



*Manifest  
More Money  
Digital Journal*





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# Ways to Manifest More Money

## A Food for Thought Journal and Manifestation Guide

This journal is based on the Coach Glue publication called *7 Ways to Manifest More Money into Your Business*.

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The Coach Glue team provides exceptional, commercial use rights, written content available today! Their content is fact-checked, well-written, and timely. As a loyal customer of many years, I use many of their products for my personal development and others as the foundation for course content and others still as bonuses for students and subscribers.

One year, many years ago, I even created my first monthly membership club, around the Coach Glue content. Their research saves lots of time and provides a solid platform.

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- Use the material as content for your emails or blog posts.
- Sell the planners and journals in your shop! .
- Use the content in a monthly membership club.
- Create courses or workshops for your students.
- Create programs for new students or clients. And much more.

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## Give Up Control

While it is good to be specific, when setting up goals and planning how to attain them, be careful of thinking that is too rigid. Telling the Universe that you want to increase your income in a specific way with a specific outcome can blind one to unexpected opportunities and methods.

By all means, have a specific intent, but allow the Universe to deliver what you need in its own unique way.

*Journal About Your Thoughts and Feelings on This Topic*



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## De-clutter Your Emotions

It's all well and good de-cluttering your closet or your office, but be sure to spring clean other areas of your life.

What habits and thoughts have you been clinging on to that no longer serve you? Let them go. Fire them.

Give them permission to leave.



*Journal About Your Thoughts and Feelings on This Topic*



A journey begins with one step, but until you take that step, you are sitting still. Ridiculously obvious... but signaling your intent to the Universe by taking action can be the most powerful manifestation technique possible.

Remember that feeling is not doing!

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But don't overlook that dime!

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## Adopt a Success Mindset

Someone still clinging to old, negative self-messages and 'I'm doomed to be poor' thinking will end up blocking abundance at every turn. There's no magic to overcoming this: Simply make the resolution that from this moment forth you will focus on the successes in your life from this moment forth.

Seeing all the ways in which you do move towards a better life can be the most powerful manifestation technique of all.

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## Give When You're Lacking

When things are really tight, there's a natural tendency to go into *Fear Mode*, and focus on the big hole in the boat. This leads to lowered vibrations as we let fear paralyze us. The next time you are facing tough financial times, look outward. Donate to a cause you care about.

Giving when it hurts is a powerful way to raise your vibrations and signal your trust to the Universe.

Journal About Your Thoughts and Feelings on This Topic



## Watch Your Words

Words can be powerful. Words can create your reality, so eliminate words that dis-empower you, like 'someday', or 'one day' or 'in the future'. Instead, substitute phrases like: "I am going to spend a week at the ocean, THIS summer!"

Once you make a clear plan and commitment, you will find ways to move toward that goal, and it will become a reality.

*Journal About Your Thoughts and Feelings on This Topic*



## Create a Success Playlist

It's a well-known scientific fact that music can energize or depress. Create a music playlist for yourself that fills you with, hope, energy, and a sense of peace. Play it while you're working; playing while you're taking a break.

Play your playlist whenever you need a soul boost.

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Have Fun Becoming Wealthy

Money and finances can be sources of stress and despair. It doesn't matter how much you've got—or lack—right now. It doesn't matter how much you need to grow your net worth—fast. Taking a few moments to have fun with money takes away its power to paralyze (and helps keep you in touch with your creative, spiritual side—essential to prolific manifesting). Buy yourself a special coffee, a delicious meal or a bunch of beautiful flowers and buy something for someone else and surprise them.

Take the time to have fun with your money.  
That's the way to help it become your New Best Friend.



*Journal About Your Thoughts and Feelings on This Topic*



## Meditate and Exercise Daily

Meditation and daily exercise are powerful ways for clearing blockages from your body and mind. Even if you devote only five minutes per day to these two powerful battery rechargers, you'll benefit.

These practices and make a difference to your physical well-being, emotional clarity and energy vibrations.

Journal About Your Thoughts and Feelings on This Topic



## Acknowledge Your Power

Choice is your biggest gift. You can choose to focus on doubling your income. You can choose to wallow in misery. You can choose to add passive income to your money manifesting strategy. Choice is neither good nor bad, but it's up to us whether or not we decide to make good choices (choices that empower us and move us forward) or bad choices (based on inertia and fear).

Acknowledge that only you have the power to choose the life you've always wanted.

*Journal About Your Thoughts and Feelings on This Topic*



## Share Your Dreams and Goal

A dream or a goal that is kept secret is one you're not really sure about. You're not sure if you deserve it. You're not sure you can do it. You're not sure if it is for you. Start talking about your dreams and goals with people you trust. They may provide an unexpected key piece of your puzzle, or even just encourage you and cheer you on.

When you put things into words, you will give yourself big clues and trigger insights that move you forward.



*Journal About Your Thoughts and Feelings on This Topic*



## Be Specific

Being specific is one of the most important things to remember when getting ready to manifest. Set specific deadlines for tasks to be completed or a goal to be reached. Be specific when you say you are wishing for a new car or a virtual office assistant or even a new article of clothing.

This sort of planning will move you toward your goals.

*Journal About Your Thoughts and Feelings on This Topic*



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