

entrepeneur

HAVE YOU EVER FELT LIKE...

- •You never have "enough" money (no matter how much you actually have)
- •You can't relax when it comes to your finances you're always worried the clients are going to dry up or the last client you signed will be your last client ever
- •You're going to wake up one morning + discover a completely empty bank account and/or all your clients have fired you
- •Nice and/or luxurious things just "aren't for you" (or certain things are, but not the things you truly want)
- •You should probably be more practical because who are you to turn the creative ideas in your head into actual (large amounts of) cash?
- •You can't create money consistently and will probably always ride the "feast-or-famine" rollercoaster (so better buckle up!)
- •If you do have a high income month, it was "just a fluke" & you doubt whether you can do it again
- •You don't even know if you want to be rich because rich people are [insertnegative-adjective-here] (words like "greedy" or "selfish" are common)
- •Or any other negative emotion about money and abundance?

Yeah? You're in the right place.

Here's the deal: Abundance is all around us, all the time.

...But we're not always tapped into it.

The universe IS energy and the truth is money is also energy – which means money has a frequency. But thanks to subconscious blocks, fears and limiting beliefs around what money is or means to us, we're not always on the same frequency as money...and therefore, it's not always showing up in our lives the way we'd like it to.

The good news?

There are ways to actively challenge your limiting beliefs around money and raise your frequency to attract & make yourself available for more abundance. And one of the best ways is through a regular abundance journaling practice!

How do the rich stay rich while the rest of us suffer: Well, most people aren't blessed with an abundance mindset from birth. The wealthy have a secret, they simply think of money differently. The rest of us have to actively work to open ourselves up to more. Many of us have lots of old (read: outdated) beliefs around money, including what having money means and whether we're even worthy of it in the first place.

Abundance journaling can help with <u>all</u> of that.

So, if you're ready to...

- •Let go of your "money stuff" for good
- •Attract (rather than desperately chase after) ready, eager clients
- •Finally relax about + feel supported by your finances
- •Start being, doing and having what you truly desire (regardless of the price tags involved!)

...let's do this.

How does this journal work?

Most of our money beliefs were unconsciously formed very early in life (usually before age 7!). So, first up? You're going to examine the past and clarify exactly what thoughts, memories & emotions you're holding onto around abundance. Where did your abundance blocks, stories, fears and limiting beliefs come from (usually not you!)? Why do you think rich people are jerks? Why do you feel terrified to raise your rates? Why when you discuss your product or opportunity are you hesitant to talk about the cost? You're about to find out!

Next, we'll move onto a very important and often overlooked piece of the abundance puzzle: appreciating what you already have.

Finally, we'll tie things up with awe-inspiring & eye-opening prompts designed to open you up to the infinite possibilities that truly exist for you-once we get all the other "stuff" out of the way, that is!

Before we dive in, though, know this: It's okay and totally normal to feel resistance to these prompts. Most of us have spent our entire lives being told not to talk about money, or to feel shameful for having (or not having) money or to ignore money all together.

That said, abundance journaling can feel uncomfortable.

But it's also a deeply healing tool that can provide striking clarity around what's been holding you back from earning copious amounts of cash AND help you picture and eventually embody and live out the abundant future you desire.

Basically? It's an incredible catalyst for transformative changes in your life (and wallet). Let's dive in.

XOXO



READY TO WRITE YOUR WAY TO WEALTH?

Option 1: Use the prompts once. Go through them in one big marathon session and answer every question. Then, decide when you'll revisit them to either reflect on your answers or re-answer them. You can do this once or regularly (i.e. the first of the month or once a quarter). This is a wonderful way to track your growth over time, and uncover new layers to the "abundance onion" to work on and heal so you can experience more and more overflow. Save these to reflect back on later. You'll be amazed at how your mind will transform!

Option 2 (recommended): Use the prompts daily for 30 days. Write your answers to each prompt every morning or evening for one month. Watch as your mindset incrementally shifts.

Do not underestimate your mind! This is powerful work! You brain is always looking for confirmation to prove the things you believe.

For example: If you believe that your kids are a pain in the ass, guess what, your brain is looking for ways to prove that they are, in fact, a pain in the ass. They whine in the grocery store. They never pick up their dirty clothes. They are really a pain in the ass!

If, however, you believe that your kids are vibrant, energetic, creative, determined human beings, your brain will scan the environment to prove this! Look at how your son helped put away groceries without being asked (this just happened in my house!). Notice how your daughter so lovingly cares for your pets.

What you seek. YOU WILL FIND.



your money

What's your first memory about money?
Write it out in detail. What was the event?
Who was involved?
What beliefs do you think formed as a result?

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What might you believe about people with wealth? This might be painful to admit! Many of us have been taught that wealth = greed or selfishness or that capitalism is inherently evil.

My experience with wealth is this, it's not so much what you want to do with MONEY as what you want money to do for you. For example, if having money meant you could travel more, thing you want isn't money, per se, it's freedom and adventure. Money is just the vehicle. Sometimes we vilify money just for the sake of it. When, if we dug a little deeper we'd find that money isn't the root of all evil, it's what evil people DO with money.

What do you believe about wealth? What do you want your money to do for you?	
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Reflect on 1-3 "bad" money decisions you've made in the past. What lessons did they teach you that you can be grateful for today?

When you thi	and reframe yo ink about "wed nmediately cor	alth" or "abi	undance" wha	t thoughts

Choose 3-5 of the above beliefs (at minimum). Then, answer the following questions: 1. Where did this belief come from? 2. Is it ultimately true? 3. Do you want to keep this belief or change it? 4. If you want to change it, is there anyone you need to forgive (including yourself) that might have contributed to you forming this thought? 5. How can you reframe this belief into a positive affirmation? 6. Write out your new positive belief. Feel into it. 7. Bonus: Re-read your new positive money affirmations daily for maximum effect.

your money MCGCM

Five things I am grateful for today... BE SPECIFIC. Really honing in on the good things in your life trains your brain to find good everywhere.

What abundance is available to you right now that you're not leaning into? (i.e. unused gift cards, an inquiry, an invitation, etc.)

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How has money supported you today?

What are you	ı grateful to	have pur	chased o	r received	recently



How do you define an "abundant" life? (Don't worry about how somebody else might answer Tune into what you truly want for your life.)	this.

How do you define an "abundant" life? (Don't worry about how somebody else might answer this. Tune into what you truly want for your life.) What does it look like for you? What are you doing each day? What is your career or work like? Where do you live? What do you eat? Who do you hang out with? Explore it all. Don't overthink it. Be bold in your dreams and desires.

Write down three money goals:

a. The amount you'd feel "okay" making each month b. A slightly higher goal that feels like a stretch, but also exciting (it should make you a little nervous) c. Your large, audacious income goal (aka the number that would completely transform your life, this should give you butterflies!)

For your large goal, journal on:
1. What beliefs pop up when you think about achieving this goal
2.Can you reframe the negative beliefs?
3.What good you would do in the world if you actually hit this
goal. How would you use it to be of service-to yourself, your
clients, your family + friends, causes you care about, and the
world at large?
4. How would it FEEL to actually achieve this goal?

One way we hold ourselves back from experiencing abundance is by not letting ourselves dream in the first place. 1.Is there something you secretly wish you were working on or creating? If so, what is it? What's one step you can take toward making it a reality? 2. What have you been wanting to create to have more abundance in your life, but felt like you didn't have the time or energy to build or do?

In a pertect world, how do you want money to work tor yo in your life? How do you want to feel when you receive it? Spend it? Save it?				



As an inspired entrepreneur, I acknowledge that the products and services I provide for my clients are top of the range. Being able to provide this service allows me to live my Ideal life which includes:			
ideal ine which includes.			

Being paid for my services is a necessity that serves both myself and my client. I release any negative beliefs that state otherwise such as:

The more money I receive the more I can help people.
I enjoy helping people in ways such as:

Abundance flows into my life in many different shapes a forms. Being a wildly creative business owner has taught to appreciate these forms which have presented themsel				
to me in:				

I used to believe that I had to	in order t
make money. I now realize that this was a l	imiting belief and
accept that making money is meant I enjoy making money by:	

My relationship with money used to make me feel Now, whenever I think of money,
I feel I'm so grateful to be able
to spend it on things such as:

My creativity is a gift, and it would be unfair of me to kee this gift to myself as I can create a positive impact in the lives of others. The impact I'd like to make is:				

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My lite has been improved by my business. This busin allows me to do things I wasn't able to do before suc	

When I wasn't following my passion, I felt
But now that I have allowed myself the room to grow within my business, I now feel:

Being an inspired businesswoman has many perks such as:

There is nothing I'd rather be doing right now than growing my business because this business allows me to:

My life leads me exactly where I need to go when I follow my intuition. Right now my intuition is telling me:

Being an inspired woman allows me to live my life how I please. Since stepping into my most powerful self,
I have been able to:

eel	Now that I am living the way I want to, I	fe
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The more I step into my power the more people I can help. Who am I currently helping? How am I helping them? How ca I serve them even better in the furture?				

There is nothing that (opens up the abundance flood gates in my life like:

I enjoy bringing abundance into my life.
I am currently bringing abundance into my life by:

Living life on my terms reinforces my self-worth and inner inspired badass.

I am currently living life on my terms by:

I acknowledge that there will always be parts of my life that may not like. I actively make the decision not to let these things influence me because I am too powerful to surrender			
to limiting beliefs. Instead I will:			

WRAP UP

And you're done!

Congratulate yourself! You've just done more work on your money mindset than most people will do in a lifetime. And whether you plan to revisit these prompts tomorrow, next month or never again, you've still done super powerful work.

Enjoy the abundance!

EXTRA PROMPTS:

- 1. Create an ideal budget and spend it. For example: If your income goal is \$50k a month, write down exactly what you'd spend every single dollar on.
- 2. You have \$50,000 to spend in 24 hours. What are you going to buy? (don't you dare pay bills!)
- 3. How would it feel if you could depend on money? If it felt safe &reliable? Who would you BE? What would you DO? What would you HAVE?

in business, badassery, and bursting bank accounts,

XOXO

extra journaling space.

extra journaling space.