The Abundance Journal

for Wildly Creative Women

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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 [insert-negative-adjective-here]

•Or any other negative emotion about money and abundance?

Yeah? Then 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 truth is money is 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 raise your frequency to attract & make yourself available for more abundance. And one of the best ways is through a regular abundance journaling practice!

It's true: Most people aren't blessed with an abundance mindset from birth. Most 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 Many of us have lots of old (read: outdated) beliefs around money, including what having money means and whether we're even worthy of it in the first place.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 all 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.

HERE'S HOW THIS JOURNAL WORKS:

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? Why do you think rich people are jerks-or feel terrified to raise your rates? 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 some (or all!) of 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)-so let's dive in.

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.

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.

YOUR MONEY *Past*

I am abundant!

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?

I am abundant!

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?

I am abundant!

Uncover and reframe your limiting abundance beliefs.
When you think about “wealth” or “abundance” what thoughts & beliefs immediately come to mind? Write out each belief.

I am abundant!

Choose 3-5 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.

I am abundant!

YOUR MONEY *Present*

I am abundant!

Five things I am grateful for today...

I am abundant!

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

I am abundant!

How has money supported you today?

I am abundant!

What are you grateful to have purchased or received recently?

YOUR MONEY *Future*

I am abundant!

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

I am abundant!

How do you define an “abundant” life?
(Don’t worry about how somebody 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.

I am abundant!

I am abundant!

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

c. Your big, hairy audacious income goal (aka the number that would completely transform your life)

I am abundant!

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?

I am abundant!

I am abundant!

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?

I am abundant!

I am abundant!

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

ADDITIONAL *Questions*

I am abundant!

As a wildly creative woman, 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:

I am abundant!

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:

I am abundant!

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

I am abundant!

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

I am abundant!

I used to believe that I had to _____ in order to make money. I now realize that this was a limiting belief and I accept that making money is meant to be fun.

I enjoy making money by:

I am abundant!

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

I am abundant!

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

I am abundant!

I used to believe that asking someone to buy my product was _____. But selling is a part of owning a business, and I now enjoy the process and have begun to make more sales by:

I am abundant!

My life has been improved by my business. This business allows me to do things I wasn't able to do before such as:

I am abundant!

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:

I am abundant!

Being a wildly creative woman entrepreneur (#ladyboss - #momboss) has many perks such as:

I am abundant!

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

I am abundant!

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

I am abundant!

Being a wildly creative woman allows me to live my life how I please. Since stepping into my wildly creative ways, I have been able to:

I am abundant!

I used to live how other people wanted me to which made me feel _____. Now that I am living the way I want to, I feel:

I am abundant!

The more I step into my power, the more people I can help.
I am currently helping people by:

I am abundant!

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

I am abundant!

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

I am abundant!

Living life on my terms enhances my wildly creative ways.
I am currently living life on my terms by:

I am abundant!

I acknowledge that there will always be parts of my life that I may not like. I actively make the decision not to let them get me down because I am too powerful to sink to their level. Instead I will:

I am abundant!

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WRAP UP

And you're done! Congratulate yourself because you've just done more work on your money mindset than most people will ever 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:

- Create an ideal budget and spend it. For example: If your income goal is $10k a month, write down exactly what you'd spend every single dollar on.

- If I was given $50,000 to spend in 24 hours, I would...

- How would it feel if you could depend on money? If it felt safe & reliable? What would you do? What would you have? Who would you BE?

I am abundant!

I am abundant!

I am abundant!

Kimberly Gypsy LoSavio

Your Sassy Boundaries, Non-Negotiables, & SoulFull Goals Mentor and Geeky Blogging Consultant

ABOUT ME

Hey there! I'm Kimberly Gypsy LoSavio - Destroyer of doormat-itis, guardian of velvet ropes sharing my snark and my story to empower & support wildly creative ladypreneurs develop their own soulfull goals, selfcare, better boundaries and non-negotiables. I'm also Momma Bear to my Autistic Master Beastie, finding my feet in our new "normal" as I journey through single parenthood and the Autism Spectrum.

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