

Your Wildest Dreams Are Waiting For You

BY ALEYA BELAMOUR

The 2026
Manifestation Ritual

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Welcome

There's something I look forward to every year: finding a quiet corner, pouring a beautiful cup of coffee, and giving myself the space to reflect before stepping into a new chapter.

Before we can intentionally create the year we dream of, we have to be willing to look honestly at the one we're leaving behind. To celebrate the moments that made us proud, acknowledge the lessons hidden within the challenges, and recognize just how far we've come.

I created this workbook to guide you through the same process I return to every year. It's a space to reconnect with yourself, dream without limitations, and gain absolute clarity on the life you want to create.

You can complete this ritual in one inspiring afternoon or return to it throughout the year whenever you need to reconnect with your vision, refocus your energy, or celebrate your progress.

Here's to a year of courage, alignment, and living your wildest dreams!

The Basics

Before we get into it, here are my top tips for creating your best year yet:

1. Language is important. Drop “I wish” or “I hope” or “I want”. Get into the vibration of your goals by using “I will” statements.
2. Believe you can have the things you want in life. If you don’t believe you can actually have or do the things you want in life you simply won’t. Working through issues around self-worth is a key component to upleveling your life.
3. Commit to living a positive lifestyle and remove yourself from toxic situations. Your vibe attracts your tribe.
4. If you aren’t clear on what you really want visualize how you want to feel. What kinds of things create this feeling state?
5. When it comes to your dreams and goals, get clear and get it on paper. Have something you can see and return to.
6. Go on a negativity detox. Catch yourself when you slip into negative self-talk and flip the words to something positive. You don’t want to send mixed signals concerning who you are and what you deserve.

Reflection

What went well, and what area of your life needs a little more TLC?

Let's start with the good.

What surprised you last year?



What challenges did you overcome?



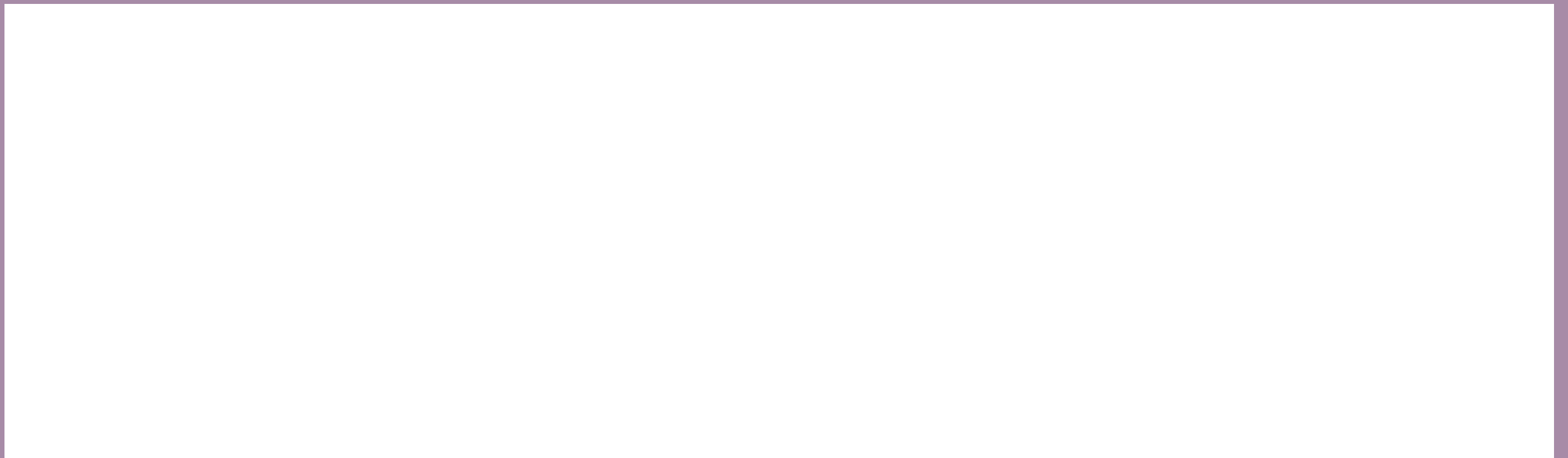
What were your wins for the year?



Where did you make a positive impact last year?



What did you learn about yourself last year?



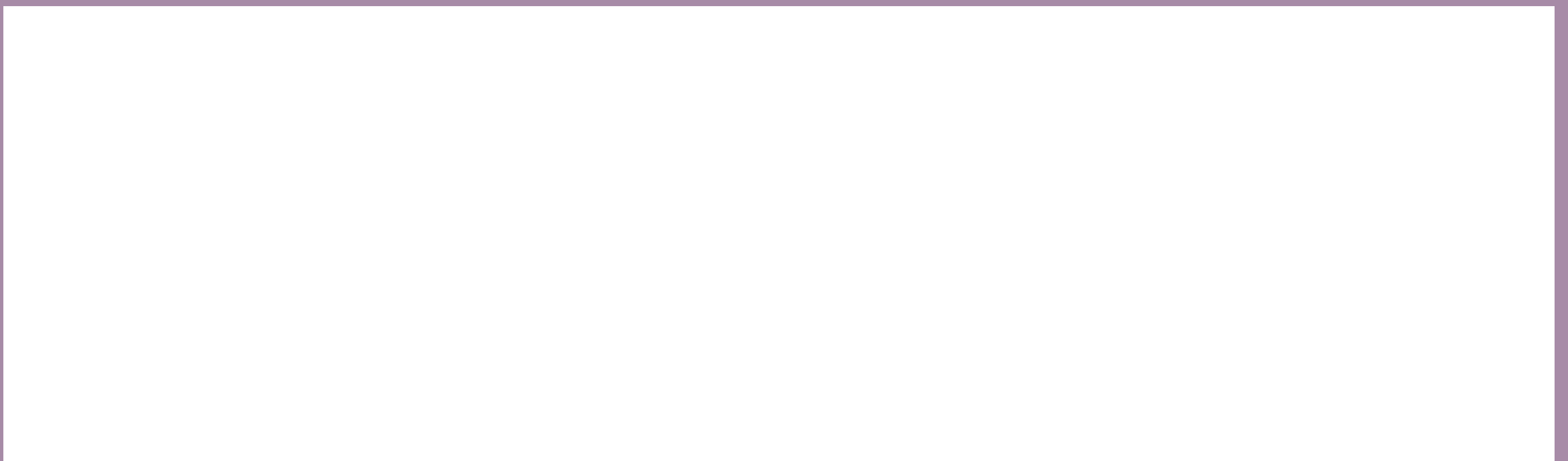
What did you learn about the world?



Who or what made a positive impact on you in 2025?



List all the people you are grateful for in 2025?
Maybe even write them a thank you note



What were the top 3 special events that happened in your life in 2025?



MAKE TODAY

»»»»»»»»»»»»»»»» SO AWESOME ««««««««««««««««

YESTERDAY GETS JEALOUS



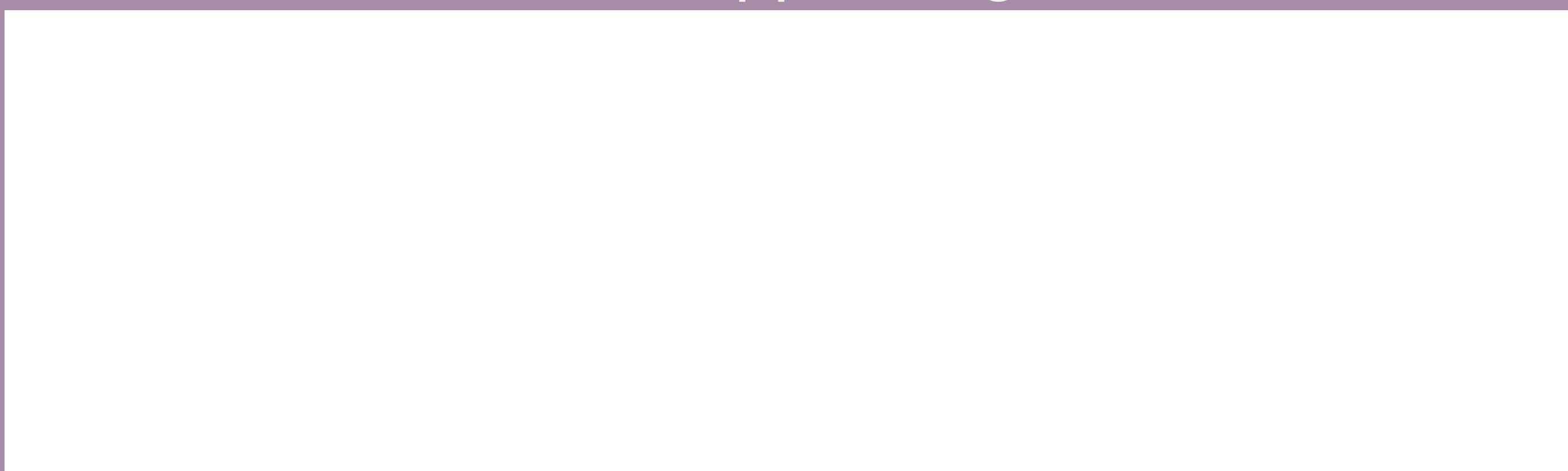
What was the biggest lesson you learned about yourself last year?

What have you learned about your lifestyle last year?

True empowerment comes when you are capable of facing all facets of life. The good, the bad, the ugly. I invite you to explore any lingering negativity from 2025. Start 2026 with a fresh slate!

Let's dig deep into the not-so-great things that happened in 2025.

What was disappointing in 2025?

A large, empty white rectangular box intended for a user to write their response to the question "What was disappointing in 2025?".

What do you need to tie up so you don't carry it into 2026?

A large, empty white rectangular box intended for a user to write their response to the question "What do you need to tie up so you don't carry it into 2026?".

Forgiveness is such an important part of life in general. As the saying goes, "holding onto anger is like drinking poison and hoping the other person dies."

Learning to truly let go of negative feelings towards others can take some time but the important part is to really make an effort. I find guided meditations and visualizations are one of the best ways to do this.

A common visualization for letting go is a "cord cutting" visualization. Imagine a cord attached to you and another person. Then visualize cutting the cord while you visualize this person floating away from you. Wish them well as you detach from them, any drama, and any negative feelings.

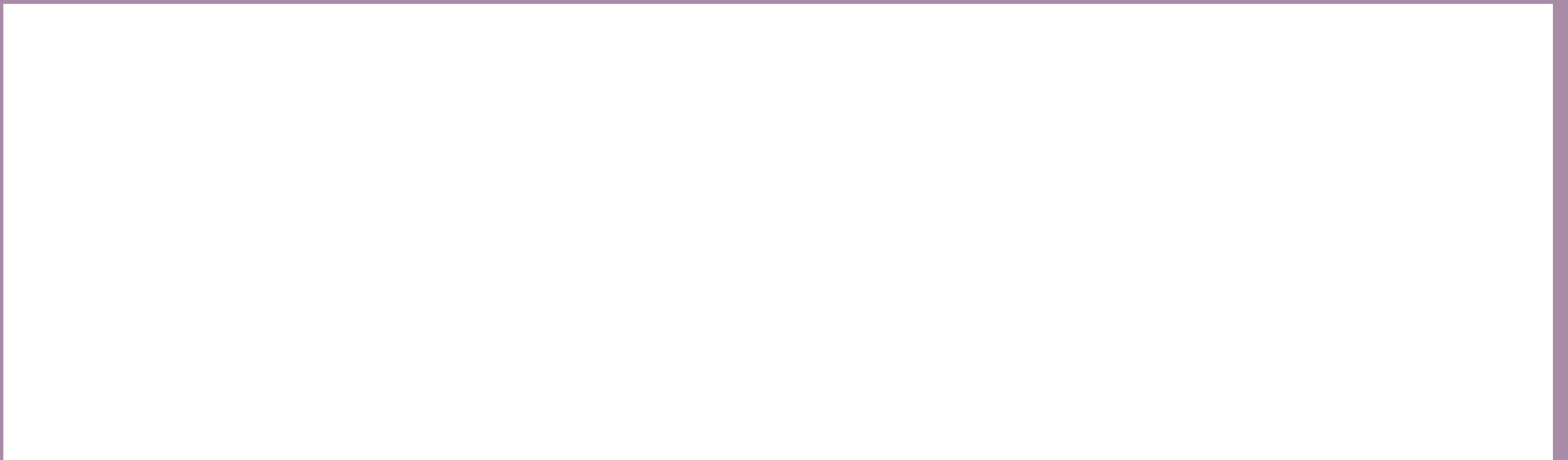
I also find it helpful to write out all the reasons why you are thankful for that person. Even if someone has really done you wrong, they have given you valuable life lessons. You might be very surprised how long your list gets.

Who are you ready to forgive before moving into
2026?

A large white rectangular box intended for the user to write the names of people they are ready to forgive before moving into 2026.

Looking back on 2025....

What changes are you going to make going forward?



What do you want more of in 2026?



What will success look like to you in 2026?



When defining goals you can make them broad such as "Find a career I love". But when defining action items, they need to be tangible, such as "Apply to 5 jobs a day for 30 days." If you choose to create a mantra or positive thought for each goal, and your goal is "Find a career I love," something like "I have a career I love" is a good mantra, when goal setting try to set a time frame for completion.

Next, we are going to look at your 8 Dimensions of Wellness to make a plan of action for next year.



Occupational Wellness

In 2026 my career goals are:

Action items:

Mantra:

Financial Wellness

In 2026 my financial goals are:

Action items:

Mantra:

Social Wellness

In 2026 my social wellness (friends, family, co-workers, love) goals are:

Action items:

Mantra:

Spiritual Wellness

In 2026 I will nourish the spiritual side of myself by:

Action items:

Mantra:

Physical Wellness

In 2026 I will take care of my physical wellness by:

Action items:

Mantra:

Intellectual Wellness

My intellectual wellness goals for 2026 are:

Action items:

Mantra:

Emotional Wellness

I will take care of my mental and emotional health
in 2026 by:

Action items:

Mantra:

Environmental Wellness

My environmental wellness goals for 2026 are:

Action Items:

Mantra:

What's happening in 2026?

Set your intentions and be clear on what you want for 2026 so that the universe/god /whatever you believe in can give it to you.

The main theme for me during 2026 will be:

These opportunities will show up for me:

By 2027, I will:

Dating & Love

In 2026 I am going to work on being a great partner
by:

When I meet a partner I like, I want to create these
feeling states with them:

My future partner will have these qualities:

The fun stuff

My theme song for the year is:

My power words are:

I am most excited about these things in 2026:

All the best to you in 2026! Aleya

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