

# *Manifest* Like a *Millionaire*

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5-DAY CHALLENGE WORKBOOK

*By Jenna Zwagil*

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# WELCOME!

Congratulations on saying YES to becoming the energetic match for the wealth you desire. Over the next 5 days, you'll go through a powerful energy reset designed to activate your millionaire mindset, clear limiting beliefs, and help you step into the version of you that manifests with ease and abundance.

## EVERY DAY YOU'LL RECEIVE:

- ✓ A 15-minute video to guide you
- ✓ This workbook with journal prompts and affirmations

*Let's Begin...*

# Day - 1

## *Millionaire Frequency Activation*

Theme: Raise your vibration and calibrate to the millionaire mindset.



## *Affirmation:*

**"I calibrate to abundance. Wealth is my natural state."**

## *Journal Prompts:*

**1. What thoughts and feelings are keeping you in scarcity?**

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**2. What would it feel like to already have your millionaire goal achieved?**

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**3. List 3 daily habits that would raise your vibration starting today.**

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**Action Step:**

**Detox low-vibe thoughts and  
do a 5-minute frequency-raising visualization.**



# Day - 2

## *Subconscious Wealth Rewiring*

Theme: Reprogram limiting beliefs about money and success.



## *Affirmation:*

**"My subconscious is a magnet for wealth.  
I am reprogramming it daily."**

## *Journal Prompts:*

**1. What money story did your family unconsciously teach you?**

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**2. Write your new millionaire belief and repeat it 25x out loud.**

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**3. How will you act differently knowing that belief is your new truth?**

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### **Action Step:**

**Create a powerful millionaire mantra and  
repeat it throughout the day.**



# Day - 3

## *Energetic Boundaries & Wealth Protection*

Theme: Protect your energy and become unavailable for scarcity.



## *Affirmation:*

**"I guard my energy and only allow what serves my millionaire self."**

## *Journal Prompts:*

**1. Who or what drains your energy? How can you create boundaries?**

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**2. What are 3 things you are no longer available for?**

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**3. Define your "wealth shield" practice going forward.**

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### **Action Step:**

**Do a cord-cutting meditation and write out what you're saying NO to.**



# Day - 4

## *Quantum Identity Shift*

Theme: Step into the identity of your higher millionaire self.





## *Affirmation:*

**"I am the millionaire version of me, now. I choose it. I live it."**

## *Journal Prompts:*

**1. Describe your millionaire self — habits, emotions, beliefs.**

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**2. What one thing can you do today that your millionaire self would do?**

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**3. Create a morning mantra for stepping into that identity daily.**

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**Action Step:**

**Dress, speak, and show up today as your millionaire self.**

# Day - 5

## *Magnetic Action & Receiving*

Theme: Take aligned action and open your field to receive.



## *Affirmation:*

**"I am a magnet for miracles. I act with faith and receive with grace."**

## *Journal Prompts:*

**1. What inspired action have you been resisting?**

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**2. How can you release the "how" and allow the universe to surprise you?**

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**3. Create a 3-step ritual for manifesting from ease, joy, and faith.**

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**Action Step:**

**Celebrate your breakthroughs and set a new millionaire intention.**

# *YOU DID IT!*



You've now completed the Manifest Like a Millionaire Challenge. Keep using this workbook as a daily reset. Revisit the videos, affirmations, and journal prompts anytime you feel called to realign.

**Millionaire energy** isn't something you chase. It's something you choose.

Let's keep going. - **Jenna Zwagil**