

# The Abundant Mystic 30-Day Action Guide and Journal

**DAY 1: Date** \_\_\_\_\_

**Morning Intention:** List one clear, positive intention for increased abundance today.

**Daily Abundance Action:**

Your Abundance Action for today – should you choose to accept it – is...

**Create a list of things that make you feel good:**

Write down the people places, stuff, songs, books, movies, etc., that help you get into a high vibration, positive feeling space.

**Notes:** If you need more space (Yeah Baby!) feel free to add another sheet of paper to your binder!

**Evening Gratitude:** List at least 5 things you are grateful for today. (Can be people, experiences, things, etc.)

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# The Abundant Mystic 30-Day Action Guide and Journal

**DAY 2: Date** \_\_\_\_\_

**Morning Intention:** List one clear, positive intention for increased abundance today.

**Daily Abundance Action:**

Your Abundance Action for today – should you choose to accept it – is...

**Ask for support:**

This can be a tough one for some people. If this pushes your edges, go for it! If you want more abundance in your life you're going to have to expand your comfort zone. Go out and ask someone to support you and your dreams!

**Notes:** Write down any thoughts, feelings observations and insights that you have about today's action.

**Evening Gratitude:** List at least 5 things you are grateful for today. (Can be people, experiences, things, etc.)

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# The Abundant Mystic 30-Day Action Guide and Journal

**DAY 3: Date** \_\_\_\_\_

**Morning Intention:** List one clear, positive intention for increased abundance today.

**Daily Abundance Action:**

Your Abundance Action for today – should you choose to accept it – is...

**Focus on the Abundance already in your life:**

Take 10-minutes to look around your home, garden, office, etc., and write a list of some of the things that are already in your life that reflect your abundant nature.

**Notes:** Write down any thoughts, observations and and insights that you have about today's action.

**Evening Gratitude:** List at least 5 things you are grateful for today. (Can be people, experiences, things, etc.)

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# The Abundant Mystic 30-Day Action Guide and Journal

**DAY 4: Date** \_\_\_\_\_

**Morning Intention:** List one clear, positive intention for increased abundance today.

**Daily Abundance Action:**

Your Abundance Action for today – should you choose to accept it – is...

**Track ALL of your expenses today:**

Write all of your expenses down in a notebook, or keep receipts for everything you purchase today. What do you notice when you are consciously tracking all the money you spend!

**Notes:** Write down any thoughts, fears, observations and insights that you have about today's action.

**Evening Gratitude:** List at least 5 things you are grateful for today. (Can be people, experiences, things, etc.)

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# The Abundant Mystic 30-Day Action Guide and Journal

**DAY 5: Date** \_\_\_\_\_

**Morning Intention:** List one clear, positive intention for increased abundance today.

**Daily Abundance Action:**

Your Abundance Action for today – should you choose to accept it – is...

**Look for change on the ground:**

This may sound a bit weird but give it a try. Keep your attention focused on the ground today as you look for money. When you find some, even if it's just a penny, pick it up and offer a prayer of gratitude for the gift you have received!

**Notes:** Write down any thoughts, fears, observations and insights that you have about today's action.

**Evening Gratitude:** List at least 5 things you are grateful for today. (Can be people, experiences, things, etc.)

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# The Abundant Mystic 30-Day Action Guide and Journal

**DAY 6: Date** \_\_\_\_\_

**Morning Intention:** List one clear, positive intention for increased abundance today.

**Daily Abundance Action:**

Your Abundance Action for today – should you choose to accept it – is...

**Practice “What if UP” thinking:**

Spend 15-minutes thinking about some bothersome situation in your life and imagine all the possible positive outcomes you can. Think in terms of “what if it all went right?” and see what you come up with.

**Notes:** Write down any thoughts, fears, observations and insights that you have about today’s action.

**Evening Gratitude:** List at least 5 things you are grateful for today. (Can be people, experiences, things, etc.)

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# The Abundant Mystic 30-Day Action Guide and Journal

**DAY 7: Date** \_\_\_\_\_

**Morning Intention:** List one clear, positive intention for increased abundance today.

**Daily Abundance Action:**

Your Abundance Action for today – should you choose to accept it – is...

**Write an abundance affirming word or phrase on your water bottle:**

According to Masaru Emoto, water picks up on our intention and actually changes its structure in response to that intention. Write a positive word or phrase on your bottle and drink in the positively charged energy that the water carries.

**Notes:** Write down any thoughts, fears, observations and insights that you have about today's action.

**Evening Gratitude:** List at least 5 things you are grateful for today. (Can be people, experiences, things, etc.)

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