



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.



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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 Many of us have lots of old (read: outdated) beliefs around money, including what having money means and whether we're even worthy of it in the first place.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.



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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.



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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



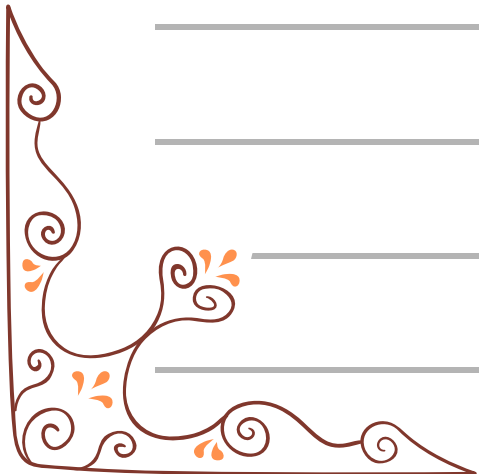


I am abundant!

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!

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.





YOUR MONEY

Present





I am abundant!

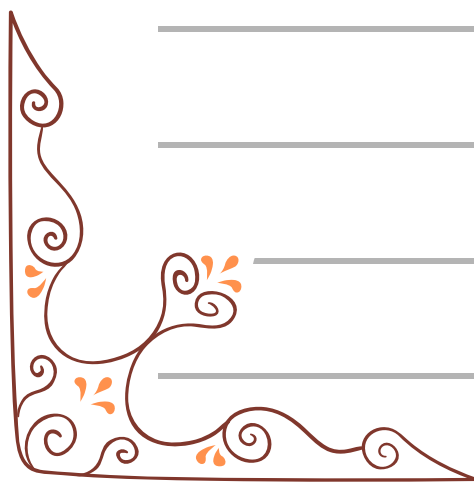
Five things I am grateful for today...





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.)





YOUR MONEY

Future

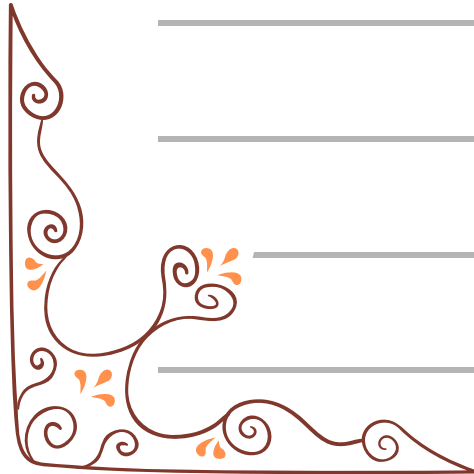




I am abundant!

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!



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?





ADDITIONAL

Questions





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:

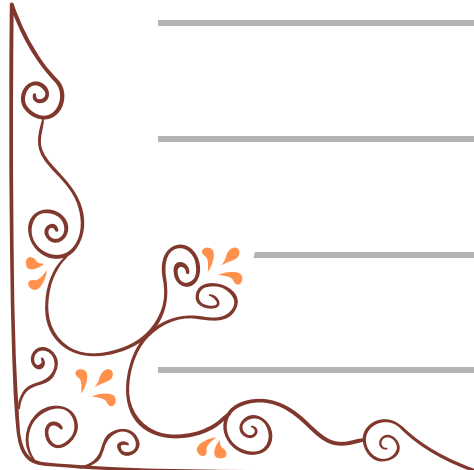




I am abundant!

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.

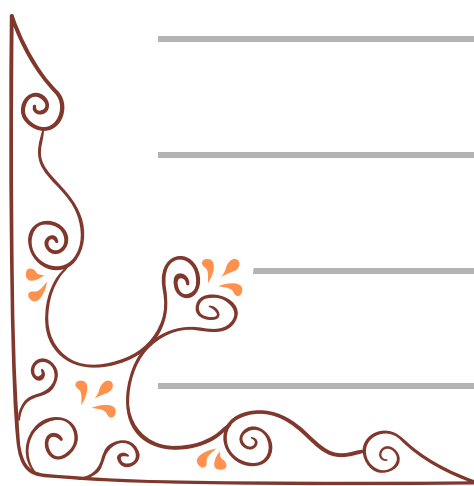
I enjoy making money by:





I am abundant!

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:

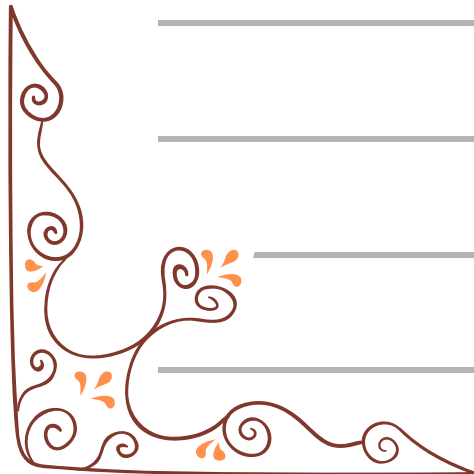




I am abundant!



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:



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?





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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