

Journal Your Way Rich!

Hey Bada*s Boss!

Journaling is essential to building a money mindset that sticks. When we take the time to journal we build neural pathways that ingrain the very things we are journaling. This is why money mindset is one of the key factors in changing your underlying belief systems and manifesting your way to RICH!!

Below are some journal prompts to work through over the next week.

- Journal out your life in detail to the prompt- "If I were a rich woman/man then my life would look like..."
- How would my life FEEL like if I were rich? How is this different then how I am choosing to feel right now in my life?
- Make a list of your top 10 money belief systems. Get real with yourself here and dig deep. Then write out how each of these are impacting your current money influx.
 - Ex. Money is hard to come by and doesn't grow on trees; I have to work hard for my money; Money is fun"
- Where am I restricting my money? Or my life that is impacting my money?
- What would I be doing in/with my life if I have all the money I needed?

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- List out ALL the emotional states that you notice brings you money. Then list 5 ways you can incorporate these states of being into your life?
 - Ex. When I am feeling giddy, playful, silly, etc.
- Call in your money environment! Journal on the areas that need cleansing, boundaries, and upscaling of physical environment, relationships, self-care routine, spiritual practices, habits, etc.
- When I see others with or doing expensive things, what I think is... Are these thoughts that support my money mindset or deter from my inherent ability to be rich?
- Go through this for 5 different areas in this exact order. Creating the outcome first, then the belief, and then the action.
 - OUTCOME- what is it that your desire (ex. "I desire to double my income")
 - BELIEF- what is the belief system you need to ingrain in order to get that outcome?
 - ACTION- What actions do you need to take to step closer to the outcome? (ex. "I will start taking an extra 30mins each morning to work on my money mindset")
- Money often brings up fear in people. Fear of not having enough, fear of others thoughts, fear of being perceived, ect. What are your fears about being as rich as you desire?