



MONEY MINDSET & MANIFESTATION  
JOURNAL

---

*for a thriving  
abundant  
life*



# MANIFESTATION JOURNAL



*date:* \_\_\_\_\_

I AM MANIFESTING

[Blank space for writing]

THE END RESULT LOOKS LIKE

[Blank space for writing]

THE REQUIREMENTS

[Blank space for writing]

HOW IT CHANGES MY DAILY LIFE

[Blank space for writing]

HOW I FEEL WHEN I HAVE IT

[Blank space for writing]

MY ENERGY WHEN I HAVE IT

[Blank space for writing]



# HOW TO MANIFEST YOUR DREAM LIFE



VISUALIZE YOUR DREAM LIFE

USE AFFIRMATIONS TO REPLACE LIMITING BELIEFS

HAVE FAITH IN THE PROCESS

MATCH THE FREQUENCY OF THE REALITY YOU WANT

BE PURPOSEFUL WITH YOUR THOUGHTS AND BELIEFS

REMEMBER THAT REPETITION AND INTENTION ARE KEY

RELEASE CONTROL

YOU ARE WHAT YOU THINK SO WATCH YOUR THOUGHTS

ALIGN ACTIONS WITH YOUR GOALS

ALWAYS TRUST YOUR INTUITION

*abundance*

*wealth*

*Affirmations*  
MONEY MINDSET

MONEY IS MY FRIEND

I AM WORTHY OF FINANCIAL SECURITY AND  
ALL THAT THIS BRINGS TO ME

MONEY HAS A POSITIVE IMPACT ON  
MY LIFE

IT IS SAFE FOR ME TO BE DEBT FREE

I AM GRATEFUL FOR ALL THE MONEY  
THAT IS PRESENT IN MY LIFE

I AM RICH WITH HEALTH, WEALTH,  
LOVE, JOY AND HAPPINESS

THERE IS PLENTY OF MONEY TO  
GO AROUND





MONEY IS LOVE.  
I LOVE MONEY  
&  
MONEY LOVES ME.

# LIST OF ATTRACTIONS

*Things you have attracted into your life*

*Things you want to attract into your life*

# MOOD TRACKER

*month:* \_\_\_\_\_



LEGEND





# CLEARING *subconscious thoughts and* LIMITING BELIEFS

*I will no longer believe that...*

A large, empty rectangular box with a light pink background, intended for writing a belief to be cleared.

*I will let go of...*

A large, empty rectangular box with a light blue background, intended for writing something to be let go of.

*The thing I'm most worried about is...*

A large, empty rectangular box with a light pink background, intended for writing a worry to be cleared.

*If I weren't afraid I would...*

A large, empty rectangular box with a light blue background, intended for writing a fear to be cleared.







# EMBODYING MY *best abundant* SELF

*Habits To Change*

Blank rectangular area for writing habits to change.

*Skills To Learn*

Blank rectangular area for writing skills to learn.

*Values To Enhance*

Blank rectangular area for writing values to enhance.

*Qualities To Adopt*

Blank rectangular area for writing qualities to adopt.



# Raise Your Vibration

## CHECKLIST

- PRACTICE GRATITUDE
- GO FOR A WALK IN NATURE
- CLEANSE YOUR ENERGY
- MEDITATE
- CREATE
- LISTEN TO INSPIRING MUSIC
- MOVE YOUR BODY



SPIRITUALITY

FAMILY

# VISION BOARD *Worksheet*



WEALTH

CAREER

*believe  
it  
to  
see  
it.*

HEALTH

LOVE

KNOWLEDGE

[CLICK HERE TO](#)

[CREATE YOUR VISION BOARD](#)



THE  
DISTANCE  
*between*  
DREAMS &  
REALITY  
*is called*  
ACTION

[BOOK A COACHING SESSION WITH DESIREE EAST](#)

# YEARLY *planner* GOALS





# YEARLY PLANNER

YEAR:

**JANUARY**

**FEBRUARY**

**MARCH**

**APRIL**

**MAY**

**JUNE**

**JULY**

**AUGUST**

**SEPTEMBER**

**OCTOBER**

**NOVEMBER**

**DECEMBER**



A desk setup featuring a calendar, a cup of coffee on a saucer, and an open notebook with a pen resting on it. The scene is set on a wooden surface with some greenery in the background.

# Monthly GOAL TRACKER

A decorative mandala graphic with intricate floral patterns in shades of teal and green, centered on a light blue background with a white geometric pattern.

*A little progress each day  
adds up to big results*

# Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:





# Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:



# Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:



# Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:



# Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:



# Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:



# Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:



# Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:



# Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:





# Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:



# Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:



# Monthly GOAL TRACKER

MONTH:

FOCUS:

ACTION STEPS:

