

✦✦✦ 30 DAYS MANIFEST THROUGH DANCE *Challenge*

**HAVE YOU EVER FELT A DEEP CONNECTION
BETWEEN YOUR BODY AND YOUR DREAMS?**

LET'S UNLOCK THE SECRET THAT LIES WITHIN THIS CONNECTION.
DANCING TRANSCENDS BEING JUST A PHYSICAL ACTIVITY;
IT'S A POWERFUL TOOL TO EMBODY OUR DESIRES.
AS WE MOVE, WE NOT ONLY EXPRESS OURSELVES
BUT ALSO SHAPE THE ENERGY AROUND US, PAVING THE WAY FOR
MANIFESTATION.

**WHEN WE IMMERSE OURSELVES IN JOY THROUGH DANCE,
WE VIBRATE IN ALIGNMENT WITH OUR DREAMS.**

30 DAYS CHALLENGE FORMULA:

1) FIRST CRAFT A CRYSTAL-CLEAR INTENTIONS FOR YOUR DREAMS.
SELECT ONE THING TO MANIFEST DURING THE 30-DAY CHALLENGE.

2) READ BELOW THE INTENTION FOR THE DAY &
DO THE "MANIFEST THOUGH DANCE MEDITATION" DAILY
[\(CLICK HERE\)](#)

3) CULTIVATE A DEEP SENSE OF WORTHINESS AND OPEN YOURSELF
TO RECEIVING.

4) EXPERIENCE A PROFOUND MIND-BODY CONNECTION THROUGH DANCE,
VISION BOARDS, AND DAILY PRACTICES.

- COMMIT TO THE 30-DAY CHALLENGE WITH FOCUS AND INTENTION FOLLOW
US AND TAG US ON INSTAGRAM @DANCEBODYMIND

DISCIPLINE IS KEY

TO UNLOCKING THE FULL POTENTIAL OF THE LAW OF ATTRACTION.

IF YOU WISH TO DEEPEN YOUR UNDERSTANDING
AND MASTER MANIFESTING,

[JOIN OUR PROGRAM](#)

[CLICK HERE](#)

✦✦✦ 30 DAYS MANIFEST
THROUGH DANCE
Challenge

WRITE HERE YOUR CLEAR VISION
GO INTO DETAILS AS MUCH
AS YOU CAN

*(at the end of the 30 days you can do the same
holding another vision)*

30 DAYS MANIFEST THROUGH DANCE Challenge

DAY 1:
Set Your
Clear
Intention

DAY 2:
Name 3
things you
are grateful
for

DAY 3
Choose 10
beautiful
affirmationst
o read daily

DAY 4:
What are your
limiting
beliefs?
Write them
down

DAY 5:
Write down
why you don't
believe in
those limiting
beliefs
anymore

DAY 6:
Write a letter
to your old self

DAY 7:
If you had 30
days to live
what would
you do

DAY 8:
Do 1 small
thing that
makes you
happy

DAY 9:
Describe your
perfect
romantic
relationship

DAY 10:
What if there
were no
limitation
what would
you do?

DAY 11:
Write down
"what is my
intuition
telling me?"

DAY 12:
Do something
that lights up
your fire

DAY 13:
Write down a
day in your
dream life

DAY 14:
What in your
environment
is holding you
back?

DAY 15:
Write a letter
to your future
self

DAY 16:
Do a free
dance, super
fun that helps
you rise your
vibrations

DAY 17:
I am a
magnet for
wealth and
prosperity

DAY 18:
I release all
resistance and
surrender to
the Universe

DAY 19:
Visualize
something
that brings
you inner
peace

DAY 20:
Who inspires
you to be at
your best

DAY 21:
Spend time
in nature

DAY 22:
Write about
your
WHY

DAY 23:
What 3 words
would your
friends use to
describe you?

DAY 24:
Write a list of
what you
love about
you

DAY 25:
What words
do you want
to describe
you?

DAY 26:
Dance your
joy, dance
love, dance
your dreams

DAY 27:
Think of 3
actions that
will move you
closer to your
goals

DAY 28:
Visualize the
Universe
always
supporting
you

DAY 29:
Describe your
experience with
this challenge.
What have you
learned?

DAY 30:
Celebrate your
manifestation