

# ABUNDANCE Mindset Journal

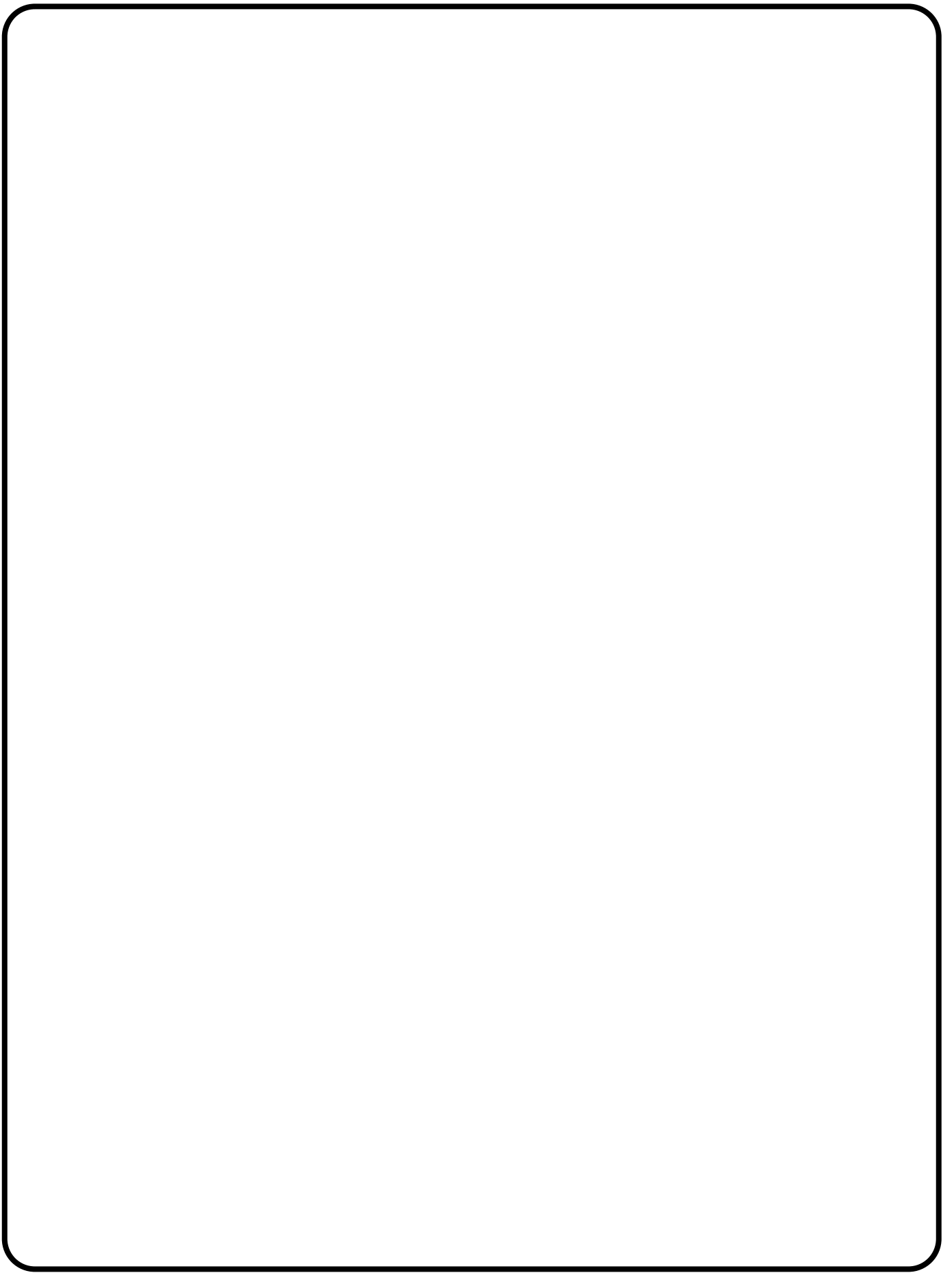


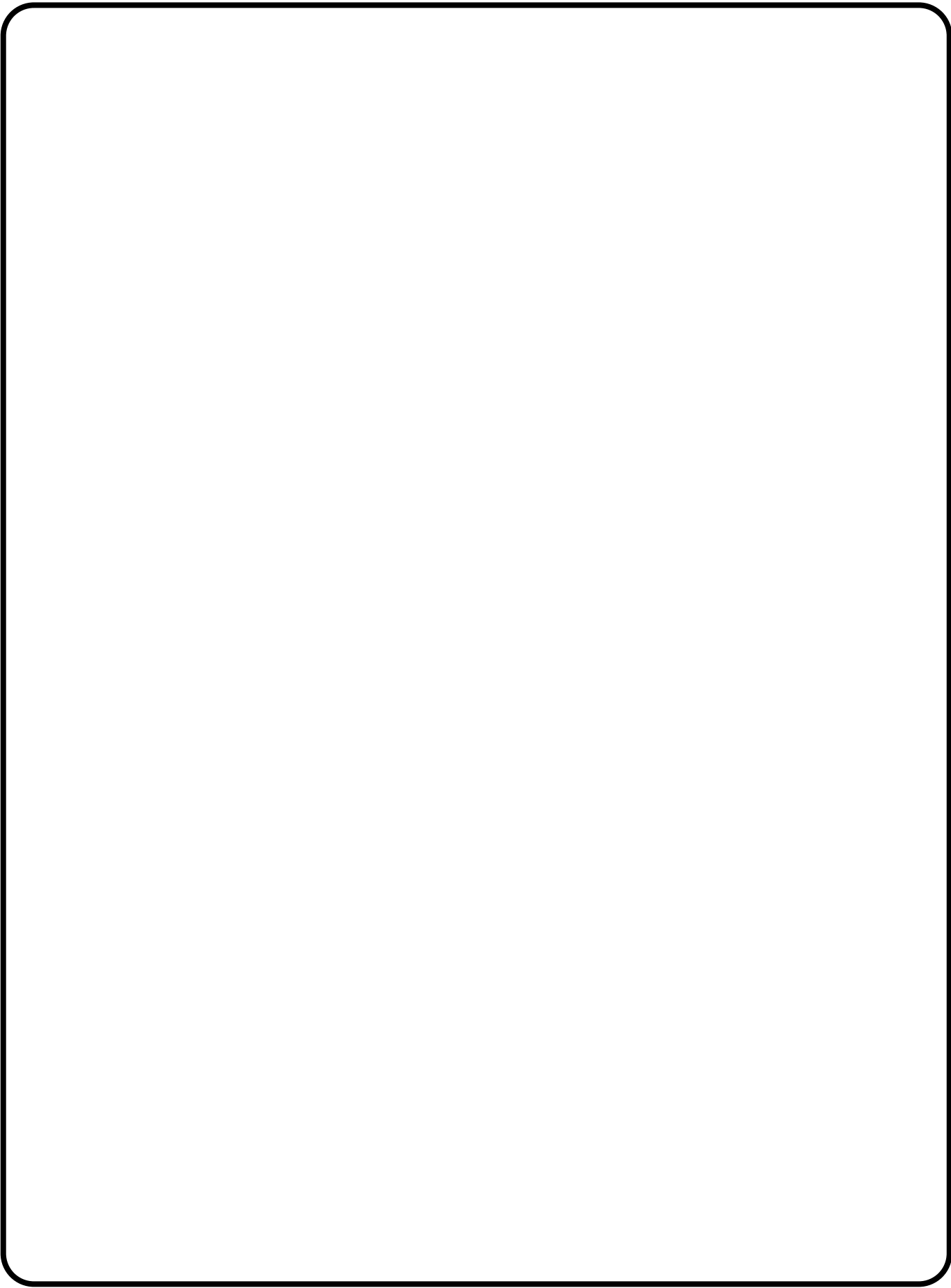
**This Book Belongs To**

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# Self Care Log

WEEK:

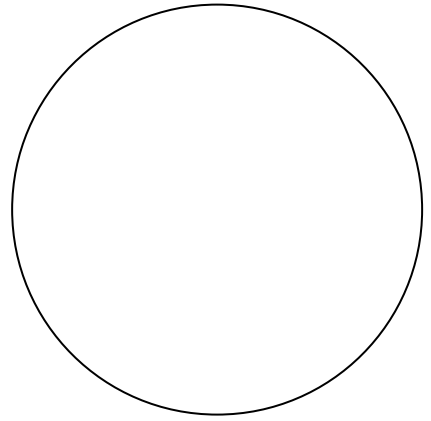
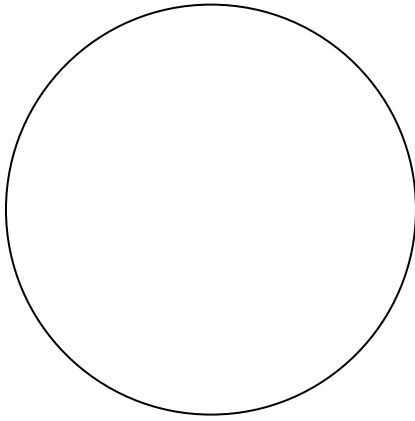
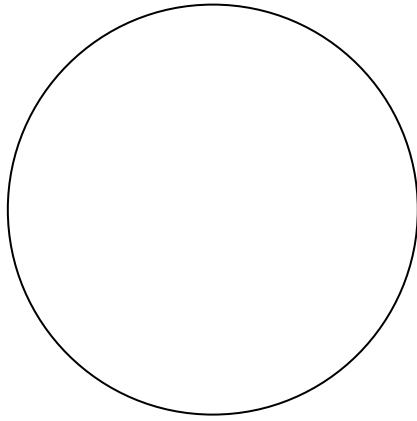
SELF CARE TASK	SUN	MON	TUE	WED	THU	FRI	SAT

NOTES

# Medication Log

[illegible]

## Positive Affirmations



### MY POSITIVE AFFIRMATION STATEMENT

# REFRAME My Thoughts

**NEGATIVE THOUGHT**

**POSITIVE THOUGHT**

**NEGATIVE THOUGHT**

**POSITIVE THOUGHT**

**NEGATIVE THOUGHT**

**POSITIVE THOUGHT**

**NEGATIVE THOUGHT**

**POSITIVE THOUGHT**

# DAILY Planner

Date: \_\_\_\_\_

Today's Affirmation		I Am Grateful For	
Schedule		Top 3 Tasks	
6 Am:		6 Am:	
7 Am:		7 Am:	
8 Am:		8 Am:	
9 Am:		To-Do List	
10 Am:			
11 Am:			
12 Pm:			
1 Pm:			
2 Pm:			
3 Pm:			
4 Pm:			
5 Pm:			
6 Pm:			
7 Pm:			
8 Pm:			
9 Pm:			
10 Pm:			



# Medication Log

### Activity:

**Duration:**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# My Manifestation

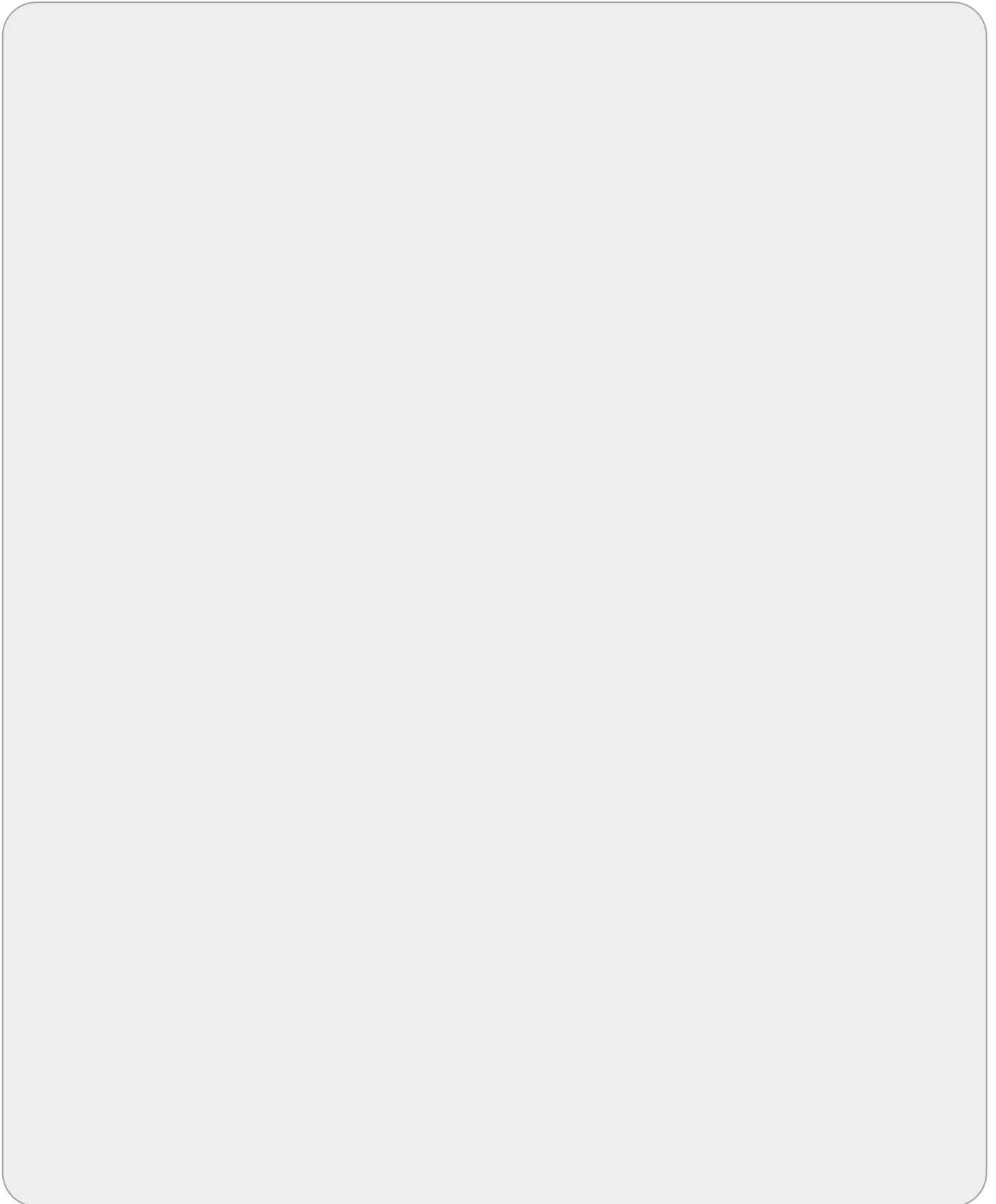
## Who I Want To Be

## What I Want To Have

[illegible][illegible]

# Inspirations

# VISION Board



# Gratitude List

Things In My Life i am Grateful Today

Family	Health
Relationships	Mental
Finance	Career



# Goal Planner

**START DATE:****END DATE:**

## MY GOALS

### AFFIRMATION/QUOTE

## ACTION PLANS

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# CURRENT Situation

Date: \_\_\_\_\_

## MY CURRENT SITUATION


## CONCERNS ABOUT MY CURRENT SITUATION


## THINGS I AM GRATEFUL FOR DESPITE MY SITUATION


## WHAT IS MY DESIRED OUTCOME?




# Budget Planner

Start Date: \_\_\_\_\_

End Date: \_\_\_\_\_

Fixed Expenses	Amount	Due Date

Variable Expenses	Amount	Did it add value to my life

Saving	
Starting Balance:	
Deposit: Week 01	
Deposit: Week 02	
Deposit: Week 03	
Deposit: Week 04	
Saving Total	

Ending Balance	
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# Spending Log

[illegible]

# Income Log

[illegible]

# Abundance Tracker

## Health


## I am Grateful For


## I Intend To Manifest


## I Will Celebrate My Abundance By


### Money


### I am Grateful For


### I Intend To Manifest


### I Will Celebrate My Abundance By


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<b>I am Grateful For</b>
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<b>I Intend To Manifest</b>
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<b>I Will Celebrate My Abundance By</b>
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# Notes

Date: \_\_\_\_\_

[illegible]