



Day 1 - Journal Prompt

Grab your journal after watching today's video and listening to the meditation... and write this question out in full and answer yourself (without hesitation and allow whatever comes forward) and own it.

Journal Prompt:

" If the Money is truly done and I am already wealthy, abundant, relaxed and felt deeply loved, supported & safe in my decisions and actions...

I would now change...?

I would now let go of...?

I would now add to my life every day ... so I felt luxurious and a millionaire...?

Day 2: Journal Prompt

Grab your journal after watching today's video and listening to the meditation... and write this question out in full and answer yourself (without hesitation and allow whatever comes forward) and own it.

Journal Prompt:

"Now that money and resources are completely done, without limitations and I feel deeply loved, supported and safe in my desires, decisions and actions and I am now choosing to live more luxuriously every day.

I now chose to let go of a negative belief/negative feelings that...

[Feel it, acknowledge it and let it go]

Because this is no longer true for me and doesn't resonate with my soul. I now choose a higher frequency, I choose the truth, I choose my soul"

Day 4 - Journal Prompt

Grab your journal after watching today's video and listening to the meditation... and write this question out in full and answer yourself (without hesitation and allow whatever comes forward) and own it.

Journal Prompt - write and read out loud!

"Now that money & resources are completely done, without limitations and I feel deeply safe, supported and loved in my decisions, desires and actions and I am now choosing to live more luxuriously every day. I now choose to let go of the negative story that (fairy story)

because this is no longer true for me and does not resonate with my soul and it is just energy. I now choose a higher frequency, I chose the truth, I choose love.

And I accept that I am ... (what's your NEW story?) "

Day 5 - Journal Prompt

Grab your journal after watching today's video and listening to the meditation... and write this question out in full and answer yourself (without hesitation and allow whatever comes forward) and own it.

Journal Prompt:

" Now that the money and resources are overflowing in my life and I feel deeply supported and safe in my decisions, desires and actions, I am now choosing to live more luxuriously every day. I choose to let go of the paths in my life that no longer serve me. I choose to release with ease and grace... [what paths?]

These paths are no longer true for me and do not resonate with my soul and it is all just energy. I now choose a higher frequency, I now choose the truth, I now choose love. I now choose my new... (what truth) "