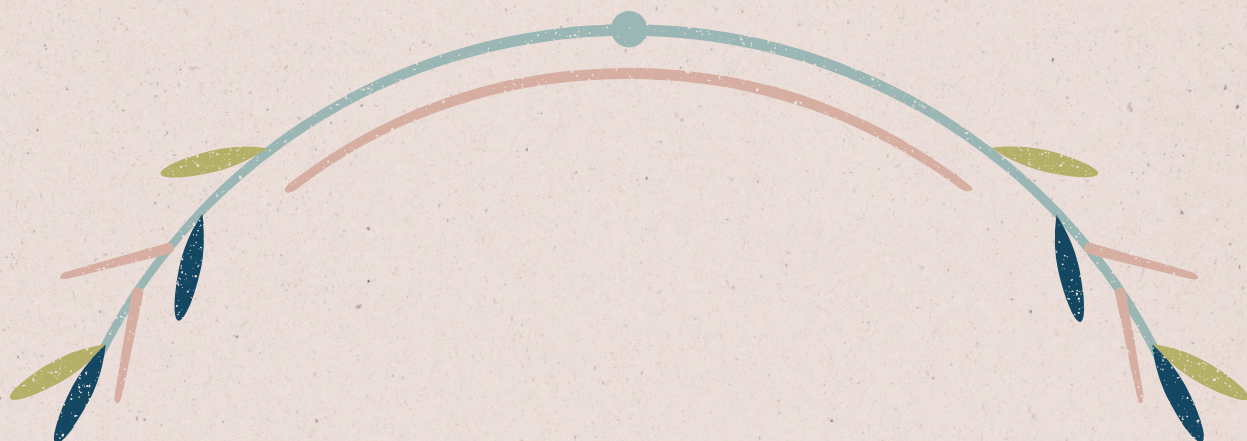




ABUNDANCE Journal



THOUGHT PATTERN

Start monitoring your thought patterns. Write down negative thoughts and replace each and every negative thought with positive ones.

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

NEGATIVE

POSITIVE

LIMITING BELIEFS

A Belief that is holding you back:

" ex. I can't change myself."

Where did this belief come from?

How is this belief harmful?

What is a better alternative for this belief?

MANIFESTING WEALTH

WHAT I WANT TO MANIFEST?

--

WHY I WANT TO MANIFEST IT?

--

HOW WILL I MANIFEST IT?

--

FIRST 3 STEPS TO BEGIN WITH

--

--

--

MANIFESTING HOME

WHAT I WANT TO MANIFEST?

--

WHY I WANT TO MANIFEST IT?

--

HOW WILL I MANIFEST IT?

--

FIRST 3 STEPS TO BEGIN WITH

--

--

--

MANIFESTING CAR

WHAT I WANT TO MANIFEST?

--

WHY I WANT TO MANIFEST IT?

--

HOW WILL I MANIFEST IT?

--

FIRST 3 STEPS TO BEGIN WITH

--

--

--

PERFECT DAY

WHAT DOES THE TYPICAL DAY LOOK LIKE FOR ME?

WHAT'S MY INCOME?

\$

INCOME SOURCE?

WHAT EXCITES ME MOST ABOUT LIFE NOW?

ADVISE I WOULD GIVE TO OLD ME

MONEY BLOCK SELF TALK

Topic of Conversation:

What You Said:

From Whom This Idea Came From:

Why You Said It:

What Happened Next:

How You Feel About It:

What You Learned:

EDIT MONEY BLOCKS

MONEY BLOCKS

EDIT

MONEY BLOCKS

EDIT

MONEY BLOCKS

EDIT

MANIFESTING MONEY

THE UNIVERSE BANK

DATE

PAY TO THE ORDER OF

\$

PAID IN FULL

THE UNIVERSE

FOR

SIGNATURE

THE UNIVERSE BANK

DATE

PAY TO THE ORDER OF

\$

FOR

SIGNATURE

THE UNIVERSE BANK

DATE

PAY TO THE ORDER OF

\$

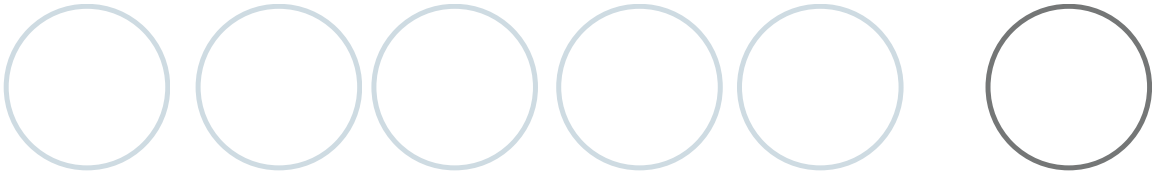
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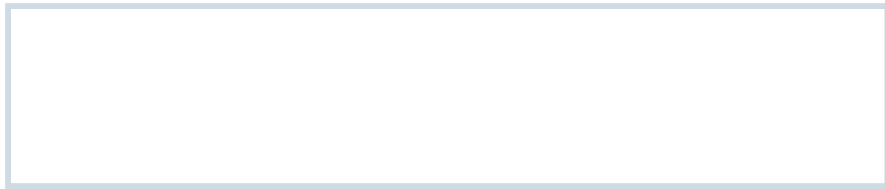
I AM A JACKPOT WINNER

YOUR WINNING LOTTERY NUMBERS

A row of six circles. The first five circles are light blue with a thin border. The sixth circle is dark grey with a thin border.

HOW MUCH I WIN?

\$

A large, empty rectangular box with a light blue border, intended for the user to write the winning amount.

WHAT'S YOUR INTENTION FOR WINNING?

Ten horizontal lines for writing, spaced evenly, intended for the user to write their intentions for winning.

MY DREAM HOME

Number of bedrooms:

Number of bathrooms:

Square feet:

City, Town, Country:

Neighbourhood:

Number of garages:

Home style: (Modern, Rustic)

Property style: (Condo, Apartment, Villa)

Neighbourhood amenities:

Price range:

Monthly Fees:

Other:

MY DREAM INCOME

The Universe will give you anything you want but first you must decide on the amount and the intent. How much do you want to earn or receive on a daily basis? What amount is the ultimate goal for you? When your income increases, what will you do with the money?

RAISING MY INCOME

It is easier to manifest smaller amounts and work your way up to the bigger amount. Also by doing so, you are eliminating the limiting belief of earning your ultimate goal is unachievable. By the time you work your way up, your subconscious belief system will know for a fact that your ultimate goal is achievable. As of right now, what's the monthly amount of income that will make your life easier?

This is the total monthly amount. This amount should be enough to cover all living expenses, tools you may need, some for your savings, and extra spending money. Once, you have that monthly amount in mind, divide it by 30. The number that you see is the amount you need to earn daily for your lifestyle to become comfortable. Always script as if you have it already.

HOW MUCH DO YOU EARN EVERY MONTH?

\$

DIVIDE IT BY 30. HOW MUCH DO YOU MAKE EVERY DAY?

WHAT IS YOUR OCCUPATION AND HOW DO YOU GROW YOUR INCOME TO THIS AMOUNT?

MY BUSINESS

You have been receiving payment notifications all day from your business. What do the notifications say? Write them as you would see them. Write this sentence 10-15 times.

For example:

"Congratulations! You just processed a new order." Or, "You received a payment of \$97!" After you finish writing, envision seeing the notification come in on your phone, tablet, or email.

MY PAYDAY

It's an easy day. t's payday. You know what your paycheck should be but you want to look in your bank account and see how much money you have total.

Script a scene as if the money you would like to manifest is already in your account. What are you doing when you check your phone? What does your bank app look like? What's the process of getting into your bank app? What does the total amount read? How do you feel when you see the total amount? After you script this scene, read it out loud and then visualize it.

WHAT I WANT

There's the thing that you really want and now you have the money to get it. What is it? Describe it. Where did you get it from? How much did you spend on it? Script through the process of having in and owning it. Script like you have it already. Say how grateful you are for it. After, visualize yourself having it.

MONEY MANIFESTATION

You're going to the bank. You need to pull some cash out. Describe the journey to the bank until you get there. Script out the streets that you need to take and everything.

Once you get to the bank, you pull up to the ATM. How much money are you going to pull out? When the money comes out, what do you do with it? You reach for your transaction receipt. What does your new balance say? You smile but you know this large amount is normal. You pull off. Where are you going? What are you doing with the cash that you just pulled out? Script out the rest of the day.

INCREASING INCOME

It's been a year: Every 3 months your income is increasing substantially. Your whole life has changed. How does it feel? What have you been doing to make your income increase? What income streams have you added? What's the next plan to make the huge leap? Script it out as if it has already happened.

3-6-9 METHOD

Date

Write 3 times the name of the thing you want to manifest:

Write 6 times your intention for thing you want to manifest:

Write 9 times what you want to manifest. Be specific and visualize it.

ABUNDANCE MINDSET

WHO I WANT TO BE?

WHAT I WANT TO HAVE?

LETTER TO UNIVERSE

This letter exercise will help you clear your mind from fears holding you back. Therefore, clearly state your desire and do not forget to show your gratitude and be proud of what you've been able to accomplish.



MANIFESTING CHEAT SHEET

IDENTIFY

I want to manifest [your desire] because it will make me feel [identify the emotions this manifestation will give you]

DAYDREAM

What will it feel like when your desire becomes a reality? (Use present tense, ex: I feel, I am, I am thankful...

ALIGN

List what you can do TODAY to practice feeling the feelings from part 1.

10 AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...

10 WAYS OF THINKING

When we are kind to ourselves and speak with good intentions, we are more likely to attract good things. Write down 10 ways of positive thinking.

1

2

3

4

5

6

7

8

9

10

MY BIG GOAL

My Big Goal:	
DEADLINE:	ACHIEVED: ☐

BREAK DOWN YOUR BIG GOAL INTO 3 MINI GOALS

MINI GOAL 1:	MINI GOAL 1:	MINI GOAL 1:
---------------------	---------------------	---------------------

[illegible]

GOAL BREAKDOWN

Goal	Deadline
------	----------

STEP 1

→

STEP 2

→

STEP 3

↓

STEP 6

←

STEP 5

←

STEP 4

↓

STEP 7

→

STEP 8

→

STEP 9

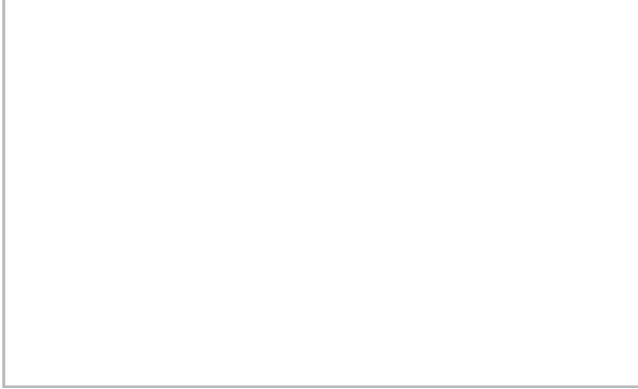
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Notes

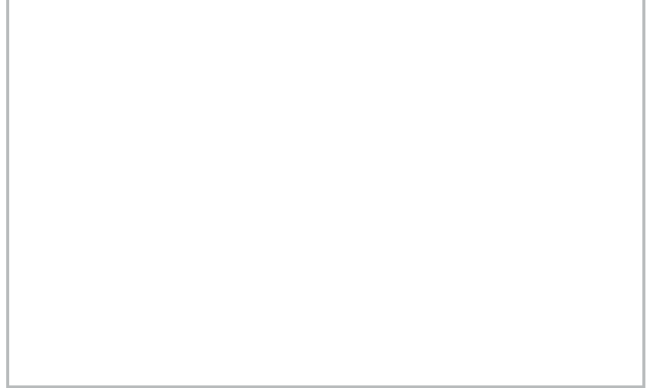
STEP 10

RECEIVING IN WORKSHEET

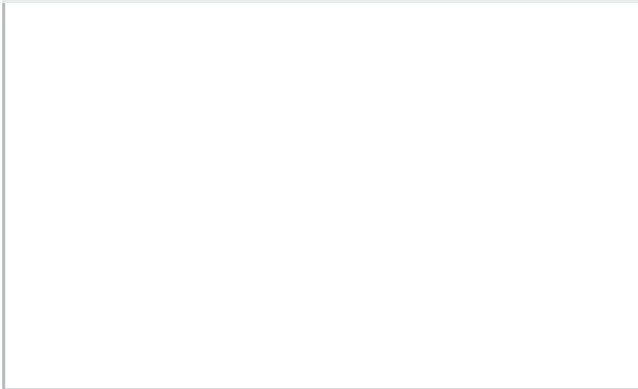
WHAT I'M RECEIVING IN

A large, empty rectangular box with a thin black border, intended for writing or drawing.

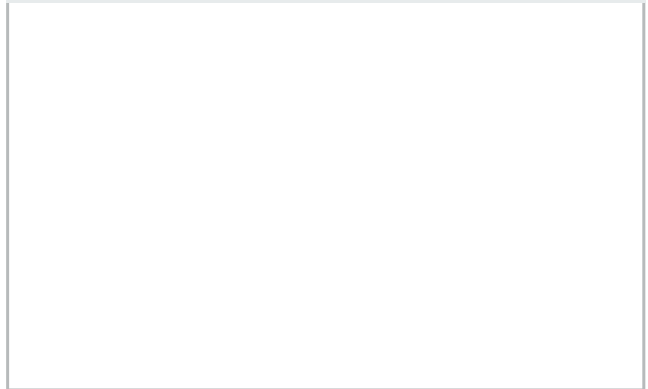
HOW I FEEL

A large, empty rectangular box with a thin black border, intended for writing or drawing.

AFFIRMATIONS

A large, empty rectangular box with a thin black border, intended for writing or drawing.

HOW THIS WILL HELP ME

A large, empty rectangular box with a thin black border, intended for writing or drawing.

DRAW A SYMBOL OR A FEW WORDS ABOUT RECEIVING IN

A large, empty rectangular box with a thin black border, intended for drawing or writing.

CELEBRATIONS & REWARDS

WHAT I AM CELEBRATING

--

HOW I AM CELEBRATING

--

WHAT I AM TREATING MYSELF TO

--

TO DO

--

NOTES

--

VISION BOARD

Career / Business

Finance

Family / Friends

Love

Personal Growth

Health

Leisure

Mind

DAILY GRATITUDE

Morning:

Date:

I am grateful for:

I'm looking forward to:

Daily Affirmations:

Evening:

Good things that happened today:

Things I can do to make tomorrow even better:

MONTHLY GRATITUDE

MONTH _____

A large rectangular box containing a semi-circular arc on the left side. The arc is divided into 31 segments, each labeled with a number from 1 to 31. The numbers 1 through 7 are on the top curve, 8 through 24 are on the right curve, and 25 through 31 are on the bottom curve. The rest of the box is filled with diagonal lines radiating from the arc towards the right edge.

INSPIRATIONS

PODCASTS

BOOKS

SONGS

VIDEOS

COURSES

AUDIO

OVERCOMING FEAR

One old fear you are so ready to put behind you:

One way in which your old fear holds you back:

One way your life will be improved by overcoming it:

The final thing you would do if you could step out from behind your fear:

One very small step you can take forward that first thing:

MEDITATION TRACKER

DAY	MEDITATION ACTIVITY	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
TOTAL MEDITATION TIME:		

HABIT TRACKER

MONTH _____

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

BUCKET LIST

NEW REALITY

What's Your Name:

How old are you:

What's your profession?

What's your net worth?

How did you accumulate your wealth?

What car do you drive?

Where do you live?

Visualize receiving payments and checks, the amount you want to see in your bank account, the success that you're having at work or in your business, and more.

Ask the universe for guidance out loud on what steps you should take to get to where you want to be.

Write your story and watch what the universe does for you. Have fun with it! The law of attraction is supposed to be F U N.

Tell the universe what you want verbally and say what your intentions are as to why you want it! You deserve it. It's okay to ask for abundance.

Thank you Universe, for the \$ amount in my account now:

JOURNALING



