



FINANCIAL

journal

*I am worthy of wealth and welcome
abundance into my life.*

WHAT ARE MY EARLIEST MEMORIES OF MONEY, AND HOW
DO THEY MAKE ME FEEL?

HOW HAS MY FAMILY SHAPED MY VIEW OF MONEY?

WHEN I THINK OF WEALTH, WHAT WORDS OR EMOTIONS
COME TO MIND?

Money flows to me easily and freely.

WHAT LIMITING BELIEFS ABOUT MONEY MIGHT I BE HOLDING ONTO?

IN WHAT WAYS DO I SABOTAGE MY FINANCIAL PROGRESS, AND WHY?

DO I BELIEVE I DESERVE FINANCIAL ABUNDANCE? WHY OR WHY NOT?

Money flows to me easily and freely.

WRITE ALL THE EXPERIENCES AND FINANCIAL STORIES THAT MAKE YOU FEEL ANGRY, SAD, RESENTFUL, NEGATIVE. BRING THE MEMORIES AND FEELINGS BACK. FEEL THE FEELINGS AND FORGIVE YOURSELF OR OTHERS FOR CAUSING YOU THE PAIN. USE MANTRA THAT RESONATES WITH YOU: I FEEL YOU, I UNDERSTAND YOU AND I FORGIVE YOU. I LOVE YOU! USE SPACE BELOW!

Blank space for writing.

Blank space for writing.

I am open to receiving wealth in many forms.

DECIDE FROM NOW ON HOW YOU WANT TO FEEL ABOUT MONEY. BE SPECIFIC ABOUT WHAT YOU WANT.

WHAT WOULD FINANCIAL FREEDOM LOOK AND FEEL LIKE FOR ME?

WHAT DOES "ENOUGH" MEAN TO ME IN TERMS OF MONEY?

*I attract opportunities for financial growth
and prosperity.*

WHY DO YOU DESERVE WEALTH AND FREEDOM?

WHAT UNEXPECTED BLESSINGS OR RESOURCES HAVE COME
TO ME?

WHAT SKILLS OR TALENTS DO I HAVE THAT HELP ME
GENERATE INCOME?

*I release all limiting beliefs around money
and embrace abundance.*

THINK OF ONE WAY HOW YOU CAN TAKE CHARGE OF YOUR
FINANCES.... START BUDGETING OR INVESTING.

THINK OF ONE PERSON WHO IS WEALTHY. SPEND MORE
TIME AROUND THEM.

HOW CAN YOU UPGRADE YOUR LIFE WITHOUT SPENDING TOO
MUCH MONEY? PAINT YOUR NAILS, UPGRADE YOUR
UNDERWEAR ETC.

I am financially free and deserve all the success coming my way."

HOW HAVE PAST FINANCIAL CHALLENGES MADE ME STRONGER OR WISER?

WHAT ARE THREE THINGS I'M GRATEFUL FOR THAT ARE FREE?

WHAT POSSESSIONS BRING ME THE MOST JOY AND WHY?

I have the power to create the financial future I desire.

HOW DO I TYPICALLY REACT TO RECEIVING MONEY, COMPLIMENTS OR GIFTS?

FEEL FREE TO DESERVE THE WEALTH. WHAT CAN YOU DO, IF THE OLD LIMITING BELIEVES COME BACK. STOP AND THINK.

BE KIND AND FORGIVING TO YOURSELF.