

ABUNDANCE
MINDSET
Journal

This Book Belongs To

SELF CARE LOG

Week:

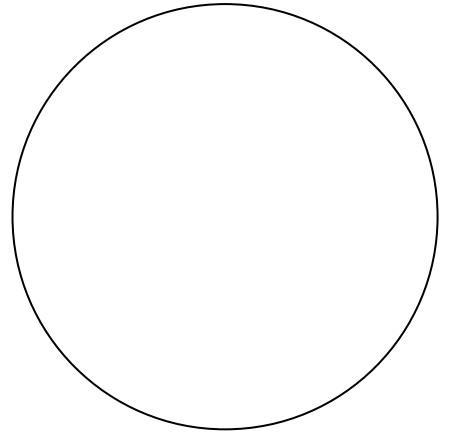
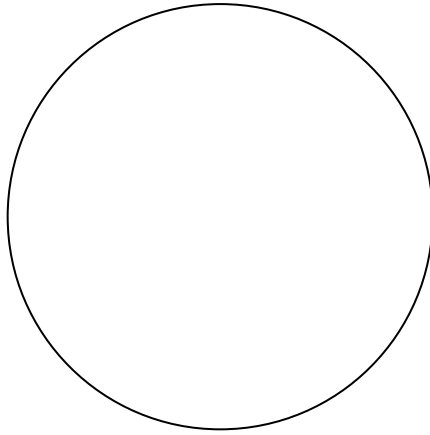
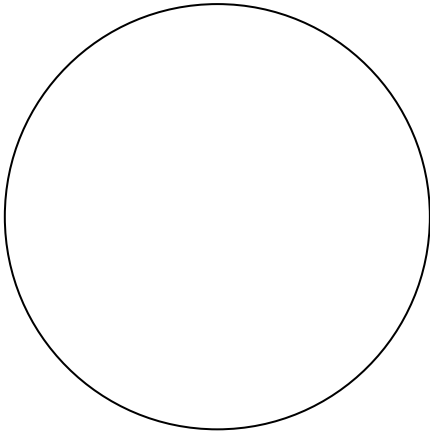
Selfcare Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

MEDICATION LOG

[illegible]

POSITIVE AFFIRMATIONS



My Positive Affirmation Statement

[illegible]

REFRAME MY THOUGHTS

Negative Thought	Positive Thought
Negative Thought	Positive Thought
Negative Thought	Positive Thought
Negative Thought	Positive Thought

DAILY PLANNER

Date:

Daily Affirmation		I am Grateful For	
Schedule		Top 3 Tasks	
6 AM			
7 AM			
8 AM			
9 AM			
10 AM			
11 AM			
12 PM			
1 PM			
2 PM			
3 PM			
4 PM			
5 PM			
6 PM			
7 PM			

MEDICATION

Activity:

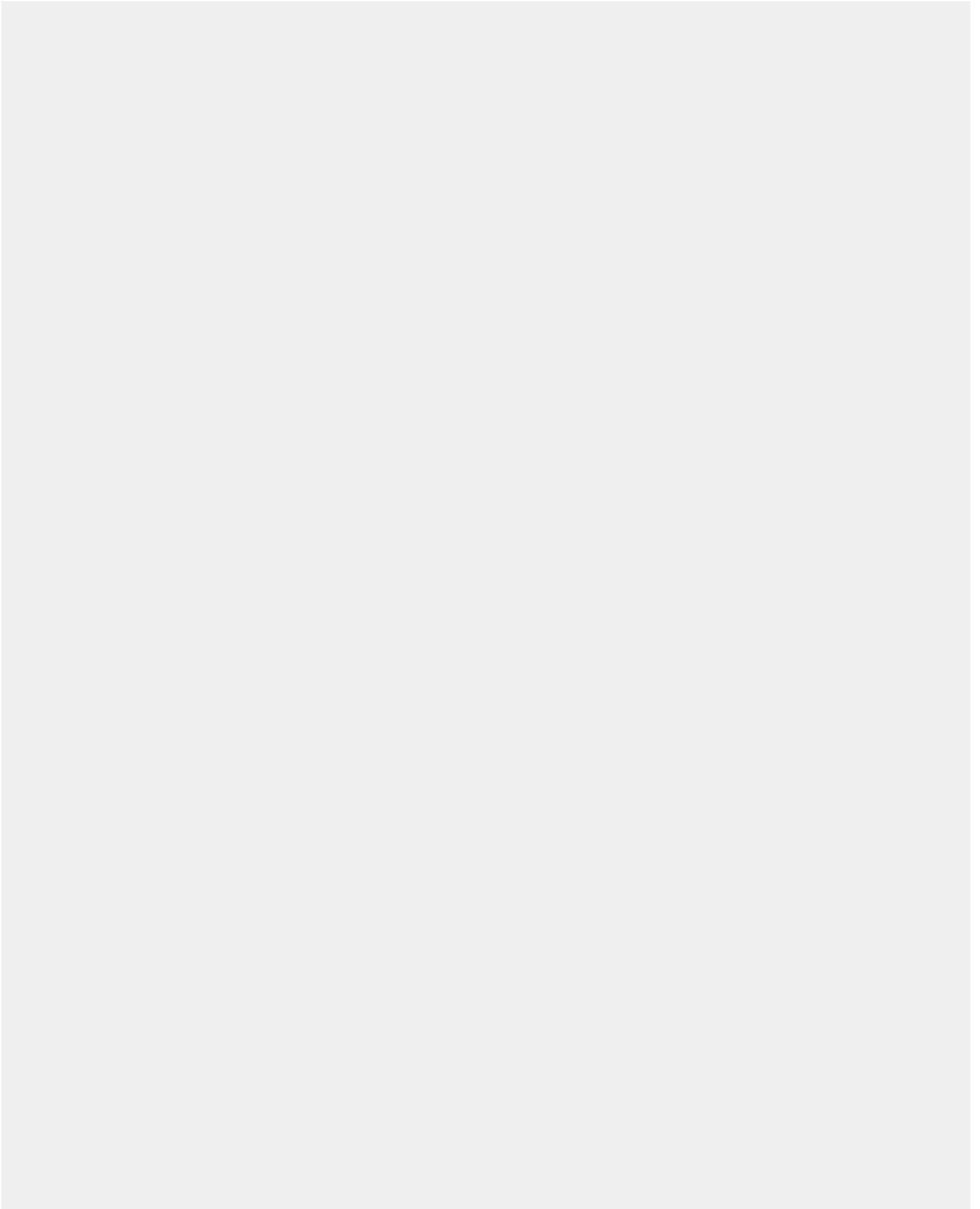
Duration:

MY MANIFESTATIONS

[illegible]

[illegible]

VISION BOARD



GRATITUDE LIST

Things In Life I Am Grateful Today

Family

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Health

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Relationships

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Mental

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Finance

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Career

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GRATITUDE LIST

Things In Life I Am Grateful Today

[illegible]

GOAL PLANNER

Start Date:

End Date:

My Goal

Affirmation

Action Plans

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CURRENT SITUATION

Date:

My Current Situation

Concerns About My Current Situation

Things I am grateful for Despite My Situation

What Is My Desired Outcome

BUDGET PLANNER

Start Date:

End Date:

Fixed Expenses	Amount	Due Date

Variable Expenses	Amount	Did It Add Value To My Life

Saving		How I can Improve My Finance Next Month
Starting Balance		
Deposit-Week 01		
Deposit-Week 02		
Deposit-Week 03		
Deposit-Week 04		
Saving Total		
Ending Balance		

SPENDING LOG

[illegible]

INCOME TRACKER

Month:

[illegible]

ABUNDANCE TRACKER

Health

I am Grateful for

I Intend to Manifest

I Will Celebrate My Abundance by

ABUNDANCE TRACKER

Money

I am Grateful for

I Intend to Manifest

I Will Celebrate My Abundance by

ABUNDANCE TRACKER

I am Grateful for

I Intend to Manifest

I Will Celebrate My Abundance by

Date:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.