

the complete

MONEY ABUNDANCE JOURNAL

A JOURNAL FOR PEOPLE
WANTING TO CHANGE THEIR
MINDSET AROUND MONEY

|

a journal from

MYSTICALMINDS.CO

IF ANY OF THIS SOUNDS LIKE YOU...

- You constantly think or worry about money
- You either talk about nothing else or are extremely uncomfortable talking about money
- You avoid money: You don't check your bank account, you don't open letters and/or delay paying invoices
- You feel fear about money and taxes
- You have no idea where your money goes
- Spending money is emotionally charged: You spend when things are good, to celebrate wins, when things are bad, when you're feeling happy or when you're feeling down.
- You're in a constant hamster wheel of paying off debt and/or are so restrictive with spending that you are afraid to use your emergency fund even if there is a true emergency
- You experience feelings of jealousy or envy and you are feeling like you're behind everyone and need to catch up
- You feel in a constant state of survival: No amount of money is enough to make you feel safe
- You don't allow yourself to dream and set audacious goals
- You are in a vicious cycle of restricting your budget to a point where it's not sustainable for you so you give in to shopping sprees and overspend massively now you feel guilty and go back to restricting yourself and the cycle continues.

This journal is right for you! It will help you to:

- Uncover your true money mindset
- Understand limiting beliefs and self-sabotaging thought and behavioral patterns and help you to shift them
- Gain clarity on what lifestyle would actually make you feel abundant and what you can do to make it happen
- Reveal what purchases are emotionally charged and how to relief the charge so that you can make decisions that are good for you and serve your long term goals
- Map out how you can translate your desires into a clear vision that you can then break down into goals and small action steps
- Make a game plan on how to hold yourself accountable and really follow through with sustainably changing your money mindset and financial situation this time

HOW TO GET THE MOST OUT OF THIS JOURNAL

I recommend going through the whole journal once over a long weekend and then journal for 15 minutes per day answering 1 question over the next 28 days. Keep reviewing how your answers changed over time, set the intention to take aligned action and trust that the process will call lasting change into your life.



MEET THE AUTHOR

Allie Theiss
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Allie Theiss is a renowned expert in intimate out-of-body experiences and spiritual soul connections, dedicated to guiding individuals on their spiritual journeys. She is the founder of Mystical Minds, a community focused on exploring metaphysical topics. Through her work, Allie empowers others to discover their own spiritual paths.

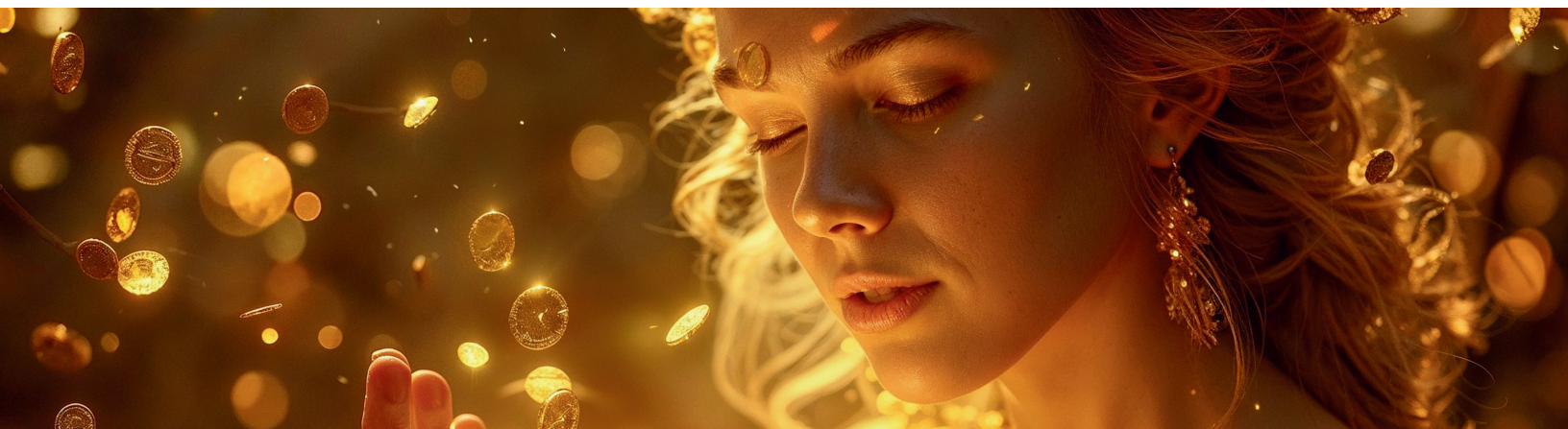


UNDERSTAND

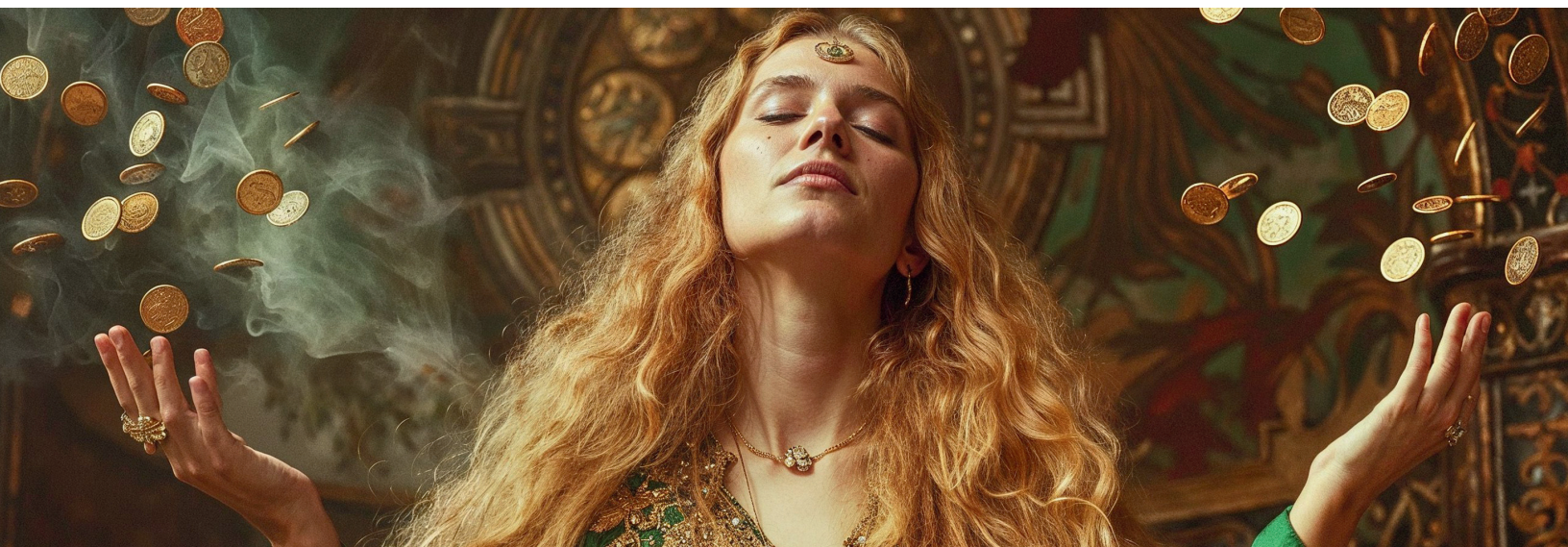
Change happens when you understand what you want to change so deeply that there is no reason to do anything but act in your own best interest. -Geneen Roth

PROMPTS

- What are my early memories about money? Try to go back as far as you can and think of at least 3 memories.
- How did my mother relate to money? How did she talk about it? What did her beliefs about money look like?
- How did my father relate to money? How did she talk about it? What did her beliefs about money look like?
- Was there conflict about money in my family? What do I remember about that? How would a person that has a healthy money mindset thing about these situations?
- What do I think about people who have a lot of money?
- What kind of relationship do I have with money?



- What limiting beliefs do I have about money?
 - Money is Scarce
 - Money doesn't make you happy
 - Wanting more money is greedy and selfish
 - People that focus on making money have bad character
 - I am not worthy of making more money. I can't make enough.
 - I lack the self-control to save money
 - The more money you make, the more problems you have
 - Making money means I am taking from others: The Rich Get Richer, and the Poor Get Poorer
 - You Have to Work Hard for Money
 - I Can Either Make Money or Follow My Passion
 - I Don't Know Where to Start and I will never figure this out.
 - Reaching my goals is impossible because I don't have the time and/or resources (It takes money to make money)
 - I don't have the skills needed to make money. Learning them would take too long and I am not sure if it would work out and be worth it.
 - Other Beliefs I have: _____
- If I had all the money I desired, who would I be? How do I think about myself?
- What are some things I tell myself about money on a daily, weekly, or monthly basis? How can I know that these thoughts are true?
- What does financial freedom look like to me? How much do I need to feel safe? How much do I need to feel like "I made it"?



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RECREATE

You could make a wish or you could make it happen. - unknown

PROMPTS

- What ways can I think of to increase how much money I am earning per hour? Think of everything from asking for a raise, getting promoted, starting a business or side hustle, increasing profits in your current business etc.
- What tradeoffs am I willing to make to achieve my goals? How long and to what extent am I willing to delay gratification to reach my long term goals? What commitments am I willing to make to finally change my financial situation?
- How can I break down my overall financial goals into milestones? Looking at all the items I have listed that I want and all the things I would need to spend money on to create my desired lifestyle - what are my priorities for the next 3, 6 and 12 months?
- How can I break down my overall financial goals into milestones? Looking at all the items I have listed that I want and all the things I would need to spend money on to create my desired lifestyle - what are my priorities for the next 3, 5 and 10 years?
- My future self - 10 years older and more experienced than me - reached all the goals I set today and has everything I desired. He/she tells me a story of how he/she got there. What happened?
- How is this future self different from who I am today? What advice do they give me?



- What skills have they acquired? How have they changed and leveled up as a person? What change did they inspire in others? How were they able to improve more than just their own life?
- Looking back at everything I wrote: What beliefs and habits can I identify that I want to change this year? What are the new beliefs and habits I want to replace them with?
- What is one small goal I can achieve related to my finances over the next week? What is one new belief that I can affirm this week? What is one old habit I can switch out for a new one?
- How can I hold myself accountable? Who can I share my goals with that can support me and help me with accountability? Who can help me when I feel discouraged and stuck?



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