



Creating More Abundance Worksheet

By Julia Griffin

1. Begin by feeling gratitude for the abundance that you have. The goodness in life expands through conscious thought and gratitude.

List a few examples of the goodness in your life.

2. You expand the energy of anything when you think about it or have strong emotions about it—both positive and negative. For example, thinking that you don't have money or what you need to comfortably exist in life creates more of it.

What are the thoughts and feelings that you need to change? (For example, I always have enough money as opposed to I have never have enough money.)

3. You can visualize more money in your bank account, making more money at your job (or finding a new job), and easily paying your bills.

Describe your visualizations and think about how they would improve your life.

4. You can create more money by saving money, even if only \$10 per week. Keep the money in a special place, hold it, and imagine having more. (You can put it in a savings account as you save more. Don't spend it.) Money attracts money.

5. It's helpful to expand savings and income by 20% in the beginning. How would this feel and look to you?

How much money can you save on a weekly or monthly basis? How does it feel to save more money?

6. It can take time to completely understand this, but the Universe wants you to have abundance. Your job is to see and imagine the money, save some money, and the desired change in your life. It's important to do this with positive feelings. How would it feel to you?

How would you describe a more prosperous future?

7. When you have more money, it's helpful to spend a small amount on yourself, pay bills, and save more. What would you buy for you as a small celebration?

What do you deserve, and how would it benefit you?

8. Take a few minutes to describe your new life, which is more abundant and supportive. Review this every day.

Write a few sentences.



Julia Griffin is known internationally for her ability to enlighten others to find their True Self and become conscious co-creators through practical application of Universal Law. Her teachings embody advanced concepts for those who want to deepen their understanding of co-creation and personal “reality”. She has a deep understanding of energetics based on extensive studies. She is an alchemist, astrologer, herbalist and Reiki Master. Julia has the ability to communicate with plants and animals. She lived with wolves for nine years, while developing her intuitive abilities. Julia is a contributing writer for Spirit of Maat. Julia’s services include counseling sessions and classes, which teach students to align their focus on identifying the feeling of the soul and following their inner path.

To learn more about Julia Griffin, go to OneTrueSelf.com.