THE THING I AM LOOKING FORWARD TO

An Eight-Week Practice for Naming What Is Pulling You Forward

THE INNER LISTENER

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Noticing your own patterns closely, day after day, can sometimes bring up stronger feelings than expected. If that happens, pause the practice and speak with a qualified professional. There is no benefit to pushing through discomfort here, and the journal can always be picked back up later.

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BEFORE YOU BEGIN

Welcome

Most of us are very good at noticing what is coming that we dread, and far less practised at noticing what is coming that we are glad about. **This journal trains the second habit.**

Each day, you name one thing you are looking forward to, picture the smallest part of it you can already see, and say what pulls you towards it.

Two things are asked of you each day: **to pay attention to what is ahead, and to picture it clearly.** The next page explains both.

There are eight weeks, and each looks at a different distance or kind of anticipation:

1. **The near thing**
2. **The far thing**
3. **The small thing**
4. **The thing you are building**
5. **The thing out of your hands**
6. **The thing you get to repeat**
7. **The thing you have not told anyone**
8. **The whole horizon at once**

At the back, a **Then It Happened** log lets you return to the things that arrived and compare them with how you pictured them. That is where anticipation turns into something you can learn from. A short guide there also shows how to turn the practice into a secret manifestation journal of your own.

Miss a day or two and nothing is lost. Each week stands on its own.

BEFORE YOU BEGIN

What This Journal Asks of You

Each day, this journal asks two small things of you.

PAY ATTENTION

Notice what is already on its way to you: a meal, a message, a trip, a quiet hour. Most good things ahead pass by unnamed, so the first task is simply to catch one and write it down.

VISUALISE IT

Picture the thing as though it were happening now: where you are, who or what is there, what you can see, hear, taste or feel. Then describe the smallest part of it on the page. Holding a clear, specific picture of what you want is what manifesting means in this journal.

A ONE-MINUTE WAY TO VISUALISE

1. Read the question, then close your eyes for three slow breaths.
2. Step into the first minute of the thing, as if you were already there.
3. Notice one detail you can see, one you can hear, and one you can taste or touch.
4. Open your eyes and write down what you saw. Short is fine.

Visualising is a skill, and it grows with practice. Early pictures may be faint or brief. If no picture comes at all, describe it in words instead. That counts just as much.

Manifesting here is not a promise that the thing will arrive. It is a way of knowing exactly what you want, and enjoying the days before it. The Then It Happened log at the back lets you see for yourself how your pictures compare with what arrives.

BEFORE YOU BEGIN

What You Get From This Journal

Most of us notice what is coming that we dread far faster than what is coming that we are glad about. A good thing ahead gives a faint lift, and then it disappears into the day if it is never named.

This journal makes naming it a habit. One page a day. One thing, the smallest part you can already see, and what pulls you.

THIS JOURNAL IS FOR YOU IF YOU OFTEN...

- Find it easier to list what you dread than what you are glad about.
- Have days when nothing seems to be ahead.
- Let good things pass without enjoying the days before them.
- Want a lighter way to look at the weeks ahead.

AFTER EIGHT WEEKS, YOU WILL HAVE...

1. **Forty-eight things to look forward to.** Each one is named in your own hand, near, far, small or secret.
2. **A horizon you can see.** Eight weeks of different distances, from the near thing to the whole horizon at once.
3. **A Then It Happened log.** A record of how the things you hoped for compared with how they actually arrived.
4. **A clearer sense of what pulls you forward.** The kinds of things that lift you most, written down in your words.

It takes a few minutes a day. A hot drink on a cold morning counts.

BEFORE YOU BEGIN

What You May Notice

Every reader is different, and each week stands on its own. You may find a pattern a little like this.

1–2
WEEKS

WEEKS 1 AND 2
You start to find something ahead on days when you thought there was nothing.

3–5
WEEKS

WEEKS 3 TO 5
You start to see the kinds of thing that pull you most: the small thing, the thing you are building and the thing out of your hands.

6–8
WEEKS

WEEKS 6 TO 8
You start to see your whole horizon, and to read back through which of your hopes tend to deliver.

Nothing here is a test. A day with only one small thing ahead still counts.

WORTH ASKING

Why Journal This?

Looking forward is not a mood that either arrives or does not. It is something you can notice on purpose, and on most days it is already there: a meal, a message, a trip, a quiet hour.

The trouble is that it works best when it is named. Left unspoken, a good thing ahead of you gives a faint lift and then disappears into the rest of the day.

People often enjoy the days before something good almost as much as the thing itself, so there is a real pleasure available long before the event arrives. It costs nothing, and it is easy to waste.

2×

THE PLEASURE

Naming a good thing ahead gives you the pleasure of it twice: **once while you wait, and again when it arrives.** Over eight weeks, the pages show you what tends to pull you forward, and which of your hopes tend to deliver.

What is in it for you is simple: **a horizon with something on it, named by you.**

So this is where it starts: with the one thing already ahead of you today, however small, named on purpose.

WORTH KNOWING

How a Page Works

Each daily page has the same three parts.

THE THING

What you are looking forward to, near or far.

PICTURE IT

The smallest part of it you can already see clearly.

THE PULL

Finish the sentence: What pulls me towards it most is...

Under the pull, a small meter lets you mark how strong it feels today.

HOW TO USE THIS JOURNAL

The Daily Rhythm

1 **THE THING**

Each page opens with a question about one kind of anticipation. Name the thing it brings to mind. It does not need to be certain or planned in detail.

2 **PICTURE IT**

Describe the smallest part you can already see: a place, a face, a sound, a first minute. This is the visualising step: close your eyes for a moment before you write.

3 **THE PULL**

Say what draws you towards it, and mark how strong the pull feels today. This is the heart of the page.

Some days will bring more than the lines can hold. Write only part of it, or come back another day.

THREE SMALL THINGS TO REMEMBER

- **A small thing counts:** a hot drink on a cold morning is a perfectly good thing to look forward to.
- **Missing a day changes nothing:** each week stands on its own, so pick back up whenever you next notice something.
- **Know your limits:** if looking ahead feels heavy or impossible right now, a trusted person or professional is a better place to begin than a page.

WHEN THE PAGE IS HARD TO START

Nothing Coming Up?

Some days nothing seems to be ahead of you. **These are the days this journal is most useful.** Try one of these quick ways in.

LOOK AN HOUR AHEAD

- The next time you will sit down
- The next thing you will eat or drink that you enjoy
- The next time you get to stop

LOOK A DAY AHEAD

- A person you will see or hear from
- A small plan you are glad is already made
- Something you are quietly curious about

LOOK FURTHER OUT

- A season, a trip or a date circled on a calendar
- A project coming to a point
- Something you are saving up for

Any one of these is enough to begin. A horizon is made of ordinary things.