



ABUNDANCE
Journal

Higher Spiritual Healing

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?

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

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 _____

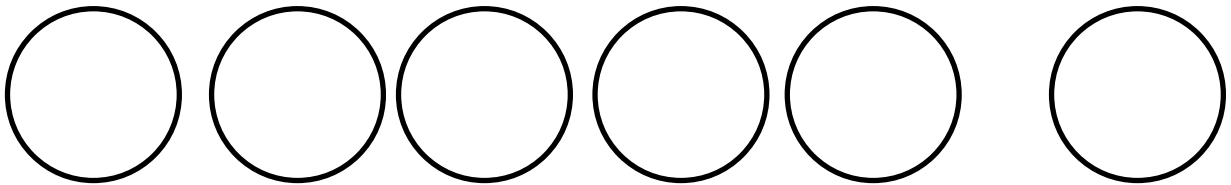
\$ _____

FOR

SIGNATURE

I AM A JACKPOT WINNER

YOUR WINNING LOTTERY NUMBERS

Six empty circles arranged horizontally, intended for writing the winning lottery numbers.

HOW MUCH I WIN?

\$

A large empty rectangular box for writing the amount of the winning prize.

WHAT'S YOUR INTENTION FOR WINNING?

Ten horizontal lines provided for writing the winner's intentions for winning the jackpot.

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:

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?

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?

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

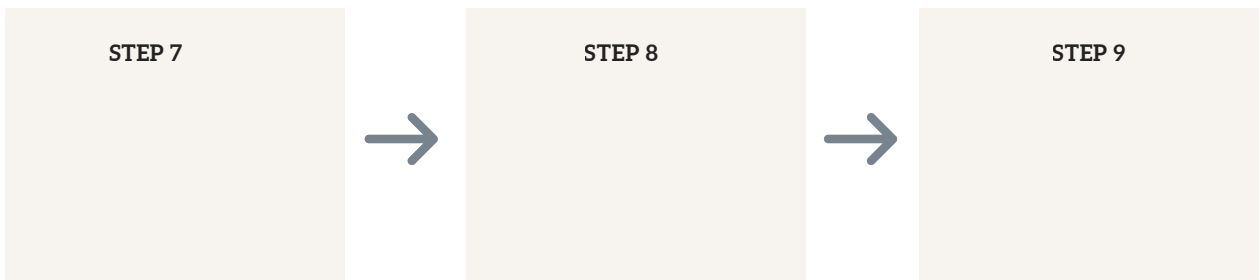
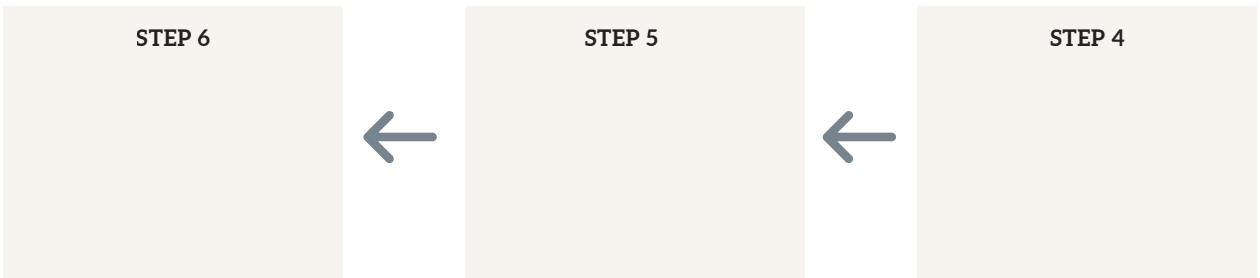
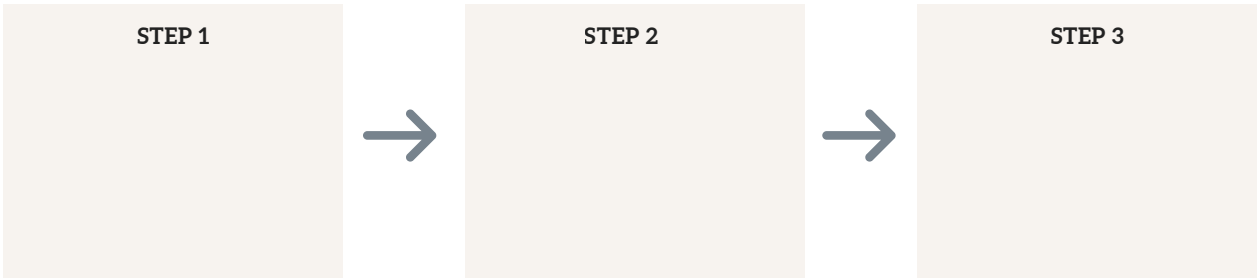
8

9

10

GOAL BREAKDOWN

Goal	Deadline
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Notes



RECEIVING IN WORKSHEET

WHAT I'M RECEIVING IN

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

HOW I FEEL

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

AFFIRMATIONS

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

HOW THIS WILL HELP ME

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

DRAW A SYMBOL OR A FEW WORDS ABOUT RECEIVING IN

A large, empty rectangular box with a 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 frame containing a semi-circular arc on the left side. The arc is divided into 31 segments, numbered 1 through 31 from top to bottom. The rest of the frame is empty space with faint diagonal lines radiating from the arc.

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
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15	16	17	18	19	20	21
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29	30	31				

HABIT:						
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
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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

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:
