



# Manifestation JOURNAL

▪ *For Peace & Healing* ▪





# WELCOME TO YOUR MANIFESTATION JOURNAL

*(For Peace & Healing)*

I would like to welcome you on your journey to unconditional peace! This journal was created to assist you in taking necessary steps to manifesting unconditional peace in your life. Have you ever struggled with being happy and content? Do you ever feel like there are a million thoughts churning in your mind at any given time?

I certainly have. I have also struggled with being truly happy and at peace with regards to my past, present and future.

When challenges come our way it is easy to dwell on the negative aspects of them. However, in order to even begin living in true, unconditional peace, you must first understand how you are viewing peace. Once we have a greater sense of peace, we can also allow our hearts to be open for healing. NOW is your chance to adjust your perspectives so you can feel the relief!

\*I highly suggest setting aside some alone time, in a quiet space to read and work carefully through this journal. Print it out and enjoy discovering more about yourself. If you can't get through it all in one day, set aside about 30 minutes each morning, evening or whenever you have the most quiet time, for a couple of days. The pace in which you work through this journal is all up to you.

***Good Luck! And I hope you gain the peace that you are seeking!***

*With Love & Sincerity,*



**Taliah Shiree Graves**

Humble Life & Wellness Mentor | Creator  
Humble Sunshine



# About Me



## **Hello!**

My name is Taliah! Whether I'm sharing a smile or lending a helping hand, I love to help people. I'm an enthusiastic 20-something who's an educator, mentor, and entrepreneur and has a lot to offer this world! This Manifestation Journal is only a small part of all that is to come.

I've faced my share of challenges in life. I've felt my share of feeling depressed, fearful and confused. I have also struggled with trying to manage my mind/brain clutter. Within that clutter was a confused young woman. At times I would stress myself out because I didn't know if the degree that I earned at Howard University would go to good use. I found myself unsure if I was living in my God given purpose while pursuing a career as a TV News anchor, and among many other things, I found myself fearful and uncertain of my future because my present didn't look how I had envisioned it would look 5 years post college.

I've managed to fight through seasons of depression that I didn't even know I had for years before I finally began receiving help in 2015. I would later learn, in the same year, that the sexual abuse I experienced as a child was unfortunately something that led me to having bad coping skills, coping skills that strained several areas of my life, especially my relationships.

I'm grateful to say that although I have made some great steps, I am still a work in progress, but I've made it out on the other side of a severe pain that I wouldn't wish on my worst enemy. These experiences have blessed me with the experience and strength to be able to help countless others by advising them and keeping them uplifted, encouraged and holding themselves accountable for themselves in their times/seasons of need.

If there is anything that I believe whole heartedly is that we all need to have a healthy way to cope with stress to reach a greater sense of peace to live happier lives. I yearned for help for so long and I can help you start on the path to greater peace in your life as well!

Thank you for giving yourself permission to start on this journey and taking time to invest in yourself. You won't regret it! It's time to put YOU first and prioritize your self-care.



## What is Peace?

The Merriam-Webster Dictionary defines peace as “a state of tranquility or quiet.”

In order to live in peace, we must be able to identify the things in our lives that make it lack peace. What am I doing? Am I the negative one? Am I the gossip? How do outside forces & people contribute to it? When we know who or what the antagonists to our peace are we can then formulate a plan to build (new) routines that better serve us. These are things that will attract more peace to you.

**\*These are writing exercises that will help you start thinking of peace in a different way. Answer the following questions :**

1. What does peace mean to you?

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2. What is the peace that you desire? What does it look and feel like?

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3. What is it like when you are not in an internal state of peace? What does it look and feel like?

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5. List the top 5 things you'd like to manifest in your life (healing /physical stuff that you believe will get you closer to the level of peace that you desire).

1.

2.

3.

4.

5.

6. Write a letter to your future self 5 years from today describing your peaceful life. Include the things that you would want people to say about you after you are no longer living. These are the things that you should focus more time and energy on. These are the things that will lead you to true peace.

## About Taliah Shiree Graves

Taliah is an easy going, positive spirit who prides herself in being a Naturalista and shameless foodie who lives to eat, enjoying every moment of it!

When she isn't engulfed in her natural hair, or indulging in one of her many food favorites, she is serving her community as a member of Alpha Kappa Alpha Sorority, Xi Upsilon Omega chapter, teaching middle and high school students, exercising her creativity through her Motivational Blog entitled: Humble Sunshine or focusing on ways she can help others by motivating and uplifting them with a smile, kind word or advice as the Humble Life & Wellness Mentor. Not only is she a dedicated mentor, she's also a Motivational Blogger, Motivational Speaker, Author, and is anticipating the addition of "Radio Host" to her entrepreneurial portfolio in 2016, among countless other goals that she's determined to reach!

Taliah has dedicated her life's work to helping girls and women of all ages manifest peace and healing in their lives. With over 10 years of mentoring experience and bringing out the best and most positive parts of women of all ages, she motivates and uplifts women on a daily basis by helping guide them to that peace and healing they desire and deserve.

Countless women are saying nothing but great things about Taliah and how she "listens from within and not from other people's perspectives," how she's "able to empathize and understand what others have gone through," and how she's "genuine and not just an act."

Women are experiencing breakthroughs and her gift and passion are proving her to be the real deal. She is undoubtedly someone you would want to have in your corner when in need of a positive advisor.





# STAY CONNECTED

## *w/ Taliah*



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**COMING SOON**

NEW Book

M.I.P. Meditation Practice | Online Course

NEW Radio Show

NEW Site: [www.TaliahShiree.com](http://www.TaliahShiree.com)

# TESTIMONIALS

## Read What Women Are Saying About Taliah

"If I had to list a few things about Taliah's expertise in coaching and mentoring... I would have to start off by saying I know she is one of the few people who I can call who will actually be PATIENT and LISTEN. You know how when you're talking to people and they're so eager to cut you off? Well Taliah is the exact opposite. She will actually listen and be engaged and let you finish your entire story before saying a word. Taliah is also very in tune with me and she has an overall strong sense of connection with people. It's like I know she will truly get what I'm saying and if she doesn't and cannot relate, she will try her hardest to put herself in my shoes and situation and give me the best and honest objective advice." | **Francesca Ellana Tucker**

"I look to you for advice in life development because you're generally a positive person and all about life wellness. You strive to be positive and successful and those are qualities I seek to have in my own life." | **Rufaro Gulstone**

"You're very motivating. And you give very uplifting advice. You make people feel good about themselves. And you're good at picking out peoples strength. Something that everyone needs."  
| **Robyn G. Burt**

"Finding your center is the first thing that comes to mind when I think of your convos with me. Making sure you listen from within and not listening from other people's perspectives."  
| **Tamra Evans**

"The fact that you're able to empathize and understand what others have gone through since you've lived it yourself. And that you took it a step further to push beyond your past, and empower yourself to empower others. You're a pretty good listener also, and care about what others have to say and helping them - it's genuine, not just an act." | **Crystal Gamble**

"You've gone through so much, so you are able to advise me based on what happened to you. You are also a great listener and are able to empathize with me." | **Ashley Donald**

"With you a large level of transparency comes to mind...for me personally I always knew you were genuinely listening. I always knew that whatever issue I had, whatever solutions you presented were through. Sometimes they'd be quite simple fixes and others were more long term and I think you guiding me through the long term issues made the most difference. The ability to serve as a guide and still seem as if you're going through it right with me... When I get advice from you you've made a way to get me to see the situation without the feelings and pose logical options that can connect with the real feelings that'll come with it." | **Rose Porter**

When I think about what Taliah Graves exemplifies, several words come to mind: resilience, strength, grace and beauty. Resilience because no matter what lives throws her way, she conquers all of them. Strength and grace because that is what God has blessed her to have and to share with everyone that interacts with her. Lastly I find beauty, not just physical beauty, but internal beauty that is everlasting. Anyone would be privileged to have her unwavering, non-judgmental and nurturing outlook on life in order to help coach them through the good and bad in their life. With her personable touch, she will help be a firm yet positive partner to help clients complete and master their goals whether it involves health, vocational aspirations, interpersonal skills and household maintenance. Her skills as a mentor, teacher and journalist will help anyone learn how to step out of their comfort zone and into a new lease on life! | **Talisa McBean**