JOURNAL
WEEK 1
2023

1) Get Clear on the relationship you want to have with money: ---what are your financial desires? list them all don't hold back!

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2) Pick one that you really want to focus on and you're willing to put all your energy into:

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2b) Observe any funky thoughts and feelings that come up as you list your desires, what is coming up that says you can't have it? (begin to be a gentle observer)

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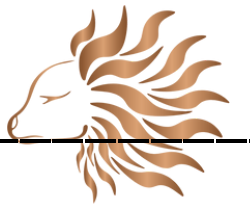
3) Explore the root cause

• where did this belief come from?

• feel out the experience

• forgive whomever or whatever planted them belief in your mind, body & soul!



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MAK'N Miracle MONEY

Create a new story... In the space below, tell your story in the past tense with empathy and care and retell the new story. It'll go something like this... I know that a,b,c happened and that it felt x,y,z but I don't need to feel that / believe that anymore. I am safe... write the new story / reality

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MAK'N Miracle MONEY

Write yourself an empowering mantra that you can write out and put everywhere so you see it all the time.

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Make a note here of some known 'trigger' words or phrases that you catch yourself saying over the next week. As you notice them and call them out, it'll be easier to release them from your vocabulary.

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What will you start saying instead when those thoughts creep in? Create your new phrases

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