you left off. This is about progress, never perfection.

With love,

Dr V

My intention for these 7 days

I, _____, commit to showing up for myself for the next seven days, because I deserve to become the best I can be.

_____

_____

Start date: _____

Day 1

Clarity

KNOW WHAT YOU TRULY WANT

Manifestation begins with clarity. The universe cannot deliver a blurry order. Today, give yourself permission to want what you want, without apology and without shrinking it.

> TODAY'S AFFIRMATION
> *"I am clear about what I want, and I am worthy of it."*

If nothing could stop me, what would my life look like one year from today?

Which one area am I ready to transform first: mind, body, relationships, money or purpose?

Why does this matter so much to me?

Mind · Body · Spirit check-in: ☐ 5 min quiet ☐ Water ☐ Movement ☐ Affirmation ×3

Day 2

Belief

CHANGE THE STORY YOU TELL YOURSELF

Your thoughts become your reality. Every result in your life began as a belief. Today, catch the old stories that keep you small and write the new ones that set you free.

> TODAY'S AFFIRMATION
> *"My mind is powerful, and I choose thoughts that lift me."*

What limiting belief have I been carrying about myself?

Where did that belief come from, and is it really true?

What new, empowering belief am I choosing instead?

Mind · Body · Spirit check-in: ☐ 5 min quiet ☐ Water ☐ Movement ☐ Affirmation ×3

Day 3

Gratitude

FEEL RICH IN WHAT YOU ALREADY HAVE

Gratitude is the fastest way to raise your energy. When you appreciate what is already here, you make room for more to come.

> TODAY'S AFFIRMATION
> *"I am grateful for my life, and more good things are flowing to me."*

Five things I am grateful for today:

One person I appreciate, and why:

One thing my body did for me today that I am thankful for:

Mind · Body · Spirit check-in: ☐ 5 min quiet ☐ Water ☐ Movement ☐ Affirmation ×3

Day 4

Release

LET GO OF WHAT WEIGHS YOU DOWN

You cannot hold on to the old and receive the new with the same hands. Today, release one fear, one grudge or one habit that no longer serves the woman you are becoming.

> TODAY'S AFFIRMATION
> *"I release what no longer serves me, and I make space for my good."*

What am I ready to let go of?

How has holding on to it been costing me?

How will I feel once it is gone?

Mind · Body · Spirit check-in: ☐ 5 min quiet ☐ Water ☐ Movement ☐ Affirmation ×3

Day 5

Vision

SEE IT, FEEL IT, BELIEVE IT

Your subconscious mind does not know the difference between a vivid picture and reality. Close your eyes for five minutes and live a day in your dream life. Then write it down as if it has already happened.

> TODAY'S AFFIRMATION
> *"I see my dream life clearly, and I am already becoming it."*

Describe one ordinary day in my dream life, in the present tense:

What do I see, hear and feel?

Who am I in that picture? How do I carry myself?

Mind · Body · Spirit check-in: ☐ 5 min quiet ☐ Water ☐ Movement ☐ Affirmation ×3

Day 6

Aligned Action

TAKE ONE BRAVE STEP

Manifestation is not only wishing. It is believing and then moving. Small, aligned actions every day are how dreams become plans, and plans become results.

> TODAY'S AFFIRMATION
> *"I take inspired action with courage and consistency."*

What is one step I can take today towards my vision?

What has been holding me back from taking it?

I will take this step by (time/date):

Mind · Body · Spirit check-in: ☐ 5 min quiet ☐ Water ☐ Movement ☐ Affirmation ×3

Day 7

Receive

OPEN YOUR ARMS TO YOUR GOOD

You have planted the seeds. Now trust the process, stay open and notice the signs. Look back on your week and celebrate how far you have already come.

> TODAY'S AFFIRMATION
> *"I am open to receive all the good that life has for me."*

The biggest shift I noticed in myself this week:

Signs, opportunities or small wins I noticed:

My promise to myself for the next 30 days:

Mind · Body · Spirit check-in: ☐ 5 min quiet ☐ Water ☐ Movement ☐ Affirmation ×3

My week in one sentence

The woman I am becoming is...

You did it. This is only the beginning.

Seven days of showing up for yourself is something to be proud of. Imagine what is possible with support, community and a clear plan.

Monday Reset

You are now on my weekly Monday email: a gentle reset to start each week with intention. Look out for it in your inbox.

Monthly Masterclass

Join me live each month to go deeper, with a VIP upgrade for extra support.

Coaching with Dr V

Group personal development coaching, private transformation coaching, weight loss and menopause coaching.

Book Dr V to speak

For your conference, workplace, church or women's event.

Let's talk

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TRANSFORM *with* DR V

This journal is for personal growth and reflection. It is not a substitute for medical or psychological care.