

THE MANIFESTING QUEEN



7-Day Manifestation Reset Kit



*Seven days. One practice per day.
The complete foundation for a manifestation
practice that actually produces results.*

1

Awareness

2

Belief

3

Affirmation

4

Scripting

5

Gratitude

6

369

7

Heaven

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Welcome to Your Reset

A letter from Gemma

You are holding something I wish I had when I first started.

Not another list of techniques. Not another set of affirmations to memorize. What you have here is a foundation — seven practices, one per day, that together create the internal conditions from which consistent manifestation becomes possible.

Most people skip the foundation. They go straight to the techniques. And then they wonder why results are inconsistent, why one thing works and another doesn't, why some seasons feel aligned and others feel stuck.

The techniques were never the problem. The missing foundation was.

This Reset addresses exactly that.

Each day takes 20–30 minutes. You will read a short teaching — the why behind the practice — and then you will do the practice itself. There is writing space for each exercise built directly into this kit.

One instruction above all others: do not rush. Each day was designed to land in a specific order. Trust the sequence. Day 7 will mean something completely different after you have moved through Days 1 through 6.

Begin tomorrow morning — not tonight. Your first practice lands differently when it is the first thing you give your attention to in a new day.

I will be in your inbox each morning with a reminder and a deeper teaching for that day's practice.

Welcome to this work.

Gemma

Gemma Serenity Gorokhoff · The Manifesting Queen

Your 7-Day Journey

An overview of what you will practice

1

Awareness Reset

Before we change anything, we understand where you are right now. You will establish your personal manifestation baseline — the exact state of your inner conditions today.

♦ Complete your **Manifestation Baseline Assessment**.

2

Belief Audit

Surface-level change is temporary. On Day 2 you will locate the specific belief that is creating the gap between where you are and where you want to be.

♦ Identify and name your **core limiting belief**.

3

Identity Affirmation

Not a surface affirmation. An identity-level declaration that speaks to who you are becoming — not just what you want to have.

♦ Write and speak your **first identity-level affirmation**.

4

Scripting

Scripting bypasses the analytical mind and writes directly into the subconscious. On Day 4, you will complete your first full scripting entry using the complete protocol.

♦ Complete your **first guided scripting practice**.

5

Gratitude Field

Not a gratitude list — a somatic practice. On Day 5 you will learn to generate the feeling of gratitude as a field that your body sustains, not just a thought the mind produces.

♦ Practice the **Gratitude Field Protocol**.

6

The 369 Method

The complete protocol — not the simplified version. Day 6 gives you the full mechanism: the science, the practice, the timing, and the advanced refinements.

♦ Begin your **first 369 cycle (to be continued for 33 days)**.

7

Heaven on Earth Vision

The capstone practice. On Day 7, all six prior practices feed into a unified vision exercise that you will return to again and again.

♦ Create your **complete Heaven on Earth vision entry**.

The Awareness Reset

Day 1 · Establishing Your Baseline

Day 1

Awareness

Day 2

Belief Audit

Day 3

Affirmation

Day 4

Scripting

Day 5

Gratitude

Day 6

369 Method

Day 7

Heaven on Earth

♦ TODAY'S TEACHING

Before We Change Anything, We Understand Where We Are

Most manifestation work skips this step entirely. People jump straight into affirmations, scripting, and vision boards — and then wonder why nothing sticks. Here is why: you cannot navigate to a destination if you do not know your starting point.

Your manifestation baseline is the current state of your inner conditions. It is not a judgment. It is not a report card. It is information — the same way a doctor takes your vitals before recommending a course of treatment.

Today, you are taking your manifestation vitals. You will look honestly at three things: what you currently believe is possible for you, how aligned your dominant emotional state is with what you say you want, and how consistent your attention actually is versus how consistent you think it is.

This is a practice in radical honesty. Not to criticize yourself — but to create an honest foundation from which real change is possible.

♦ *Take your time with each question. Write without editing. The first answer that comes is almost always the most truthful.*

♦ YOUR PRACTICE — WRITE HERE

When I think about my biggest desire right now, my first honest feeling is:

If I am truthful, what I actually believe is possible for me is:

The last time I felt fully aligned — certain, open, expecting — was:

You have just taken your baseline. Keep this page. On Day 7, you will return to it — and what you see will show you exactly how far you have traveled in seven days.

The Belief Audit

Day 2 · Locating the Core Belief

Day 1

Awareness

Day 2

Belief Audit

Day 3

Affirmation

Day 4

Scripting

Day 5

Gratitude

Day 6

369 Method

Day 7

Heaven on Earth

♦ TODAY'S TEACHING

The Technique Was Never the Problem

There is a belief running underneath every gap between what you want and what you have. Not several beliefs — one core belief. All the others are variations of that one.

Most people are aware of surface thoughts: 'I'm not good enough.' 'Money is hard.' 'I don't deserve it.' But these are symptoms. The belief audit goes deeper — to the specific, personal version of the story your system has been holding as true.

A limiting belief is not a moral failing. It is a conclusion your nervous system reached, usually in childhood, based on the evidence available to it at the time. It was a survival strategy. It served you then. Today, you are gently examining whether it is still serving you.

The most powerful thing you can do with a belief is see it clearly. A belief held in the dark has unlimited power. A belief you can name, examine, and trace to its origin loses most of that power immediately.

♦ *Follow the questions in sequence. Do not skip ahead. Each answer will lead you closer to the core.*

♦ YOUR PRACTICE — WRITE HERE

What I most want to manifest right now is:

When I imagine having that fully, what is the first doubt or fear that appears?

That fear suggests I believe this about myself or about life:

You have named it. That is the first act of liberation. In tomorrow's practice, you will begin installing the identity that replaces it.

Your Identity Affirmation

Day 3 · Speaking From the Self You Are Becoming

Day 1

Awareness

Day 2

Belief Audit

Day 3

Affirmation

Day 4

Scripting

Day 5

Gratitude

Day 6

369 Method

Day 7

Heaven on Earth

♦ TODAY'S TEACHING

Not What You Want to Have — Who You Are Becoming

Most affirmations fail because they are written from the wrong level. 'I am abundant' said by someone who deeply believes they are not abundant is not an affirmation — it is a disagreement. The subconscious immediately registers the conflict and rejects the statement.

An identity-level affirmation works differently. It does not describe what you want to have. It describes who you are becoming. It speaks to the self that is already in the process of emerging — the version of you that the desire is calling forward.

The key distinction: 'I am a millionaire' (statement of having) versus 'I am someone who moves through the world with ease, certainty, and financial mastery' (statement of being). The second one the subconscious can accept — because being is a process, and you are already in process.

Your affirmation must be: present tense, first person, identity-level (about who you are, not what you have), and emotionally activating — it should feel like a stretch that is still believable.

♦ *Draft your affirmation below, then refine it until it is one sentence that you can speak aloud and feel something shift in your body.*

♦ YOUR PRACTICE — WRITE HERE

The person I am becoming in this area of my life is someone who:

What this version of me believes about themselves that I am practicing believing:

My draft identity affirmation (present tense, first person, identity-level):

Speak your final affirmation aloud three times right now. Then place this page somewhere you will see it each morning.

Your First Scripting Entry

Day 4 · Writing From the Future Into the Present

Day 1

Awareness

Day 2

Belief Audit

Day 3

Affirmation

Day 4

Scripting

Day 5

Gratitude

Day 6

369 Method

Day 7

Heaven on Earth

♦ TODAY'S TEACHING

The Practice That Bypasses the Analytical Mind

Scripting works because the subconscious mind cannot distinguish between a vividly imagined experience and a real one. When you write in present tense from within your desired reality — fully inhabiting it — your nervous system begins responding as though it is already true.

The mechanism is not magical. It is neurological. Repeated experience, real or imagined, creates the same neural pathways. Scripting accelerates the internalization of a new self-concept by giving the subconscious a detailed, emotionally rich experience to reference.

The common mistake: people script from a place of wanting. 'I am so grateful that I have...' spoken while feeling the distance between where they are and where they want to be. The feeling of wanting sends a signal that the thing is not yet here.

The correction: script from arrival. Feel the relief. Feel the normality of it. Write about how it feels to live inside the reality you have been building toward — not as a distant dream, but as the texture of Tuesday.

♦ Write continuously for at least 10 minutes. Do not stop to edit. Date your entry. Write as though you are journaling from one year...

♦ YOUR PRACTICE — WRITE HERE

Today's date (your future date — one year from now):

My scripting entry — written in present tense, from inside my desired reality:

Read what you wrote aloud. Notice how your body responds. That response — that feeling — is the frequency you are practicing living in.

The Gratitude Field

Day 5 · Generating the Feeling, Not the List

Day 1

Awareness

Day 2

Belief Audit

Day 3

Affirmation

Day 4

Scripting

Day 5

Gratitude

Day 6

369 Method

Day 7

Heaven on Earth

♦ TODAY'S TEACHING

Gratitude Is Not What You Think It Is

The gratitude lists you have been taught to make are not wrong — they are incomplete. Listing things you are grateful for produces a thought. The Gratitude Field practice produces a feeling — and it is the feeling, not the thought, that does the work.

Gratitude as a sustained somatic state is one of the highest-frequency emotional states the body can generate. It is also one of the fastest ways to shift your nervous system out of lack and into receptivity. When your body is in a state of genuine gratitude, it cannot simultaneously hold the signal of fear or scarcity.

The practice: identify one memory of genuine, uncomplicated joy or love. Not achievement — love. Not relief — joy. The simpler the memory, the better. A moment with an animal. A morning when everything was still. A conversation that made time stop. Let the memory load fully in your body before you even try to write anything.

Stay in the feeling. Expand it intentionally — the way you might turn up a dial. Let it fill your chest. Let it slow your breathing. You are not analyzing the memory. You are inhabiting the feeling state it generates.

♦ *Complete the protocol in sequence. The writing comes after the feeling — not before.*

♦ YOUR PRACTICE — WRITE HERE

The memory I am using as my gratitude anchor today:

When I hold that memory fully, what I feel in my body is:

Three things in my present life that genuinely move me to gratitude:

Practice this daily: anchor into the memory, expand the feeling, then speak your gratitude for what is coming as though it has arrived. The body cannot tell the difference.

The 369 Method

Day 6 · The Full Protocol

Day 1

Awareness

Day 2

Belief Audit

Day 3

Affirmation

Day 4

Scripting

Day 5

Gratitude

Day 6

369 Method

Day 7

Heaven on Earth

♦ TODAY'S TEACHING

The Complete Practice — Not the Simplified Version

The 369 Method is one of the most widely practiced manifestation techniques — and one of the most widely misunderstood. Most people use only the surface structure: write your intention 3 times in the morning, 6 times at midday, 9 times at night. That part is accurate. What is missing is the why, and the how that makes it actually work.

3, 6, and 9 correspond to different states of neurological receptivity across the day. Morning writing installs the intention while the brain is transitioning from theta (subconscious) to alpha (relaxed wakefulness). Midday writing anchors it in the beta state — conscious, logical mind. Evening writing returns it to theta as the brain begins the descent into sleep. You are writing the same intention in three different neurological states — and each one reinforces it through a different pathway.

The key that most people miss: each line must be written with full presence and emotional activation. You are not completing a task. You are performing a conscious installation — three times, six times, nine times — in succession. Rushing through the writing as a checkbox exercise produces almost no effect.

The 33-day commitment matters. Neurological reconditioning requires sustained, repeated input across a long enough window. Missing a single day resets the continuity — not punitively, but because continuity is the mechanism. Begin your first day today, and commit to 33 days without interruption.

♦ *Write your intention statement first. Then complete your first morning session below. Begin your 6x and 9x practices at midday a...*

♦ YOUR PRACTICE — WRITE HERE

My 369 intention statement (one sentence, present tense, specific):

My 3x morning writing (copy your intention three times, with full presence):

Today is Day 1 of my 33-day commitment. My start date is:

Tonight before sleep, write your intention 9 times. Tomorrow morning, 3 times again. You have begun. Do not stop.

Your Heaven on Earth Vision

Day 7 · The Capstone Practice

Day 1

Awareness

Day 2

Belief Audit

Day 3

Affirmation

Day 4

Scripting

Day 5

Gratitude

Day 6

369 Method

Day 7

Heaven on Earth

♦ TODAY'S TEACHING

Everything You Have Built Comes Together Here

Today is not an ending. It is an activation. Six days of practice — your baseline, your belief audit, your identity affirmation, your scripting entry, your gratitude field, your 369 cycle — have been preparing the ground for what you will do today.

The Heaven on Earth Vision is a complete life picture. Not a vision board. Not a goals list. A fully inhabited sensory and emotional description of your life as it looks, feels, and moves when it is exactly as you have always known it is meant to be.

This practice draws on everything from the previous six days: the identity you affirmed on Day 3, the scripting state you accessed on Day 4, the gratitude frequency you generated on Day 5. You are not imagining a life you hope for. You are describing a life your body has already begun to believe is real.

Write without limitation. Write without 'how.' The how is not your work — the vision is your work. The universe responds to clarity and feeling, not to plans and timelines. Give it the clearest, most fully inhabited picture you can generate — and then let it be received.

♦ *Before you begin writing, return to your Day 1 baseline. Read it. Notice the distance. Then write your Heaven on Earth — what y...*

♦ YOUR PRACTICE — WRITE HERE

My relationships and love life — in my Heaven on Earth, they look like:

My finances and abundance — in my Heaven on Earth, they look like:

My health, vitality, and body — in my Heaven on Earth, they look like:

Read this vision aloud. All of it. Feel every line as you speak it. This is not a wish. This is the territory you are learning to inhabit. Return to this page every morning of the next 30 days.

You completed the Reset.

Seven days. Seven practices. One foundation.

Most people who receive this kit do not finish it.
You did. That tells me something important about you.

You now have a foundation. A real one.
Seven practices you can return to again and again.
A baseline that shows you where you started.
A belief you have named and begun to rewire.
An identity affirmation that is already working.
A scripting practice you can deepen every day.
A gratitude field you can access in any moment.
A 369 cycle that is 33 days in progress.
A Heaven on Earth vision that is waiting to be inhabited.

What comes next is not more techniques.
What comes next is depth.

Continue the Journey

Manifestation Foundations · themanifestingqueen.com

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