

8-DAY JOURNAL

Abundance Mindset

DATE:



A guide to open your heart, shift your beliefs, and welcome more ease into your life.

How to Use This Journal

Each day includes:

- *A theme to reflect on*
- *A reflection prompt*
- *A grounding practice*
- *A short affirmation*

You can start at any time

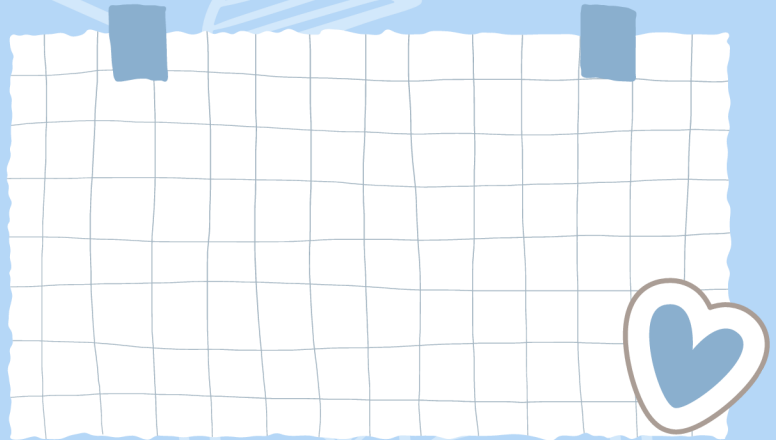
Use the journal as often as you like, especially when you want to reset your mindset.

Day 1: Gratitude to What You Have

What do I already have in my life that brings me comfort, safety, or joy?

PRACTICE

Take a deep breath and name 8 small blessings around you, no matter the size.



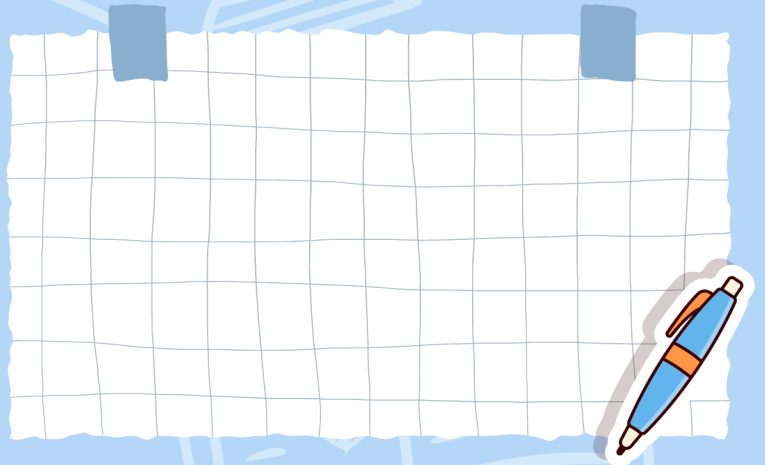
"I begin with gratitude. My life is already full in so many ways."

Day 2: Letting Go of Scarcity Mindset

Where in my life do I feel like there's "never enough" time, money, love, or opportunities?

PRACTICE

Write them down and fold the paper. Set the intention to release these thoughts.



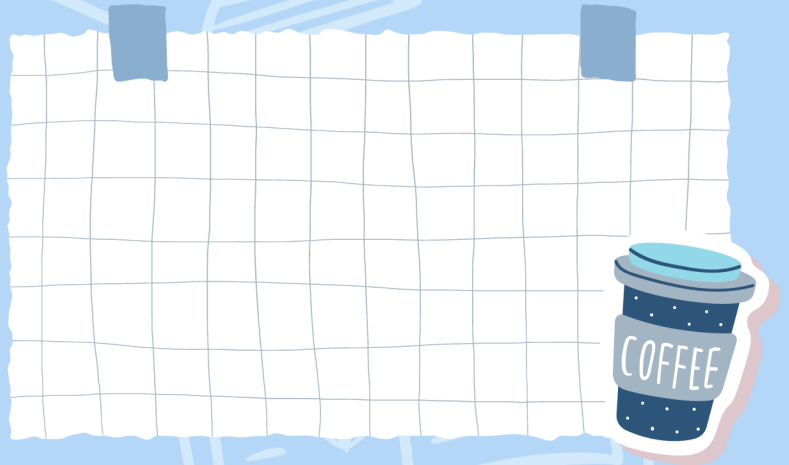
"I let go of fear and trust that good things are on their way to me."

Day 3: The Power of Gratitude

What are 5 moments from this week that made me smile or feel thankful?

PRACTICE

Create a small daily habit of noticing and writing one thing you're grateful for.



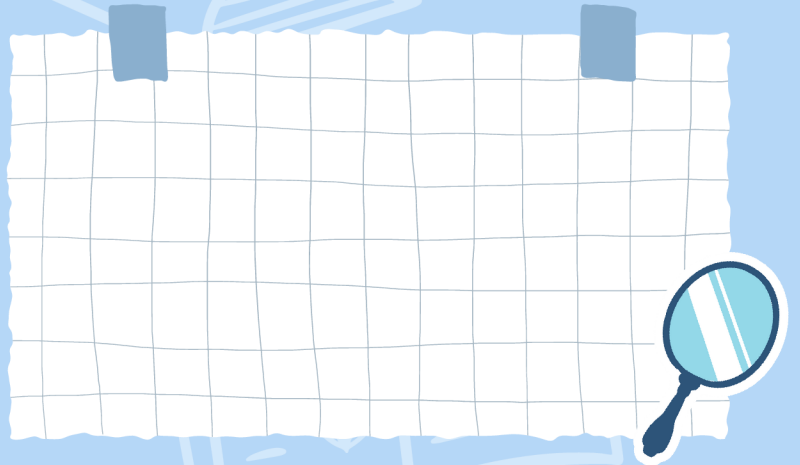
"Gratitude brings me peace and opens the way for more blessings."

Day 4: You Are Enough

*What are the moments that make me feel that I am not doing enough?
And now how can I give myself love in those areas?*

PRACTICE

Look in the mirror and
speak gently to
yourself: "You are
already enough."



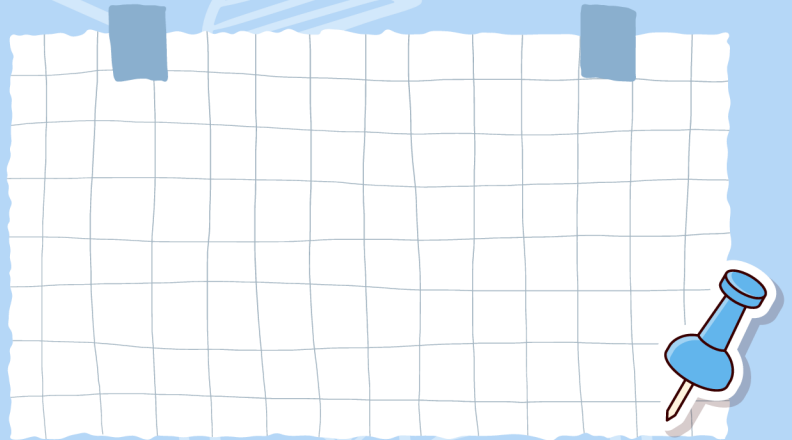
*"My value does not depend on what I achieve. I
am already more than enough."*

Day 5: It's Okay to Want More

What do I desire that I haven't fully allowed myself to ask for? Without guilt or judgment, what do I want?

PRACTICE

Write a note starting with "It's okay to want..." and finish it honestly.



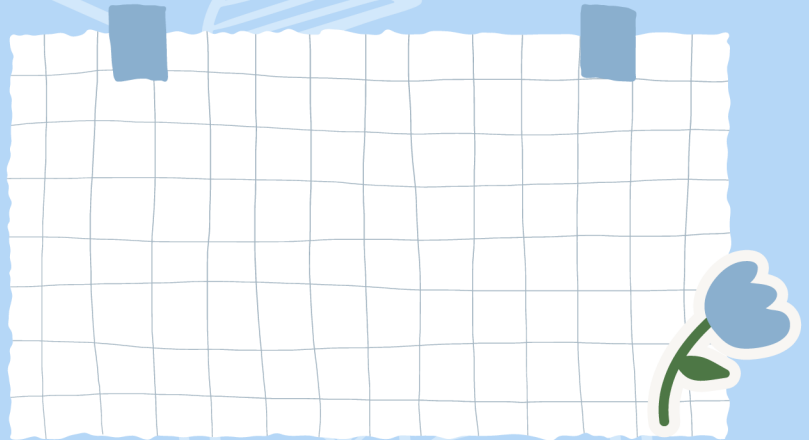
"I welcome hope into my heart. My desires are worthy and meant for me"

Day 6: Receiving with Grace

Which are the areas in my life that I can be more open in allowing myself to receive help or care?

PRACTICE

Say thank you without explanation or apology when someone gives you something today.



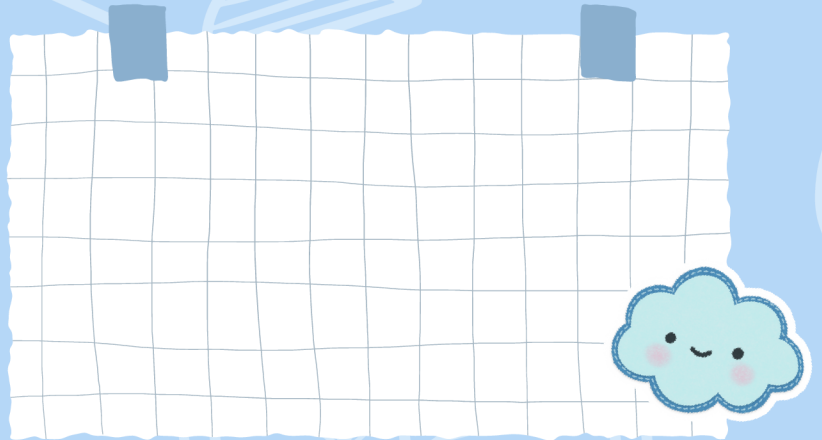
"I open my heart to receive all forms of love, help, and abundance."

Day 7: Trusting Life's Flow

*If I could believe that everything is happening at the right time for me,
what would I stop worrying about?*

PRACTICE

Think of a time
something turned out
better than expected.
How did it feel?



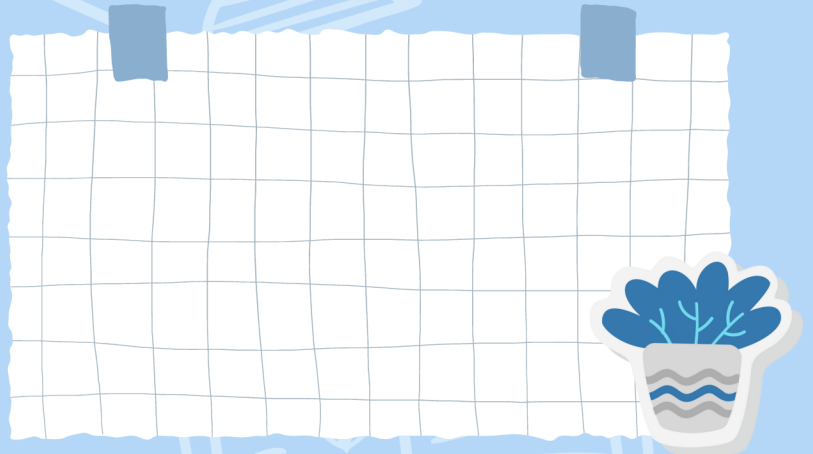
*"Even when I do not see the full picture, I trust
each step is leading me where I'm meant to be."*

Day 8: Living in Alignment with Abundance

*What small changes can I make today that reflect the life that I want?
Will they be changes in me or around me?*

PRACTICE

Do one thing today for
your wellbeing, even if
it's just resting or being
still.



*"My life is guided by meaning, softened by
simplicity, and enriched by steady blessings."*



Notes

This image shows a blank sheet of white paper with horizontal blue lines. At the top center, there is a blue cloud-like shape with the word "NOTES" written in white, bold, uppercase letters. The paper has rounded corners at the bottom.