



LINDSAY DAM



JOURNAL YOURSELF RICH



30 Days to \$10k, \$20k, \$50k
and Beyond

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30 DAYS TO \$10K, \$20K, \$50K AND BEYOND

LINDSAY DAM

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LINDSAY DAM

TO YOU, DEAR READER.
THE HEART LED HUMAN WHO'S BIRTHRIGHT
IS TO BE ABUNDANT, TO LIVE A LIFE OF JOY
AND LOVE AND TO LIVE PASSIONATELY.
TOGETHER WE CAN ERADICATE POVERTY AND
LIVE THE LIFE OF WEALTH AND ABUNDANCE
YOU DREAM OF.

Welcome love bucket, to Journal Yourself Rich!

I first created this workbook using journaling prompts I'd been doing myself for years. With them I manifested hundreds of thousands of dollars through my business and other completely unexpected pathways.

After a couple years with these prompts and the results that repeatedly seemed like magic, it dawned on me that if this worked so well for me perhaps others would like them too.

And that is how I birthed the original JYR.

I had no clue if people would want this, and honestly thought people might think I was crazy. In less than a week I had presold over 100 copies.... and the results far surpassed anything I could have hoped for from the people who took part in this journal. Even now, two years after the original version was created new people are discovering the book and private messaging me their results. Not only has the workbook helped an incomprehensible amount of people all over the world, in different cultures and different backgrounds manifest and receive more money, it has helped people live more happily from the inside out. Happiness without condition... this makes my heart swell and tears want to fall. Because the truest state of abundance, I believe, is to be happy without condition. And coincidentally when we can be happy without condition - money, love and abundance tend to flow even more seamlessly towards us.

As my journey is ever evolving, so is my work. It was about 18 months ago from this moment that I decided to do something differently. Two things actually. I decided that A: I was going to be happy no matter what was happening in my life or my finances and B: I was going to add daily money shadow work to my journaling practice.

I had no idea what would happen. But a niggling deep inside of me had said ENOUGH of my own BS, and I was determined to delve deeper than ever into creating the life I truly desired for myself.

In three weeks I couldn't believe what had happened. Not only had I connected with myself and my son on a deeper level than ever before... something extraordinary happened with my income.

In just 3 weeks my income tripled. I went from making \$15k per month to \$43,000. Here's what's even more amazing about this: I posted on my social media (my main marketing for my business at the time) only six times in the entire month... and this skyrocket in income happened DURING the holidays, at a time when many love to blame the holidays for decreased sales in the coaching, personal development and healing industry.

In 8 weeks I had manifested \$80,000 cash. I went on to have a \$50,000 month later that year.

Every time I fell off of doing the newer exercises delivered in this book my income stalled or stagnated. Every time I've picked it back up it's like a magic money wand is waved in my favor.

I can't explain it and yet I can.

I can't promise you specific results. But I can promise that if you do the work, the work ALWAYS works for you.

In this new version of Journal Yourself Rich I humbly present to you "the work". 30 days of prompts featuring ALL of the original prompts that have manifested millions for incredible souls all over the world with the addition of daily shadow work prompts.

Shadow work: the work at looking at and healing the doubts, fears, traumas, mistakes, etc held within the mind and body, and lovingly bringing them to light.

Many of these prompts will bring about great awareness. And as I like to remind myself, through awareness comes power. Only when you are aware of your shadows, your fears and worries running the subconscious show can you truly make the decision to choose anew.

My only request of you is this:

When you find yourself receiving the abundance that is so eagerly awaiting you, share this book with a friend, a family member or a complete stranger whom you feel could benefit from the pages within.

And then so kindly connect with me. Share with me your story and the results of what happened from these pages.

I deeply believe that abundance and wealth in the hands of heart-centered women and men are what will make this world the better place we've been hoping for our children.

With deep love and appreciation,

Lindsay

DAY 1

I AM MANIFESTING _____

THANK YOU

I love to write it down and share what I'm manifesting. The more I talk about it the more real and normal it becomes for the central nervous system and your reticular activating system. People may think you're crazy and you know... YOU ARE. Crazy enough to go after your dreams!! So own it, be proud and confident in sharing what you're available for!

THANK YOU

The greatest thing you can do to set yourself up for manifesting is to be thankful for what you already have. This can be feelings, experiences, people and even material items. Take a moment to reflect and write a list of what you are thankful for right now.

*pro tip... try to fill up at least two pages AND let yourself FEEL how much you appreciate everything. What you feel you receive more of.

Dear God, Universe, Guides, Source...

Thank you. Thank you for love. Thank you for beauty, for wealth, abundance, feelings of joy.... thank you for laughter, thank you for airplanes and travel and cultures, thank you for smiles on strangers' faces! Thank you for presence, for moments to cherish, for laughs with my son..... Thank you for my home, for the warmth from a fire on a snowy day, thank you for truth, for love, for vulnerability, for healing, for the limitlessness that is you AND me.... Thank you!

DAY 1

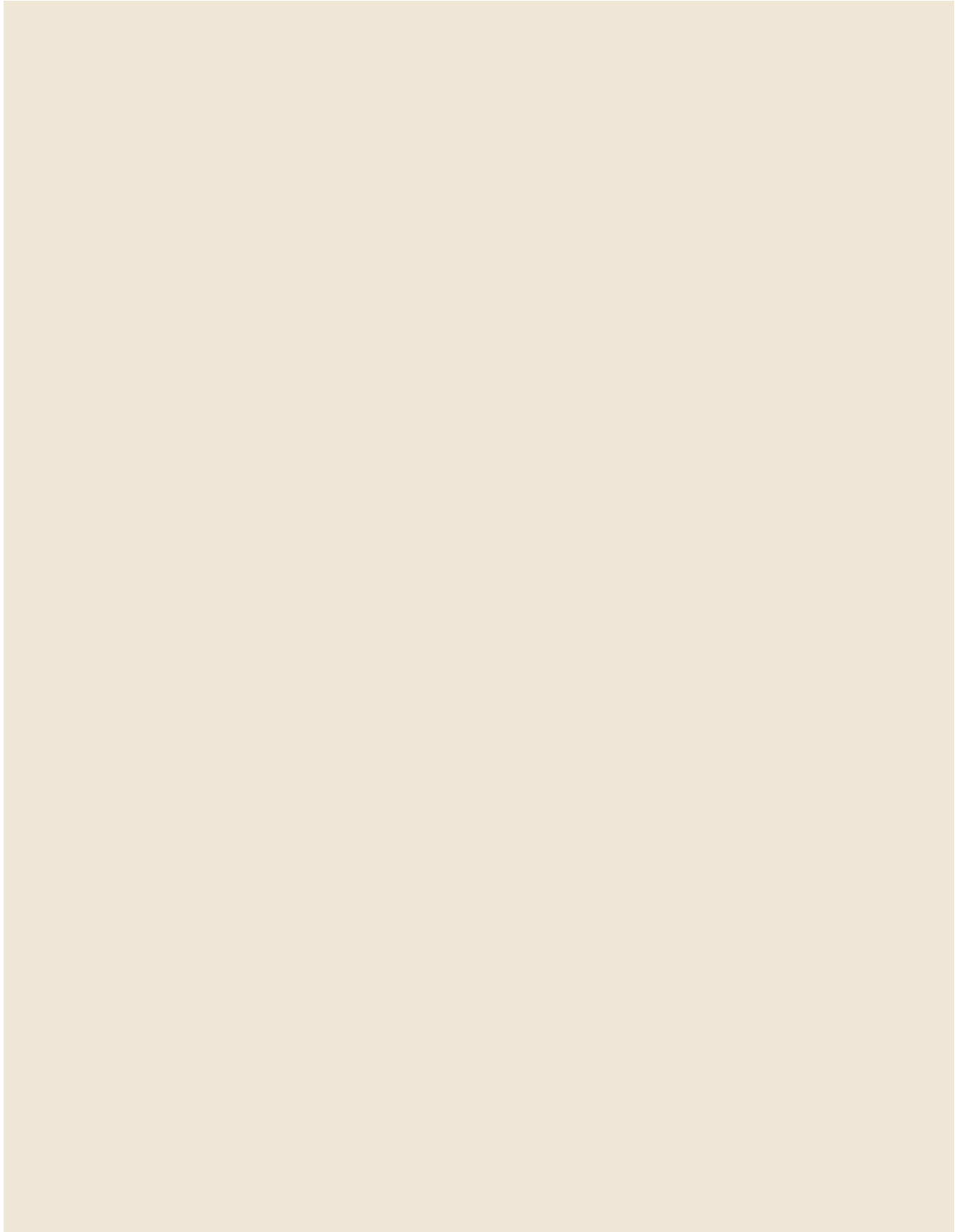
I AM MANIFESTING _____

YOUR TURN!!

THANK YOU

PSSST... USE THIS WHOLE SPACE!

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DAY 1

I AM MANIFESTING

ABUNDANCE

Awesome!! Now that you're in the energy of receiving let's add a manifestation power boost and get you into the energy of abundance. Remember, what you focus on expands. So let's focus on and prove to your subconscious just how abundant you already are. This helps the new neural pathways we're creating and the new subconscious stories you're creating through this process stick! Simply write down all the evidence that you are abundant right now. Now, if your bank account is looking less than fabulous, not to worry. Abundance comes in all forms, not just money! What are you abundant in now? To help you, I've added things from my own journal...

I AM ABUNDANT IN

- Love
- Ideas
- Breathe
- Dreams
- Desires
- Fresh water
- Fresh food
- Potential
- Heart
- Passion
- Support
- Resources at my fingertips (FB, YouTube, IG, Audible)
- Nature
- Beautiful things to look at!
- Laughter
- Friends
- People who love me
- Books
- Crystals
- Opportunities
- Energy
- Technology
- Knowledge
- Wisdom
- Stories
- Time
- Clothes

***Remember a time in your life when you felt completely supported and abundant.**

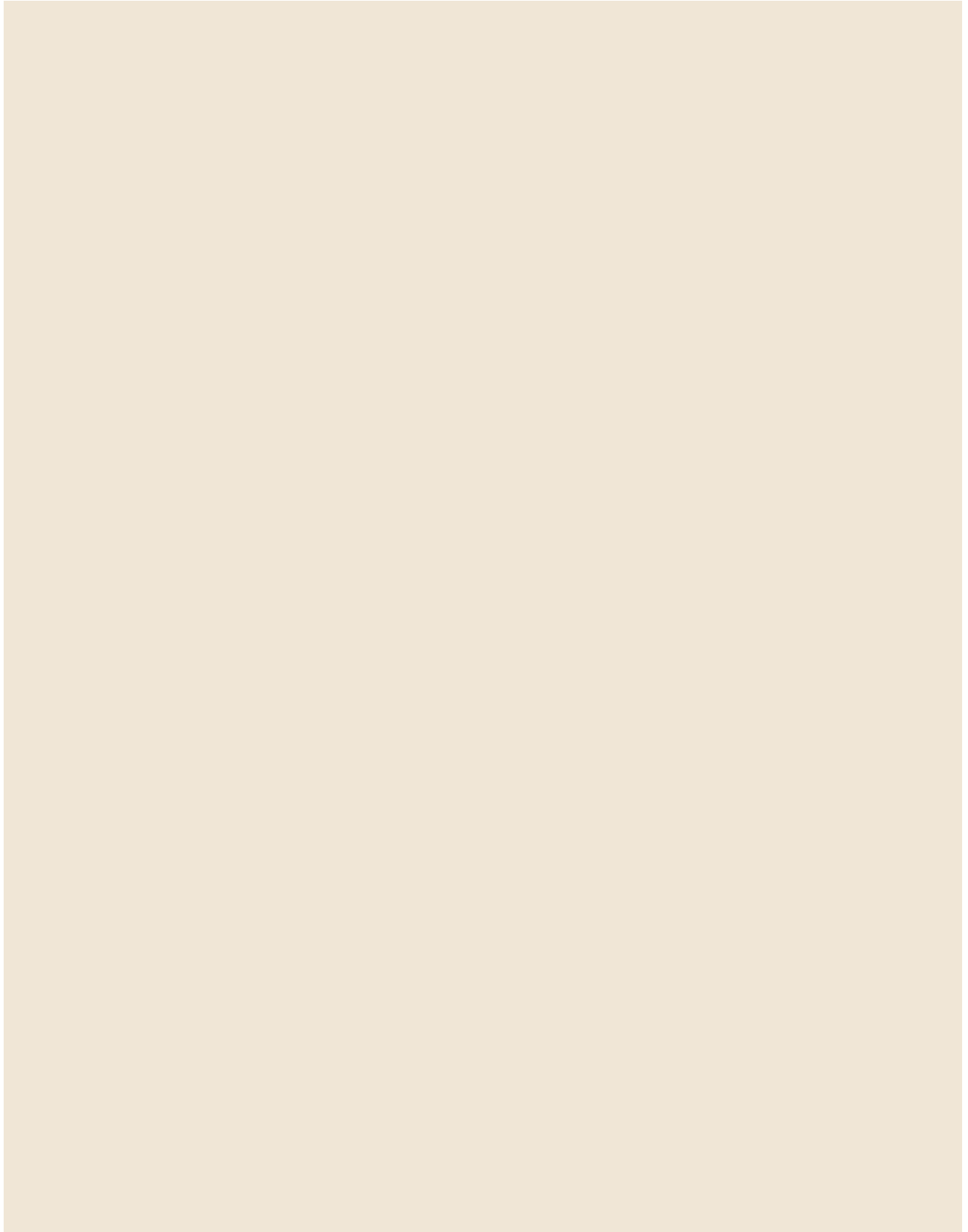
Immerse yourself in that memory for a few moments before doing this exercise.

DAY 1

I AM MANIFESTING _____

ABUNDANCE:

ABUNDANCE CHALLENGE:
USE THE WHOLE SPACE ON THIS
AND NEXT PAGE!



DAY 1

I AM MANIFESTING _____

WHY DON'T I WANT THIS?

It's easy to read the above prompt and immediately refute it, saying something along the lines of "but I DO want \$30,000!!!" or whatever it is you're manifesting. But the truth is, if you 100% wanted it in every part of your being, you would have it. Your subconscious is running the show, and this prompt will reveal all the wonderful little lies and old wounds you're holding onto that are keeping it from you.

WHY DON'T I WANT TO MANIFEST \$ _ _ _ _ _

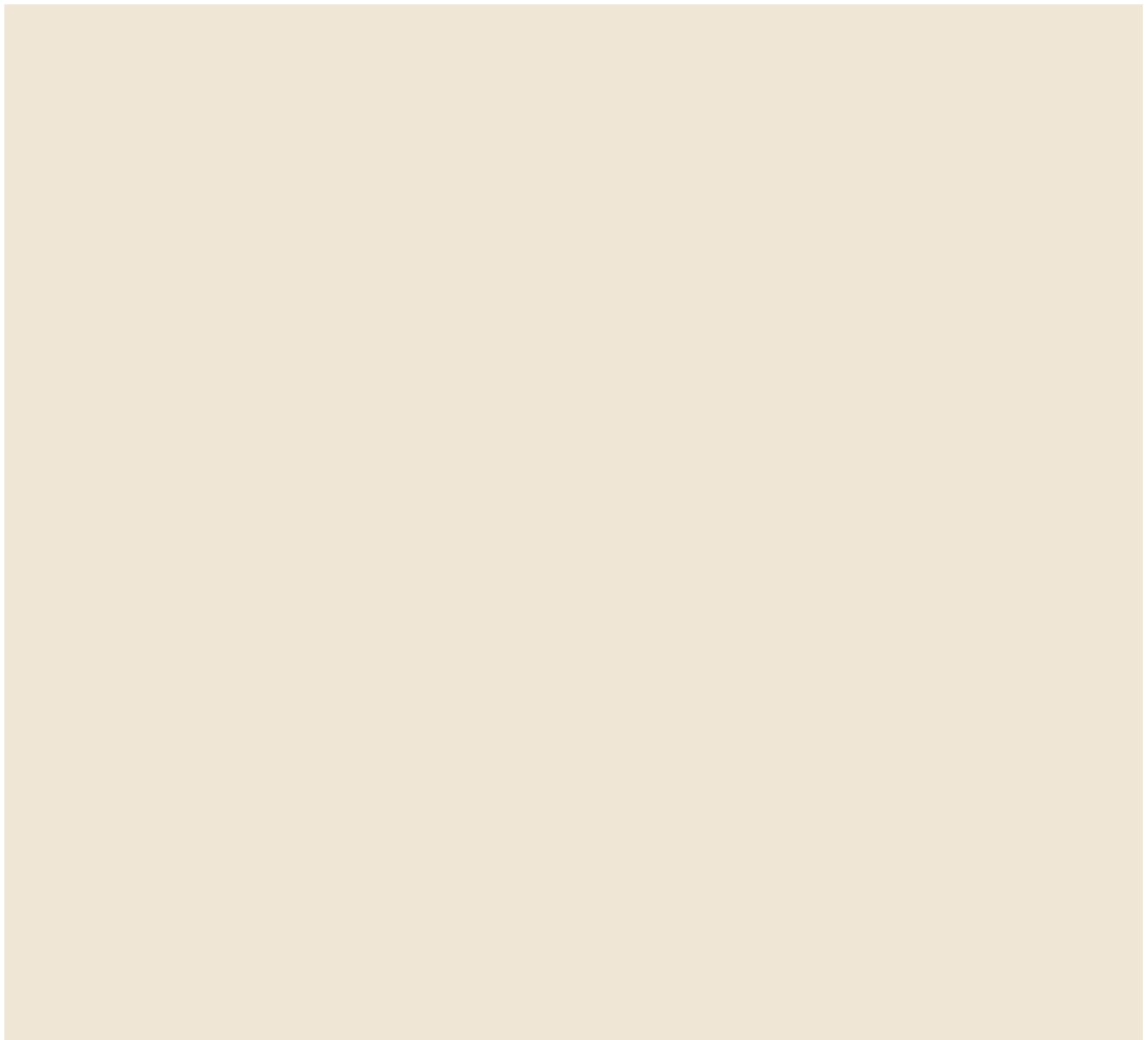
Take some deep breaths and try to allow your pen to flow without thinking. It will often surprise you what comes up. Be gentle with yourself, these shadows are trying to protect you. Try to fill out the next two pages with all the reasons you don't actually want to manifest this amount of money.

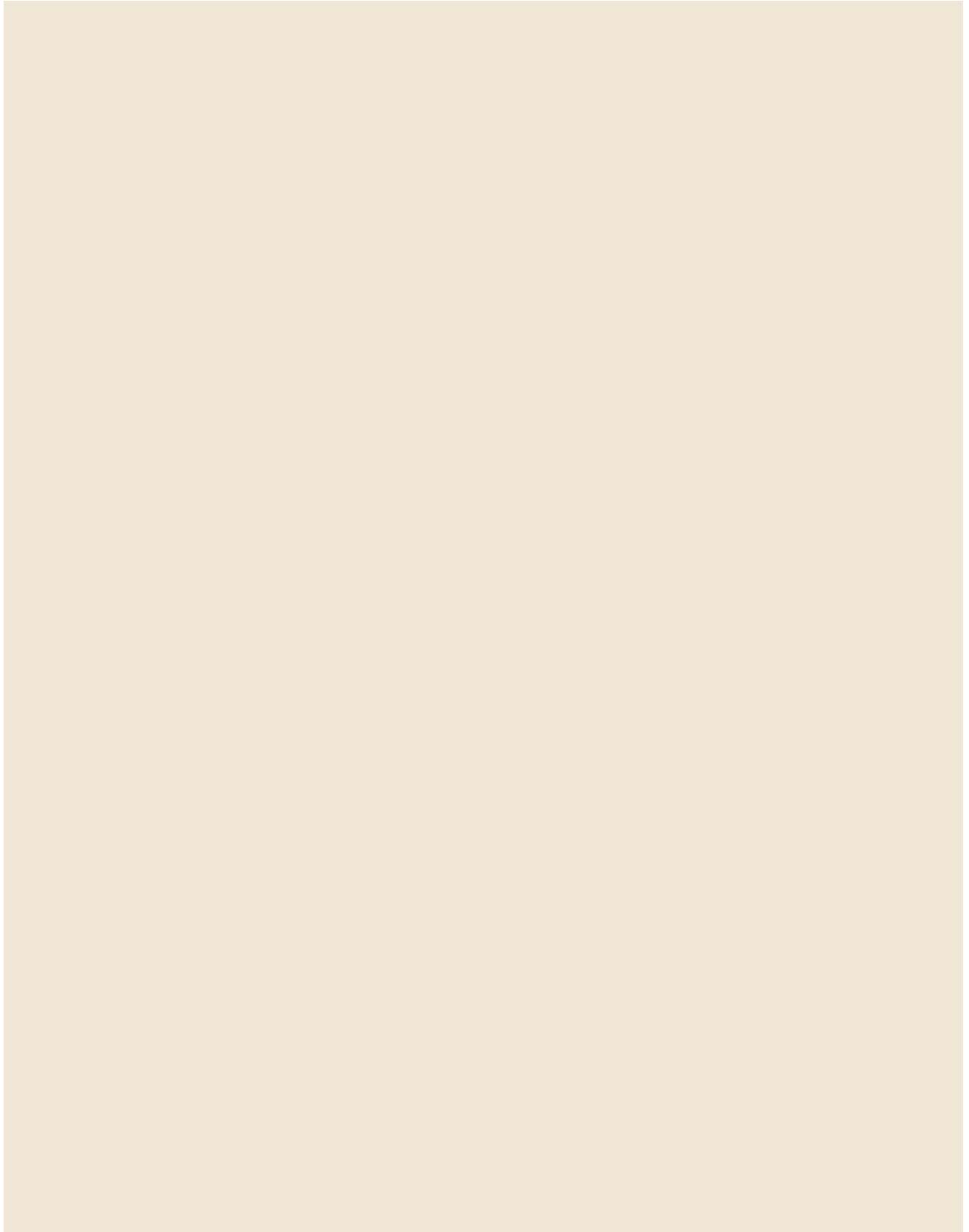
*pro tip... don't judge yourself for anything that comes up. We all have our ish. Simply allow what's ready to be seen to be seen... and see it with love.

DAY 1

I AM MANIFESTING _____

WHY DON'T I WANT TO MANIFEST \$ _ _ _ _ _

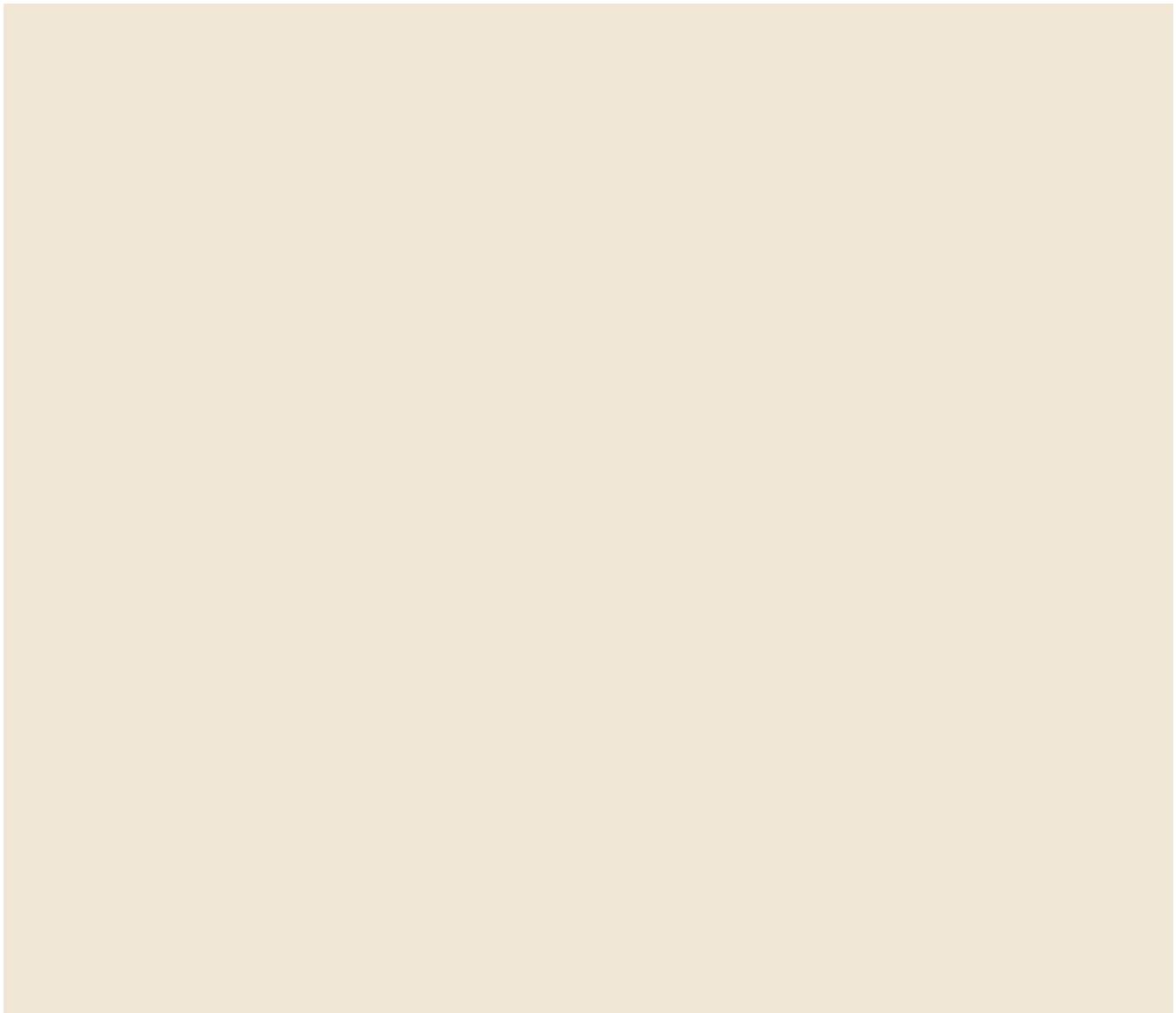
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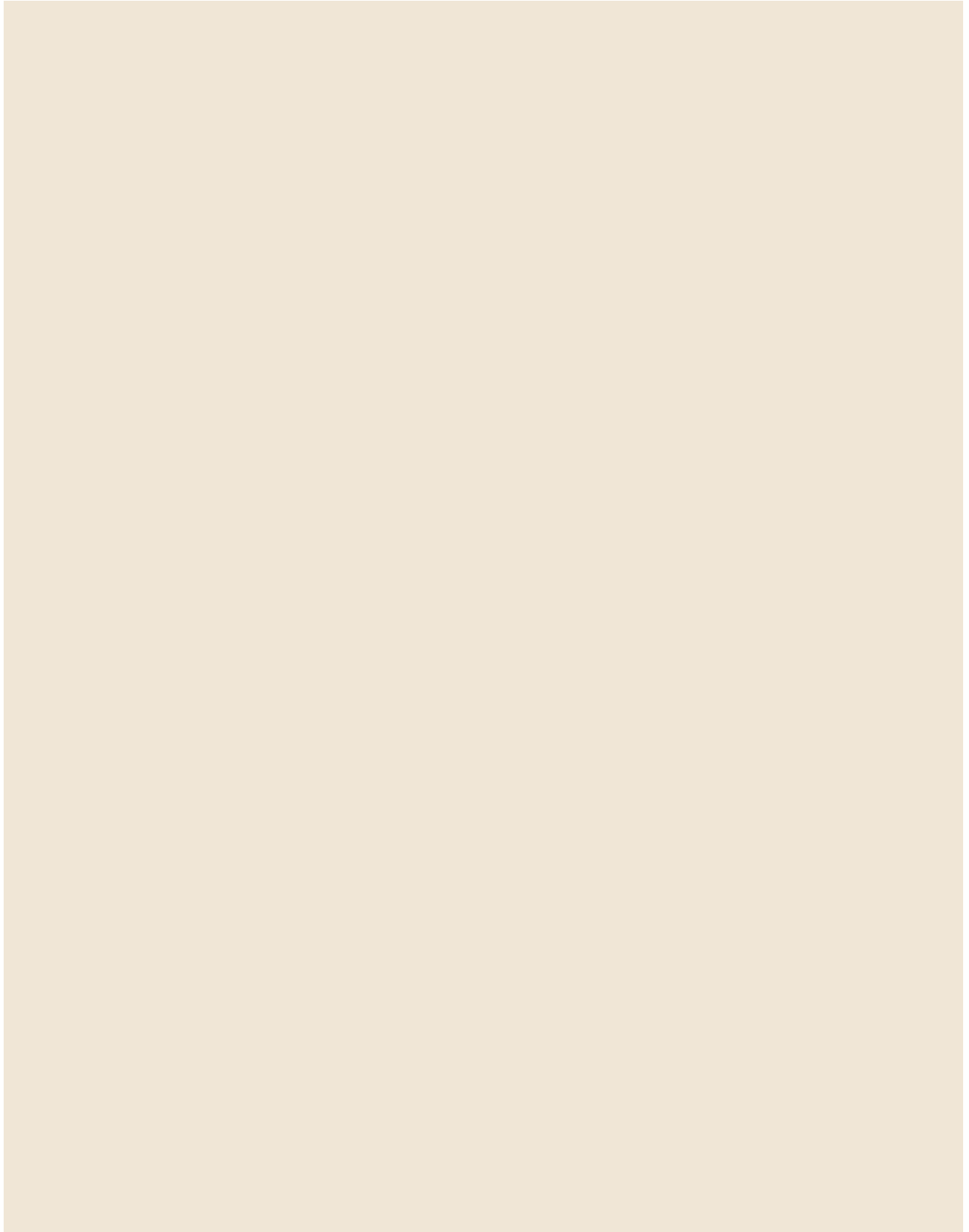


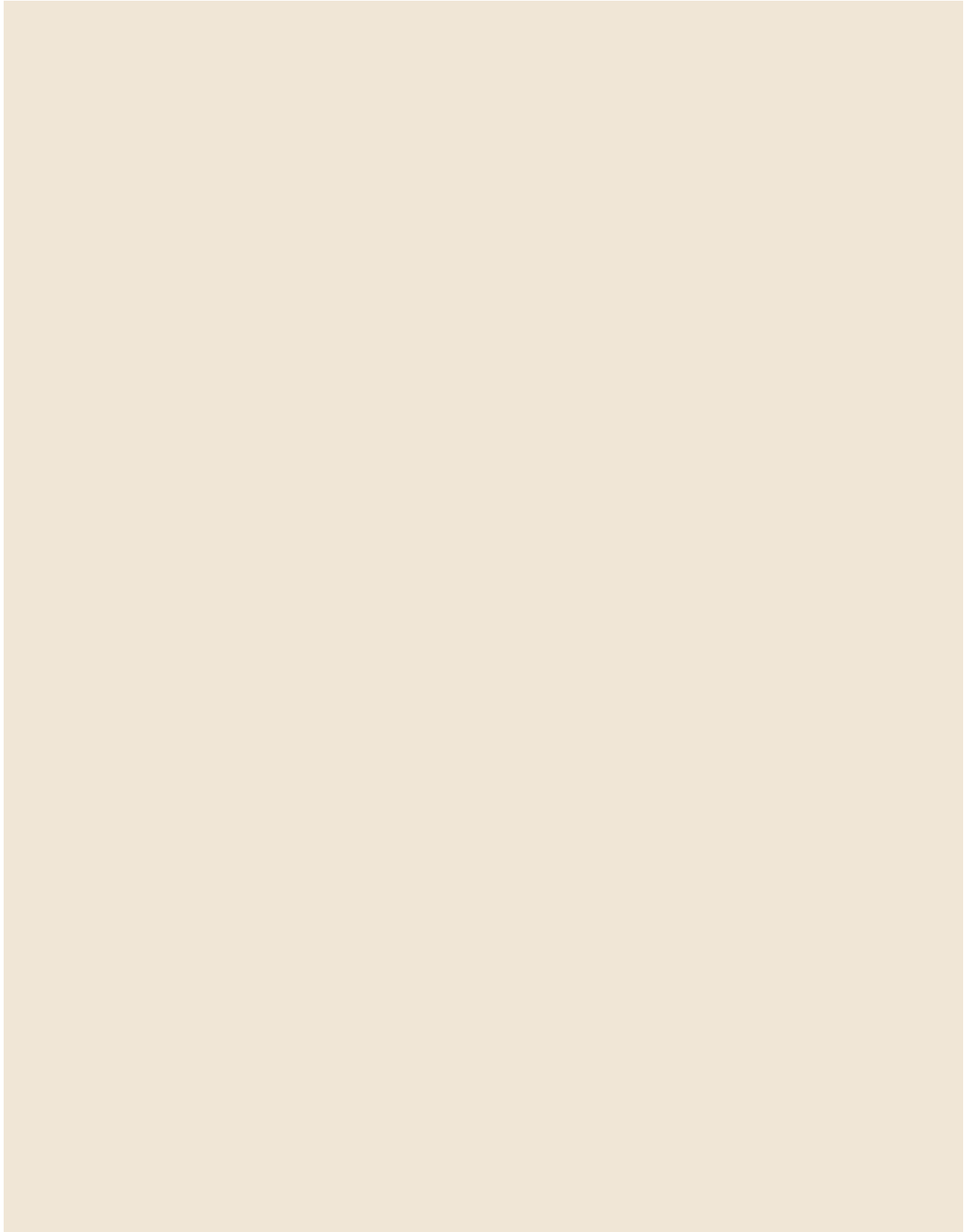
DAY 1

IS THIS TRUE? DO I STILL NEED THIS?

Now that you've uncovered your own limiting fears and beliefs, go through the list and pick out the top 3 excuses that you really feel. Go through each one and ask yourself the following questions "is this true" and/or "do I still need this (belief, protection, etc)" Is it true you don't know how to manage money? And if it is, are there resources or people you can hire to help you? Are you willing to learn? Sure you are! Go out there and make a new plan for yourself.







DAY 2

NEXT LEVEL GRATITUDE

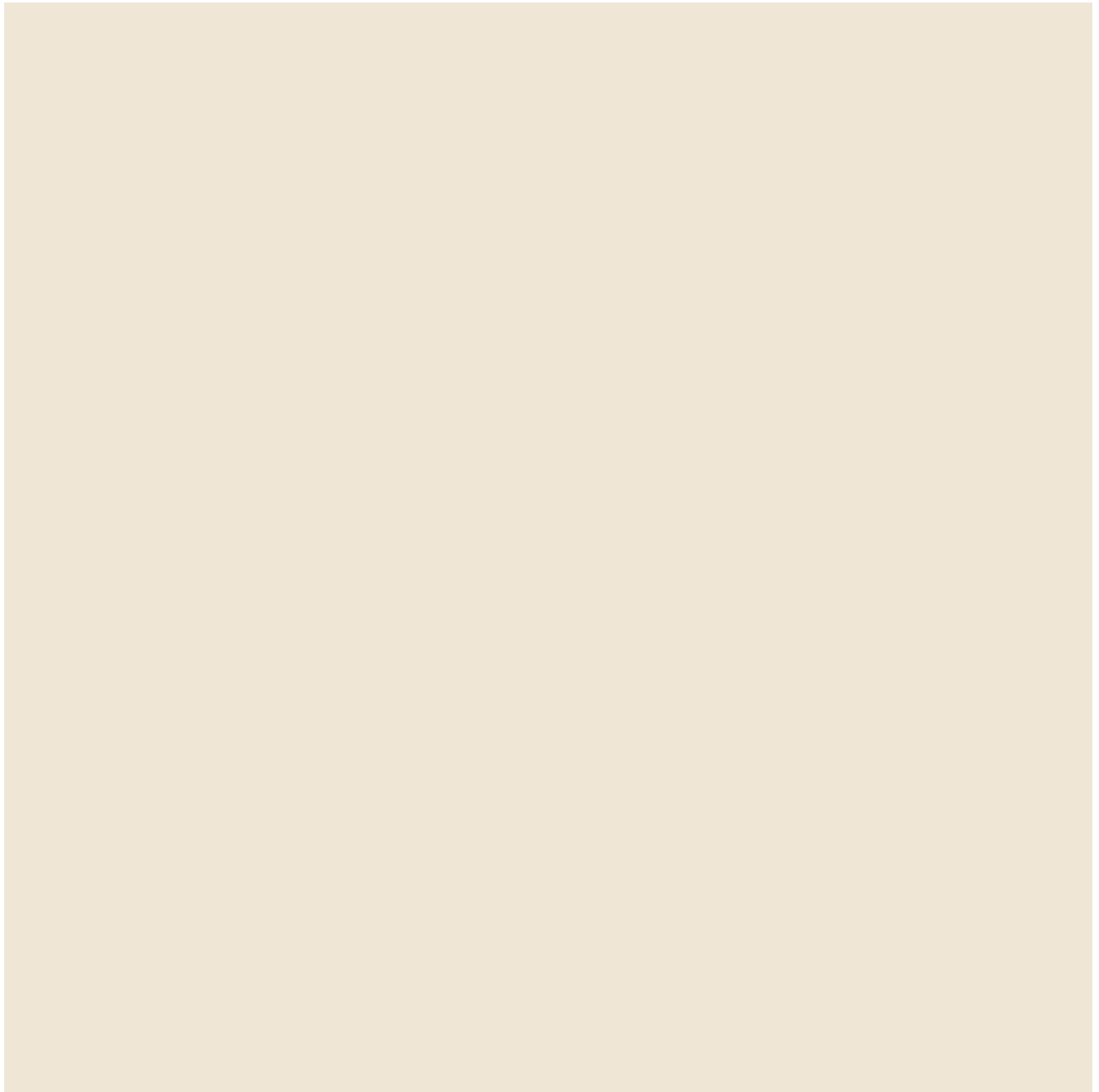
Write your gratitude list just as you did. This time however add in "I'm grateful for ___(what you're manifesting)___" every 5 or so lines. By doing this you're actually tricking your subconscious mind into believing it's already here because everything else is true. Your subconscious has to make it true! Stick to just the one thing you are manifesting for this.

NEXT LEVEL GRATITUDE:

DAY 2

ABUNDANCE:

Just like from Day 1.... What is evidence that YOU are abundant?

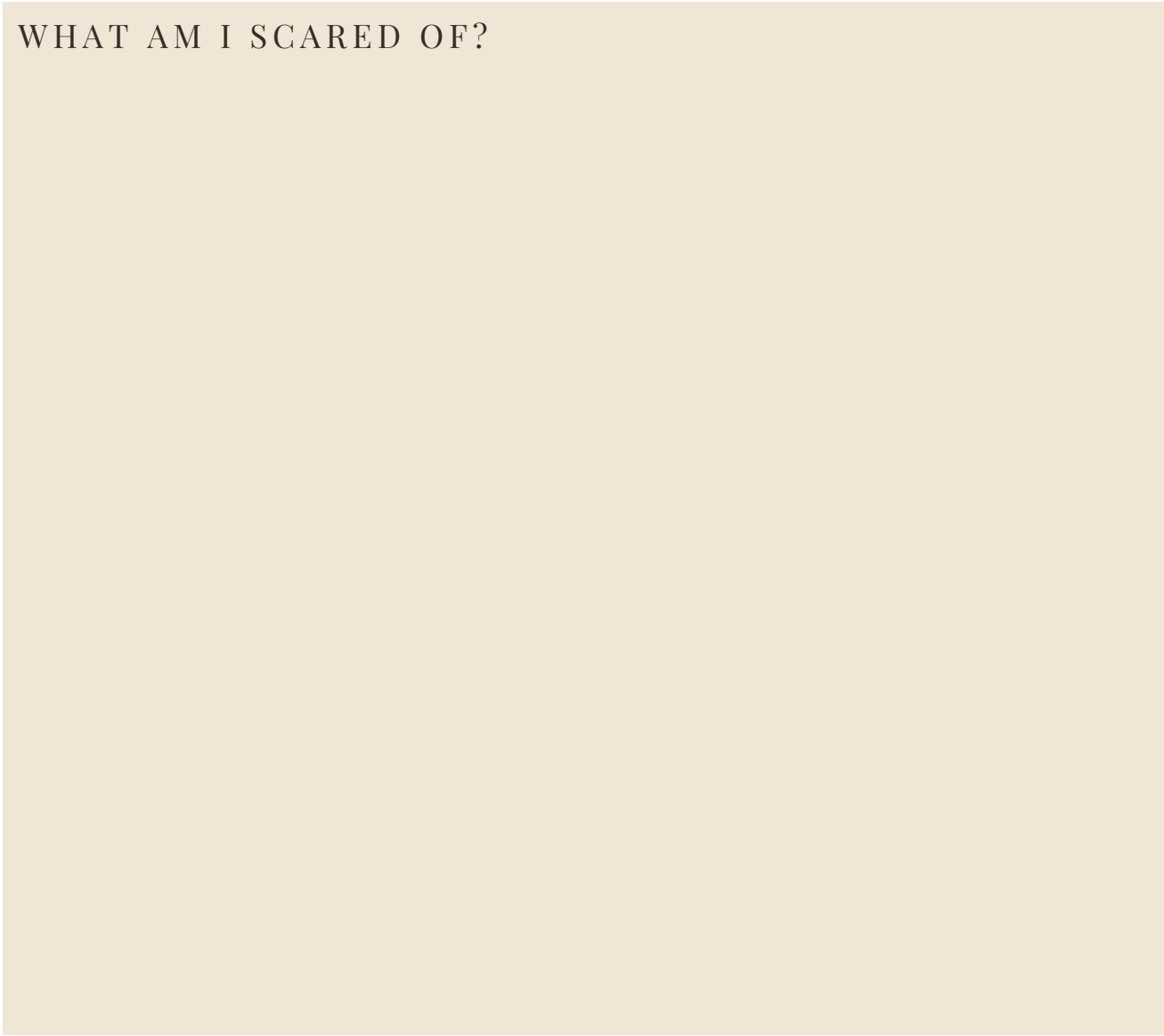
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DAY 2

WHAT AM I SCARED OF?

Very similar to day 1, a slight shift in the verbiage can often bring about something new. Today we're going to look at your fears of having a lot of money, and then follow up with the "is this true?" questions we used on day 1. Often times we are scared of something happening AGAIN. I encourage you to ask yourself if it's true that if something happened once, will it happen again?

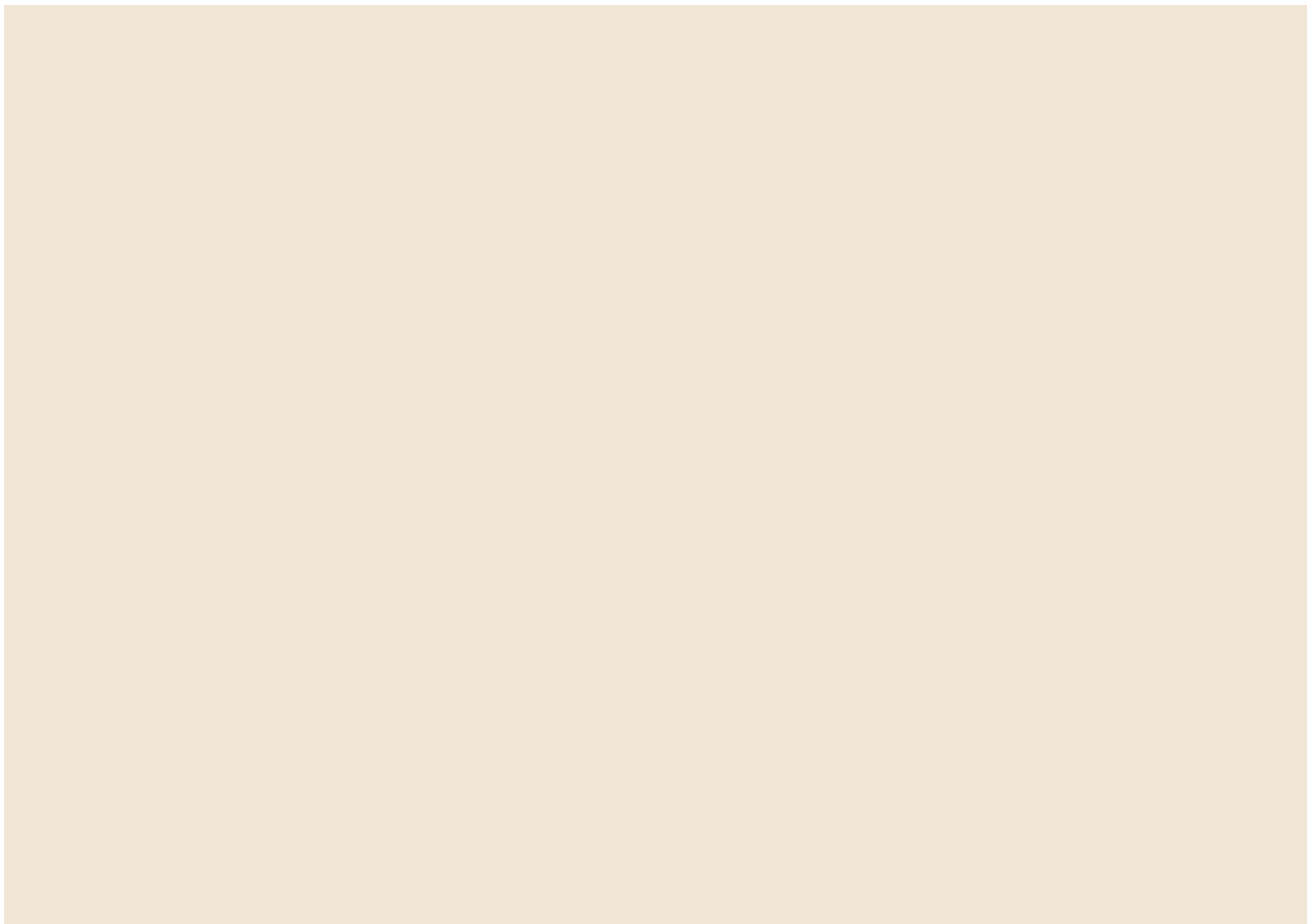
WHAT AM I SCARED OF?

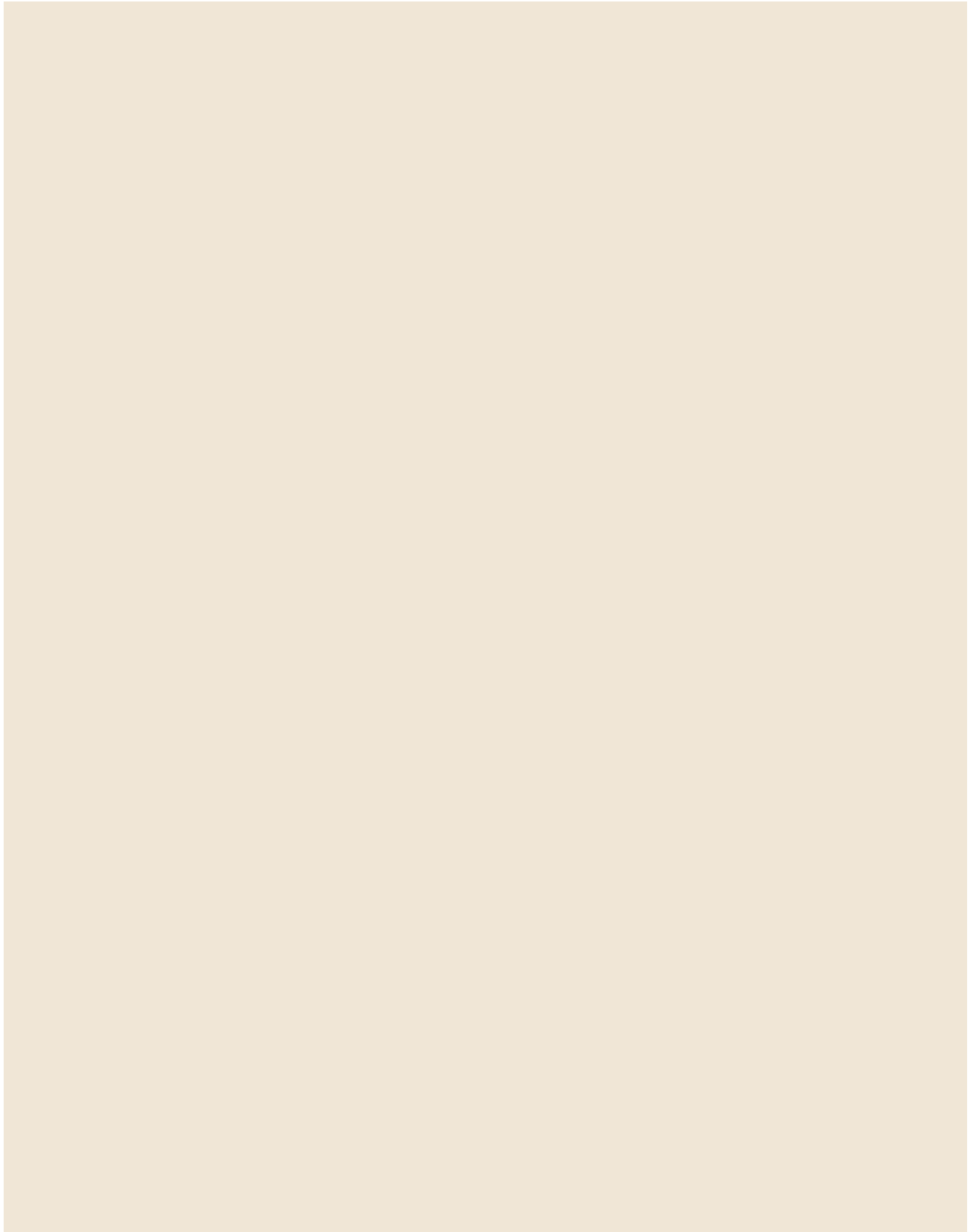


DAY 2

IS THIS TRUE? WILL IT HAPPEN AGAIN?

When something painful happened to us once we will try everything to not have that happen again. Your subconscious actually creates a specific neural pathway to protect yourself. So if you ever find yourself nearing a similar situation your brain will actually direct you to safety. In the case of money, it is usually an effort of sabotaging your success so you don't lose it all, spend it all or have someone take it from you. You have created a defense mechanism. So ask yourself, is it guaranteed it'll happen again? What will you do differently? Are you willing to trust yourself with the money more than you have before? Your goal here is to disprove your old defense mechanism so your subconscious will be more apt and open to trying something new, in this case welcoming in larger sums of money.





DAY 3

MANIFEST JOURNALING

In this exercise you are going to write a journal entry for a time in the near future when you have just received your manifestation. You'll make two dates for this Journal entry... one for the current date and one for a future date. Anywhere from 2-4 weeks in the future. You're going to write in detail about your manifestation coming to fruition, how you feel (really lean into the feelings here), who you're going to tell and how you're going to celebrate. Make it believable. Like, if this happened now what would you do? I've added a little example below but let yourself tell a full on story. How did it happen? Was there something you did that allowed it to come to fruition? Try to make this 2 pages long.

DATE:

DATE:

OMGGGGGG!!!! It happened!!!! I'm so freaking excited!!! It all happened!!!! I manifested \$10,000 this week!!! I'm blown away and so amazed!!! I was just sitting down meditating after doing my workout and my journal and I was just feeling SOOOOO good when it happened!! Someone who has been following me for a while reached out and said she was ready to work together and she paid me in full on the spot! Not only that, we INSTANTLY clicked and I freaking love her vibe and what she's doing and we already scheduled our first calls! I am so excited!!! I LOVE how everything works out and it always happens when I'm just focused on feeling good! She said she has seen my work and has seen all the testimonials people leave and was saving up money to work with me. I HAD NO CLUE!!! I LOVE it when this happens! It all happened when I focused on feeling really good and let go of the outcome and just trusted that the Universe delivers... because it always does!! And what's more is several people have been reaching out about my programs and have been signing up for my other offers left and right! I am a money magnet!!! It's all happening!! I'm so excited, I'm going to celebrate with a new outfit and going out to dinner at my favorite restaurant in Portland! Wooooohooooo!!!! THANK YOU UNIVERSE, I LOVE YOU!!!!

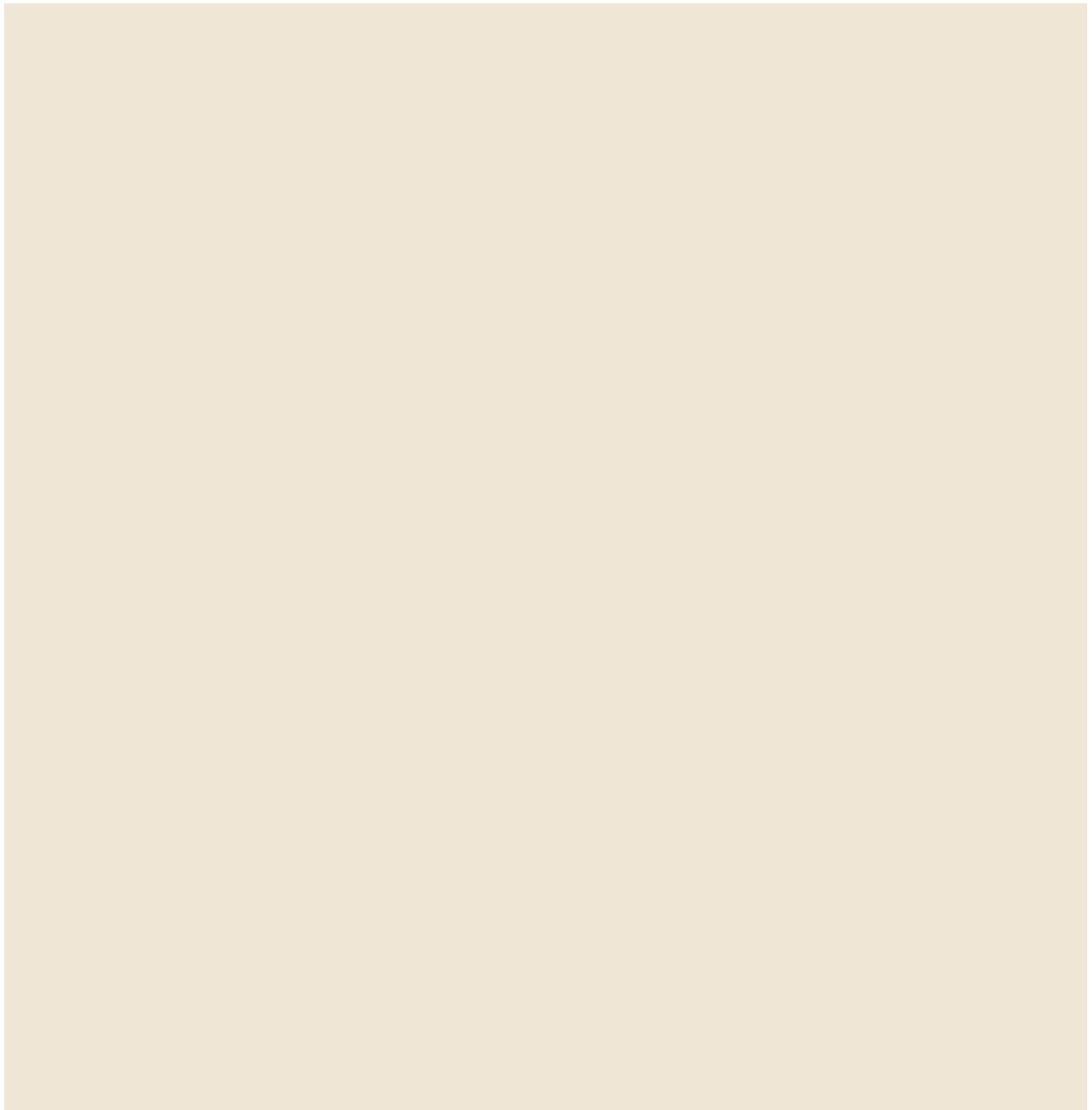
DAY 3

MANIFEST JOURNAL

YOUR TURN!!!
REMEMBER TO GO INTO DETAIL AND TELL THE STORY.
GO FOR AT LEAST 2 PAGES

DATE:

DATE:

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DAY 3

WHAT IF?

It's easy to try and ignore those negative thoughts that permeate the mind, yet all that does is create more pressure and resistance. Let's give those thoughts the space to be heard. Write a list of all the negative what if's that might happen if you DON'T manifest this.

WHAT IF?



DAY 4

MANIFEST JOURNALING

Imagine you have already lived one whole day in the life of manifesting your desired income. You've had a sleep, you've seen it in your bank account several times and maybe even celebrated a little. It's settling in. How does it feel? What do you do today? Write another journal entry as if it's the day AFTER your manifestation (also, the day after yesterday's journal entry.) Continue with your story. How do you feel? Is it a normal day? CREATE YOUR FUTURE MEMORIES.

DATE:

DATE:

OMG this is the best day ever!! I just had an amazing group call with one of my programs and all of my clients are having amazing results! I looked at my account balance because it is SO fun to watch my account grow and to see an extra \$10,000 in there! I feel so empowered, confident and accomplished knowing that all of my work is of such high value and knowing that people get such amazing results because they work with me. I am sitting here with my licorice tea, feeling so so SO grateful. I feel so at ease and also, so alive! It's like feelings of love and juiciness are just flowing through me. I made plans with Molly for Friday night and I'm going to go visit her and take her out to dinner to celebrate. I had so much fun taking her to sushi for my birthday dinner so we're going to go again! It'll be so fun! Owen is going to hang with a sitter so we get girl time and I'm so excited! I'm excited to go look for some dresses that are on brand that I could do a photoshoot with too! I love how I feel in a new dress to help me elevate my vibes even more! Today we're going to go to the waterfront where I'll go for a run and Owen will ride his bike so we can both get some exercise, laugh and have fun. I'm so grateful and so excited for all you provide, Universe. Thank you, thank you, THANK YOU!!

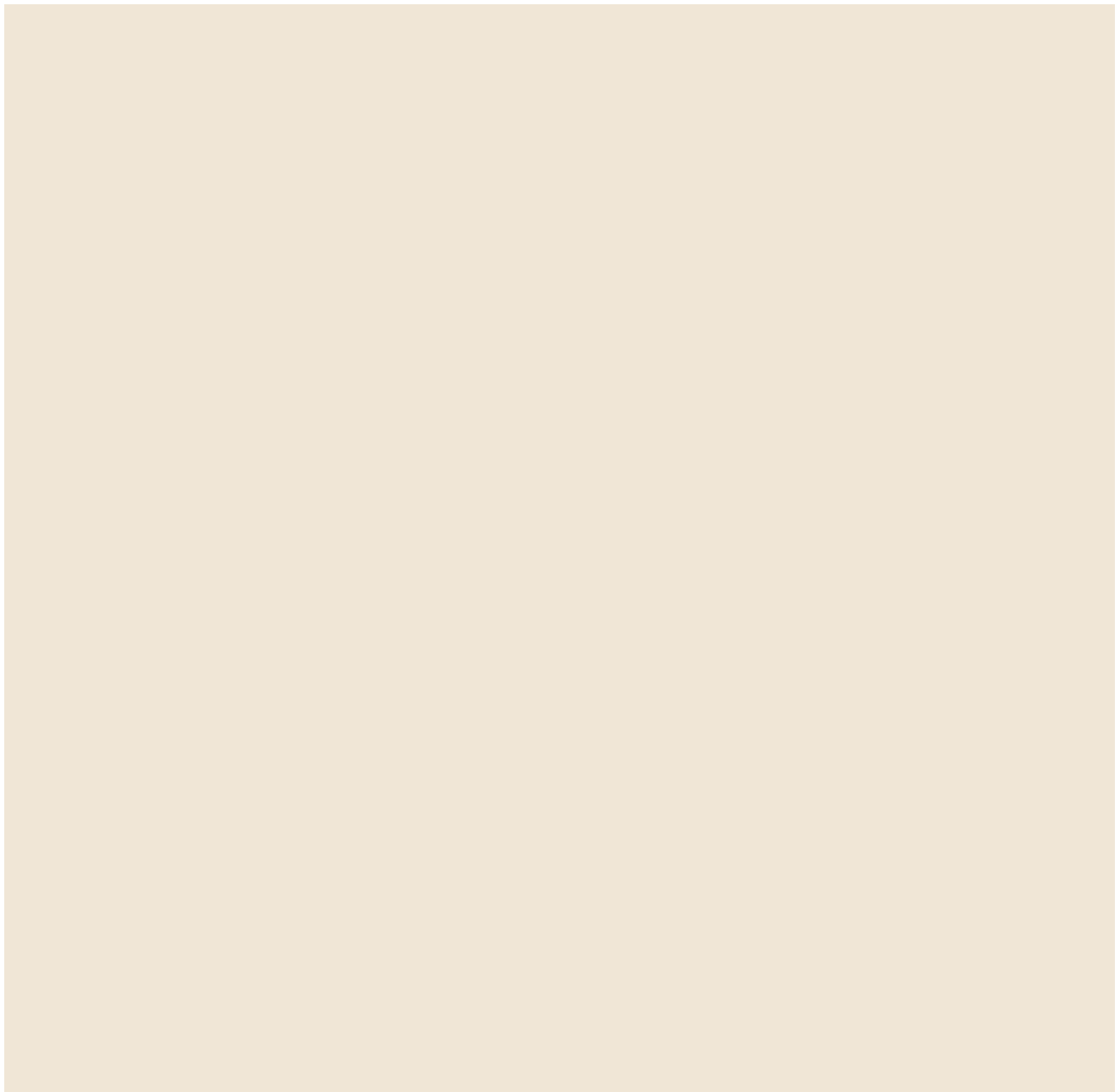
DAY 4

MANIFEST JOURNAL

YOUR TURN!!!
REMEMBER TO GO INTO DETAIL AND TELL THE STORY.
GO FOR AT LEAST 2 PAGES

DATE:

DATE:

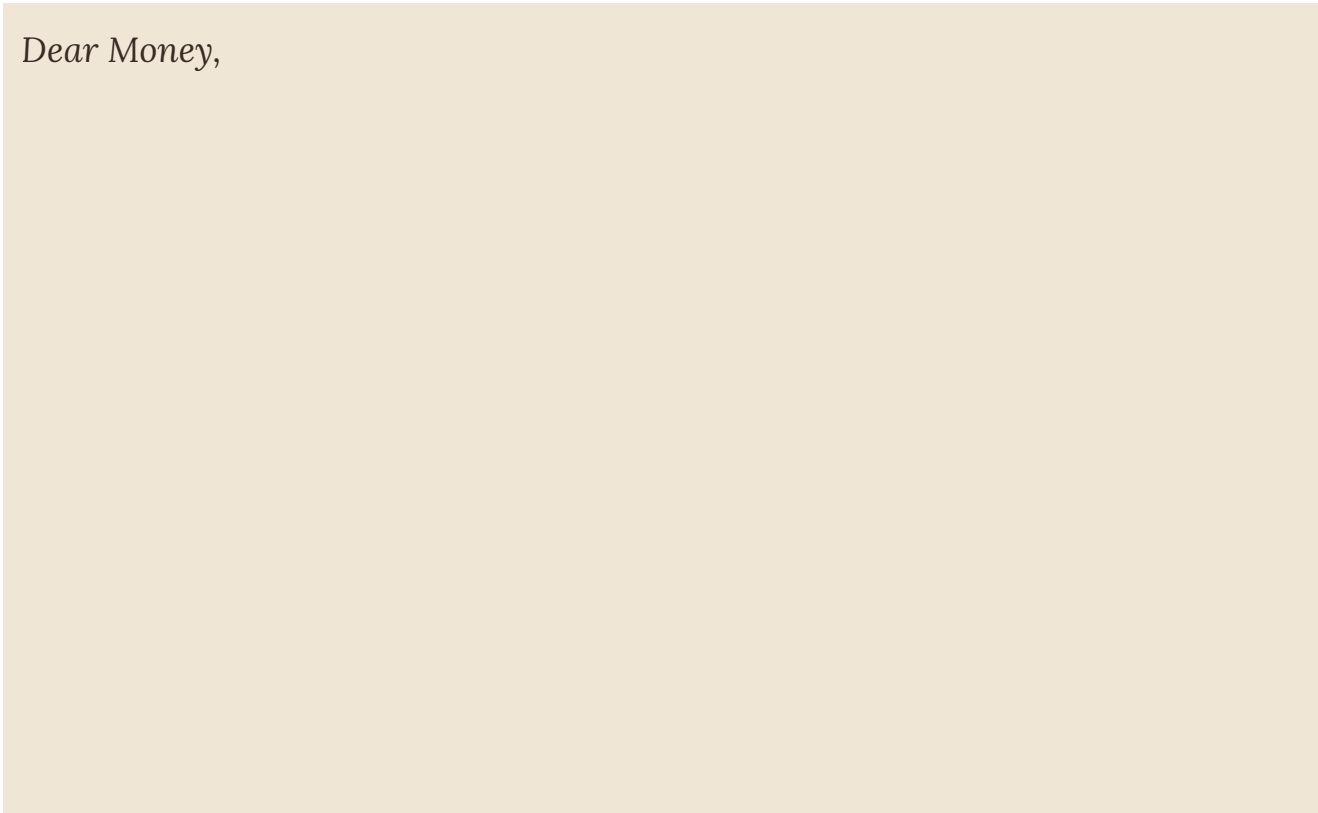
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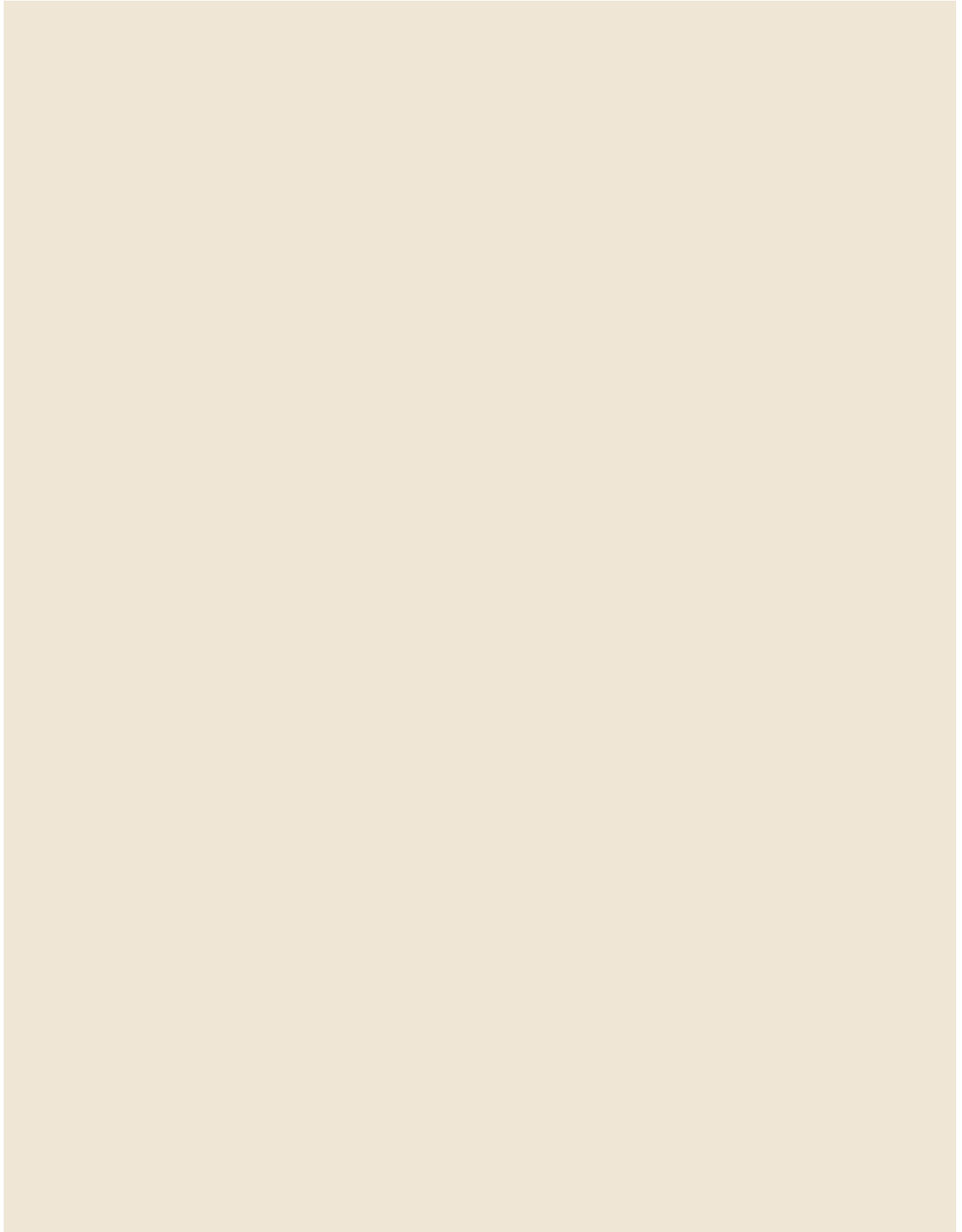
DAY 4

DEAR MONEY

In this exercise you're going to write a letter to Money. Think of Money as a friend you've had your whole life because really, you have. Now imagine your friend talked to you and talked about you the way you've been talking about Money. Next imagine how you would want to show up for that friend after being treat like that. How does it make you feel? Would you want to show up for that friend? Now, write a letter to Money apologizing for things you may have said, thought or felt about it, yet have expected it to show up for you. You can even ask Money what it would like from you to help heal your relationship. When you're done writing to Money take a few deep breaths and write back to yourself as if you were Money responding to your letter. Try not to think, just allow the pen to flow.

Dear Money,

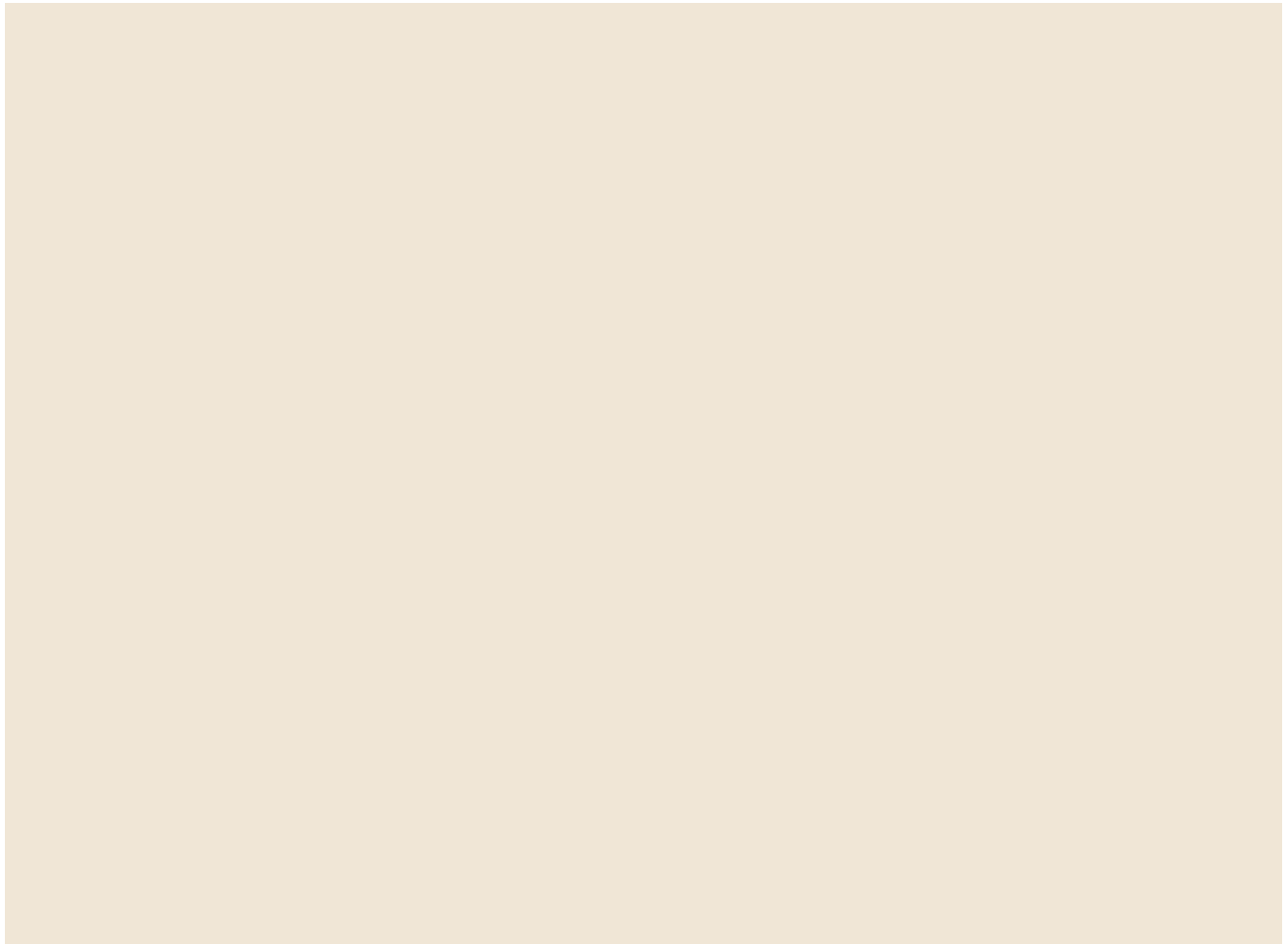




DAY 5

WHY DON'T I BELIEVE I CAN?

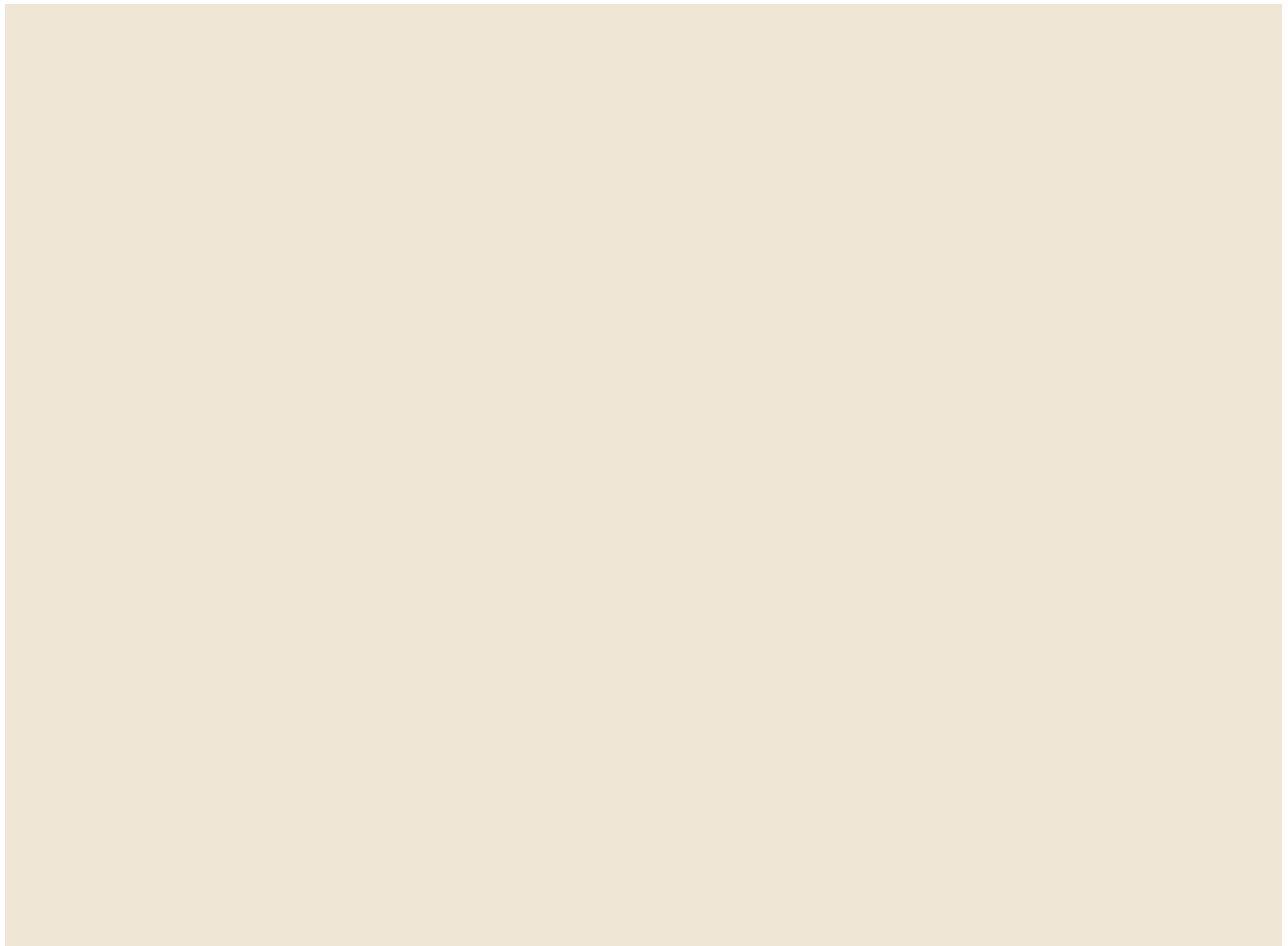
Okay this one is a biggie. Because for all the energy we are shifting we still need to get to the underlying subconscious beliefs that are holding you back from truly allowing it all in. Take a few deep breaths, clear your mind and then write out the following "why don't I believe I can manifest _____?" Be sure to write in the amount you are manifesting. With your eyes either open or closed allow yourself to write down all the stuff that comes up as to why you can't manifest the \$\$\$\$\$\$. Get it all out. This uncovering begins the healing process of allowing.

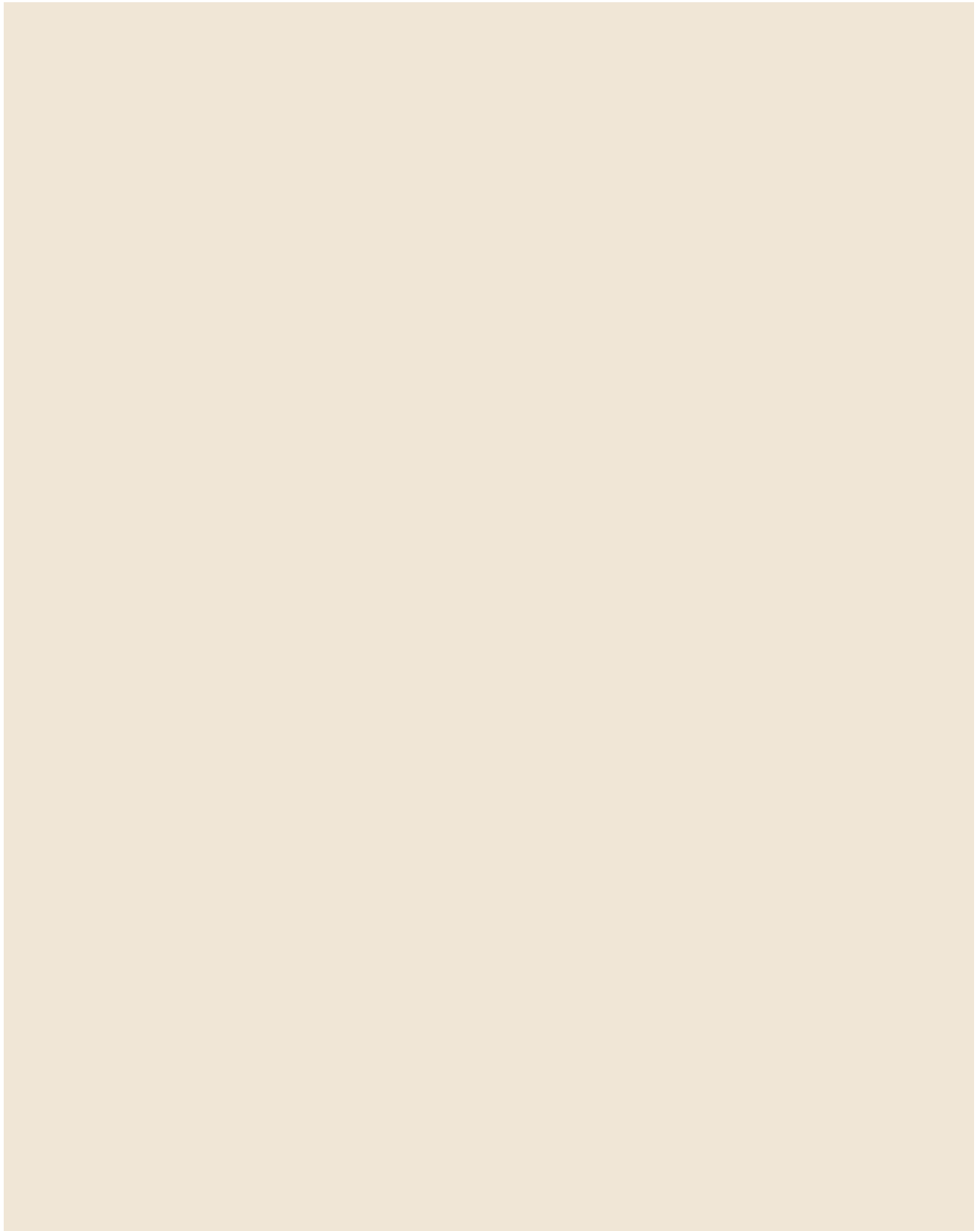


DAY 5

IS THIS TRUE?

Now that you've uncovered all the BS you're carrying around that's blocking you from receiving all the amazing that's waiting for you... you get to disprove it! Go back over the all the reasons you believe you can't and highlight the ones that feel the most poignant. Are they true? Use the space in these pages to disprove this belief. It's very normal and natural to use examples from other people to show that if they can do it, you can too. You may also just get to a point where you are WILLING to believe something different. The willingness to be open to a new story is massive and breaks down huge barriers within your subconscious.

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DAY 5

MONEY BELIEFS

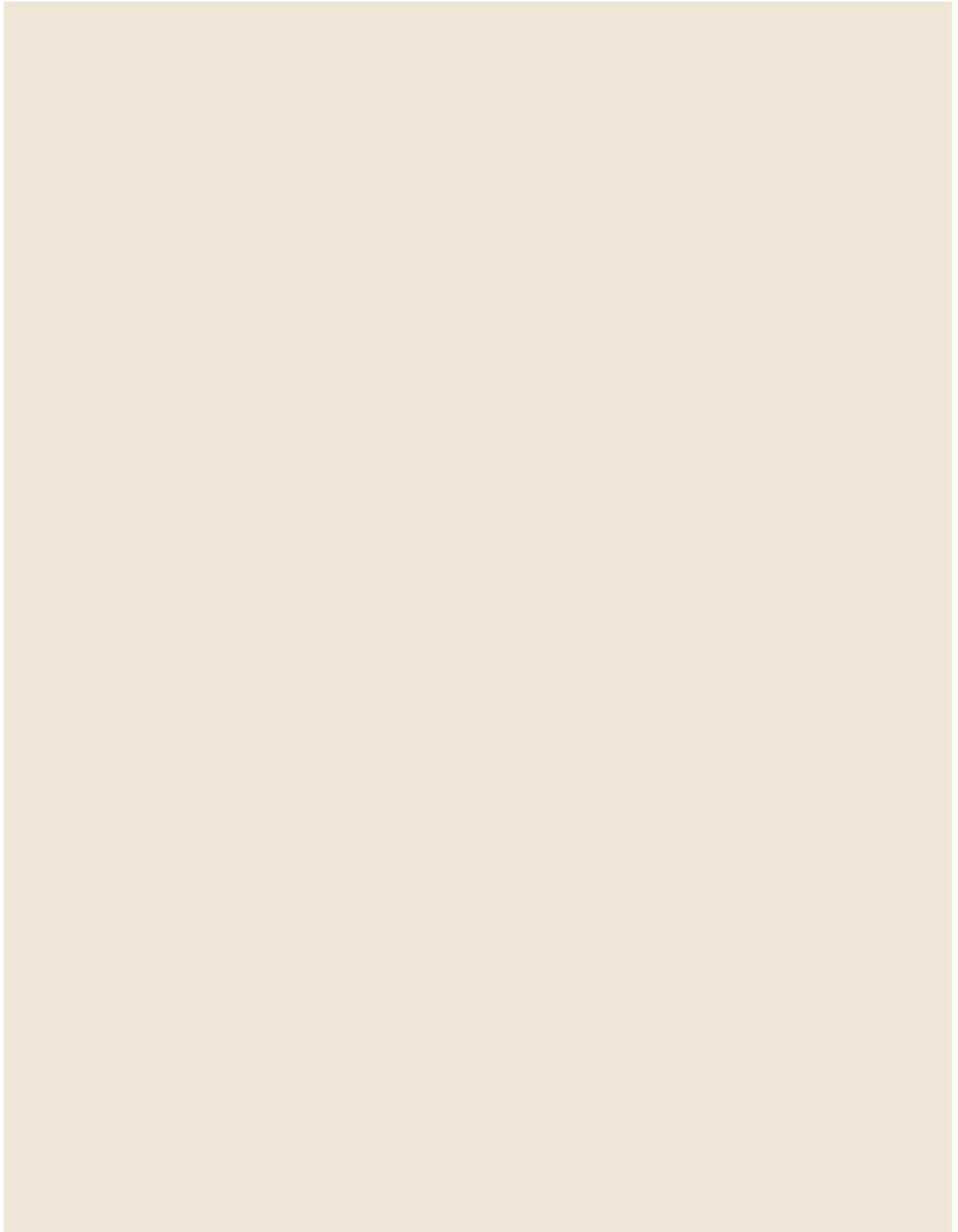
What are your money beliefs?

Write a list of all the deep seated beliefs you have around money, all the BS stories you have.

Write them ALL down. Put a star next to your top 3-5. Going through these ones first ask yourself if they're true. Of course they're not. Rewrite the belief to be more positive in nature.. then try to find some examples of these either in your life or in someone else's.

If necessary, do some forgiveness work around some of the most triggering limiting beliefs and let them go.

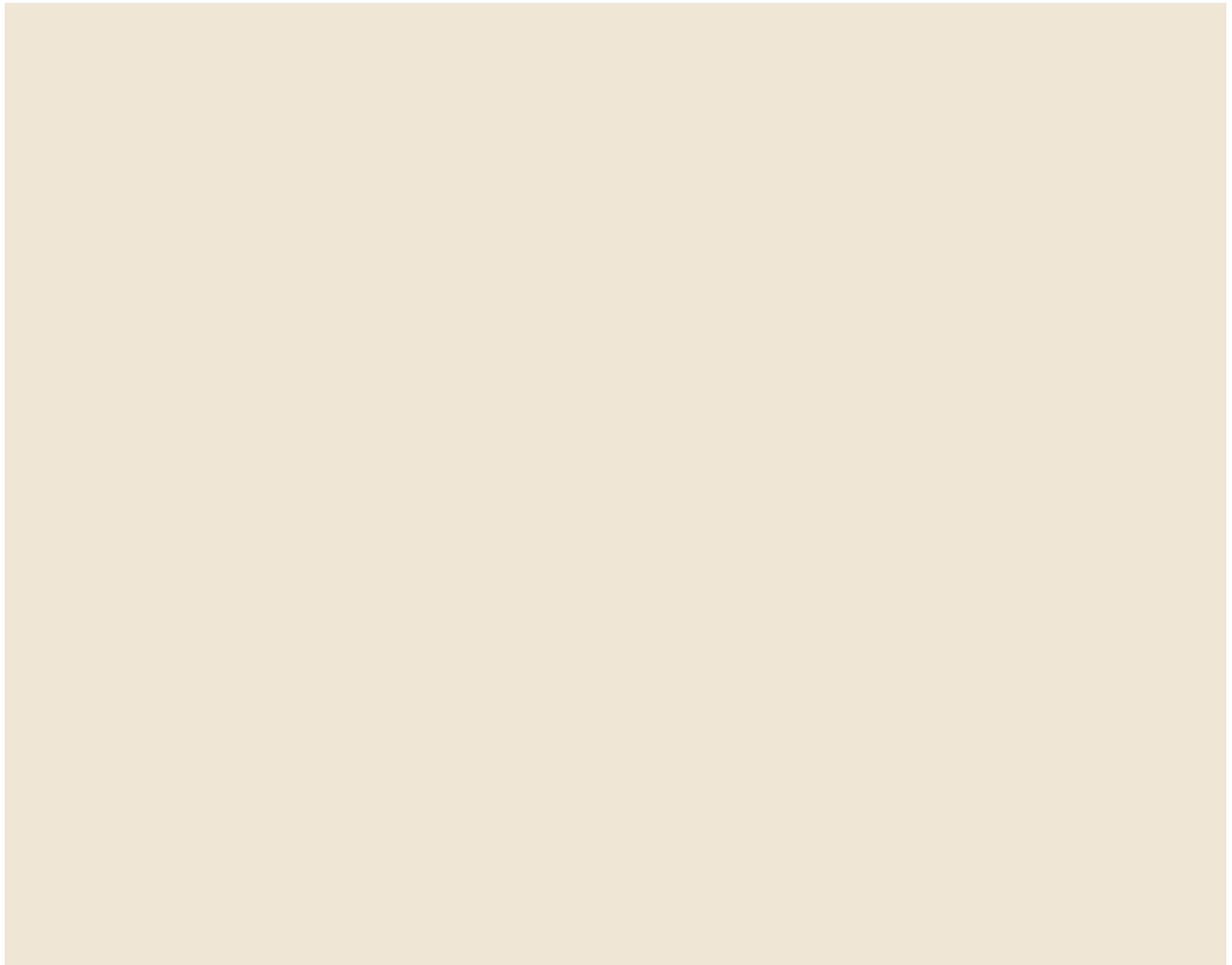
A large, empty, light beige rectangular box intended for the user to write their money beliefs and reflections. It occupies the lower half of the page.

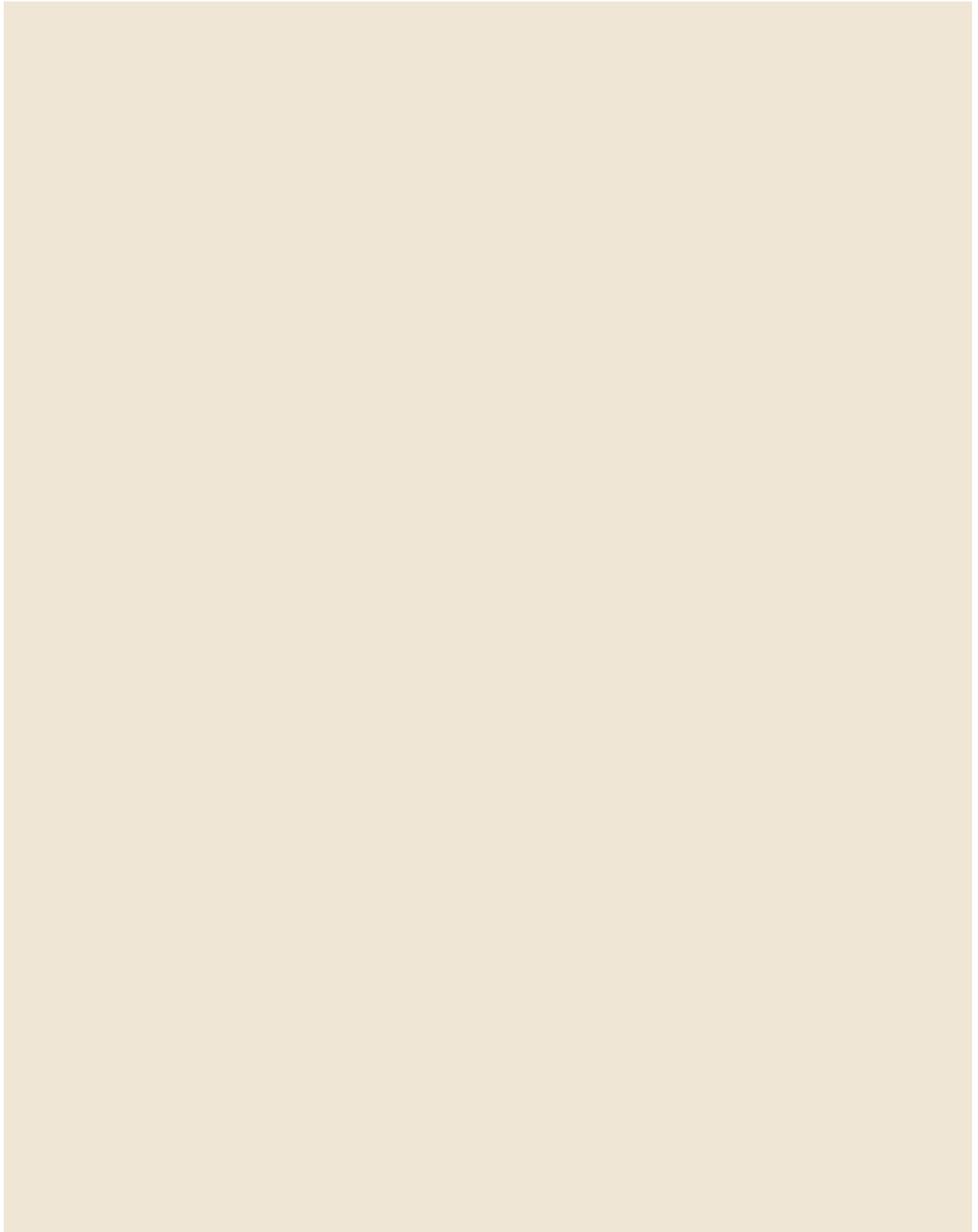


DAY 6

DEAR MONEY....

This is perhaps my favorite exercise and one I personally do daily. Write a love letter to money. Let it know how much you appreciate it, how much you love it and if need be... ask for forgiveness for all the times you've blamed money for situations in your life. Money is in response to you. Think of it as a person and like you're having a conversation with money. If money were a person, how healthy would your relationship be?





DAY 6

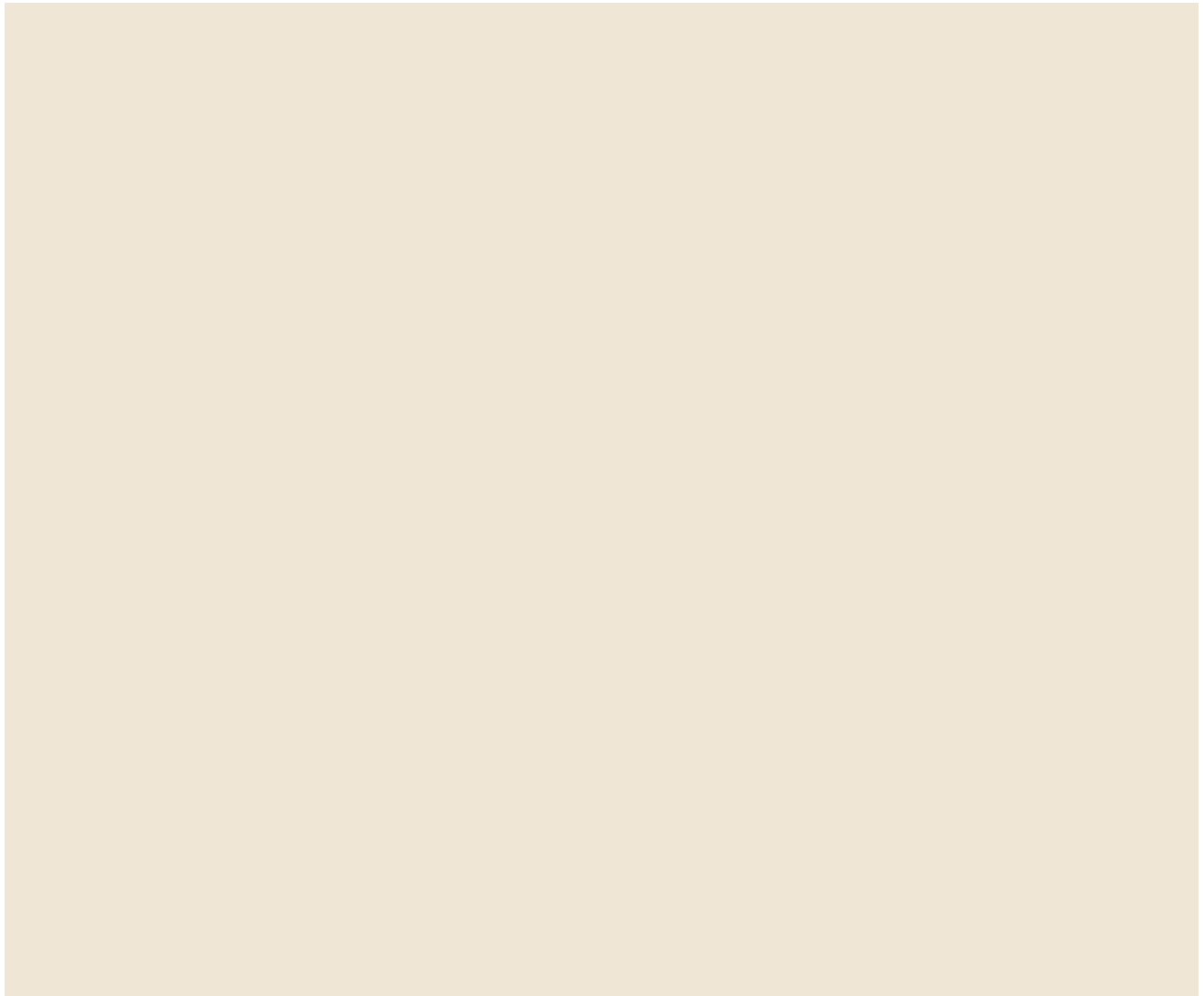
MONEY EXPERIENCES

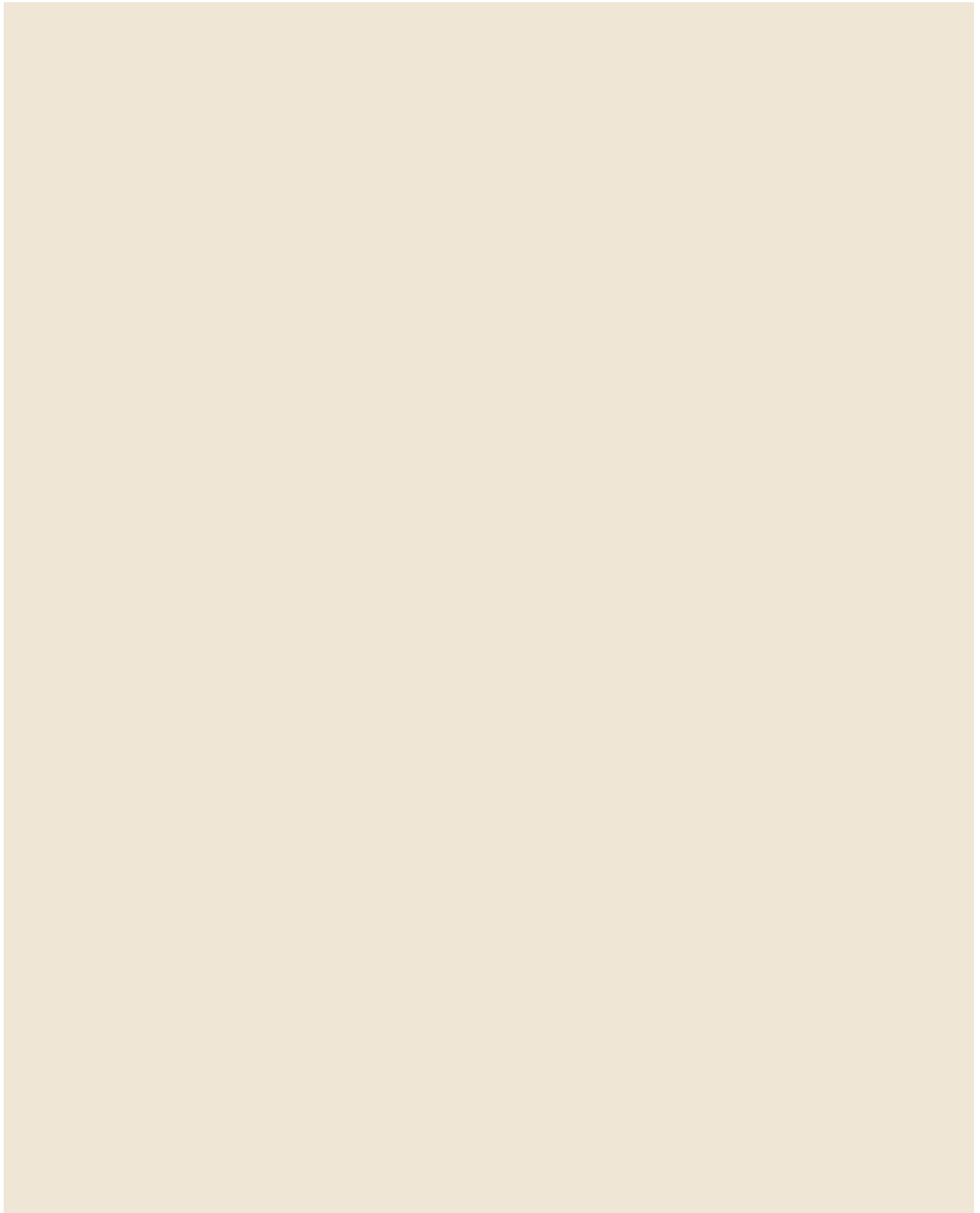
What money experiences are you holding onto that you resent?

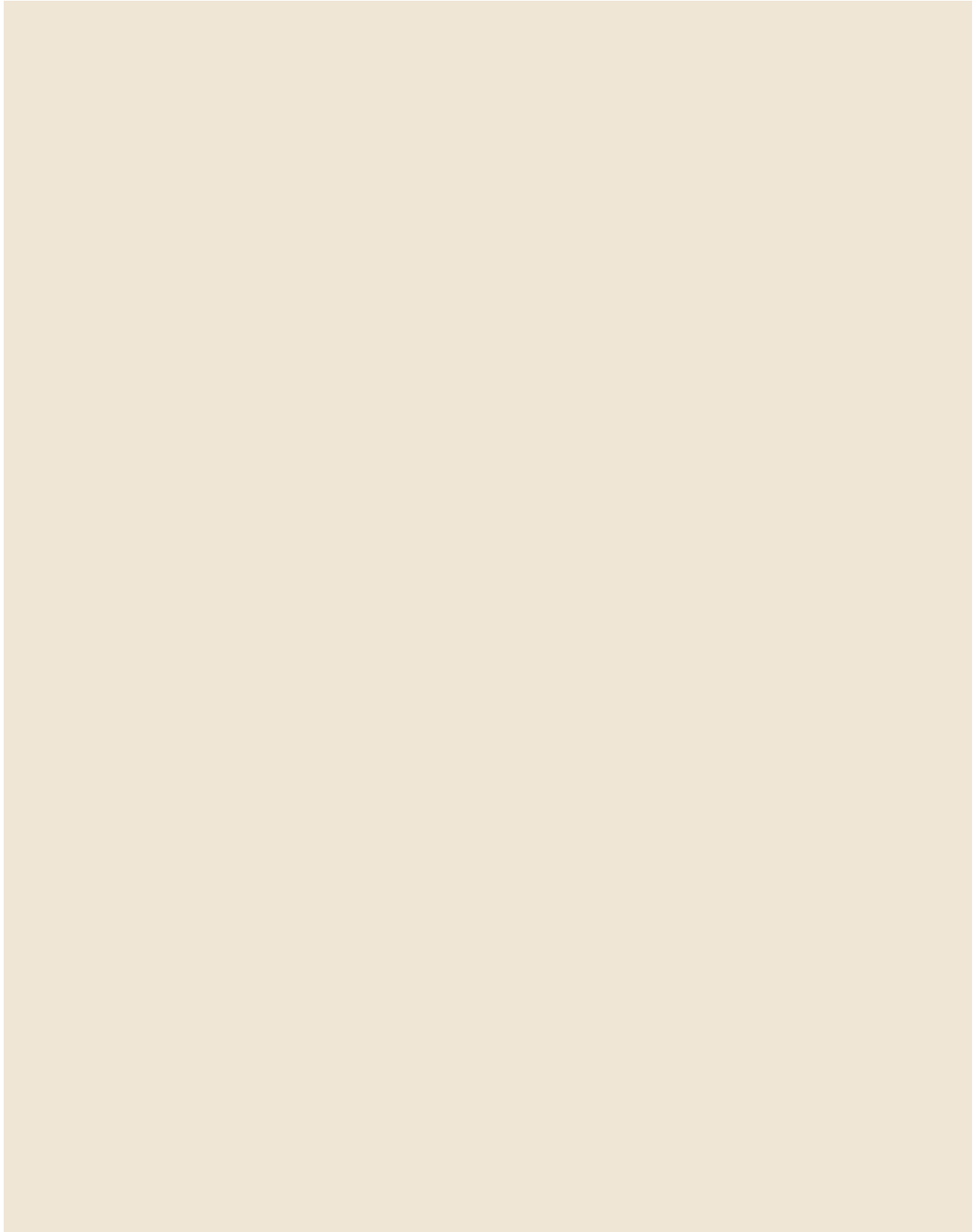
What beliefs/stories did you create as a result?

How have you embodied the qualities you resent?

In the pages that follow, write a forgiveness letter to yourself or anyone else necessary.







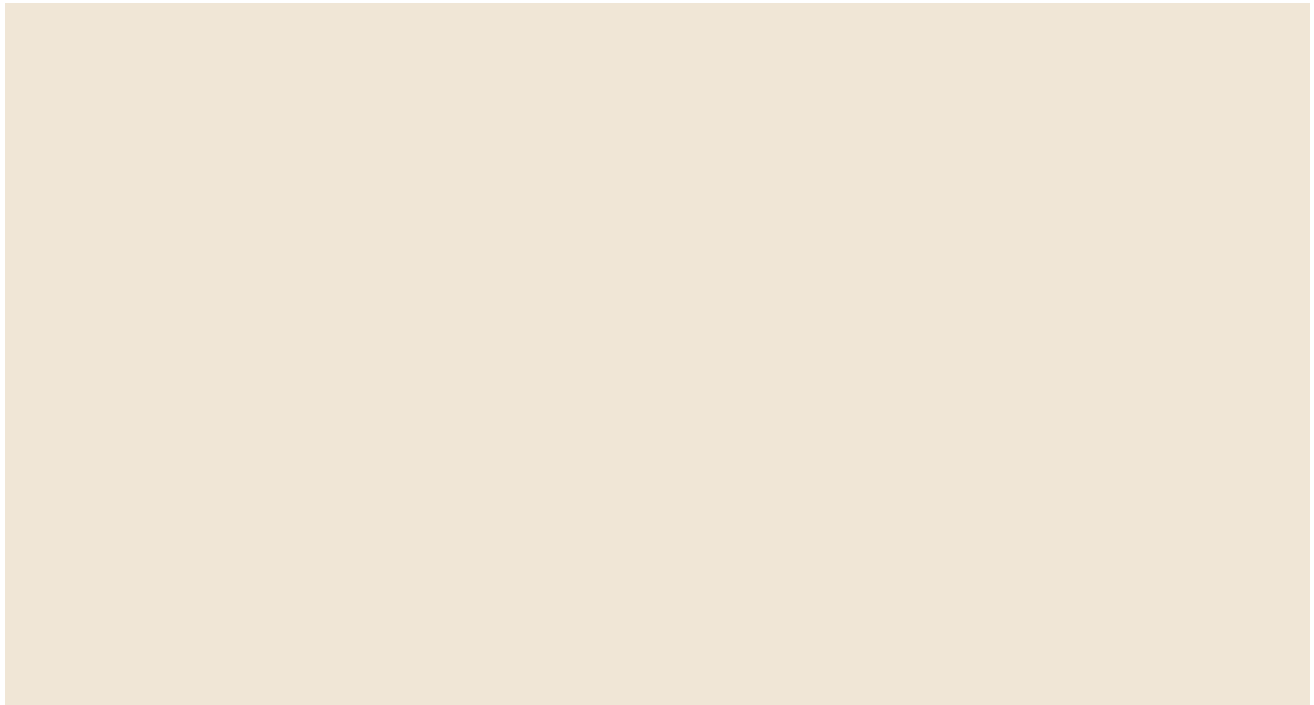
DAY 7

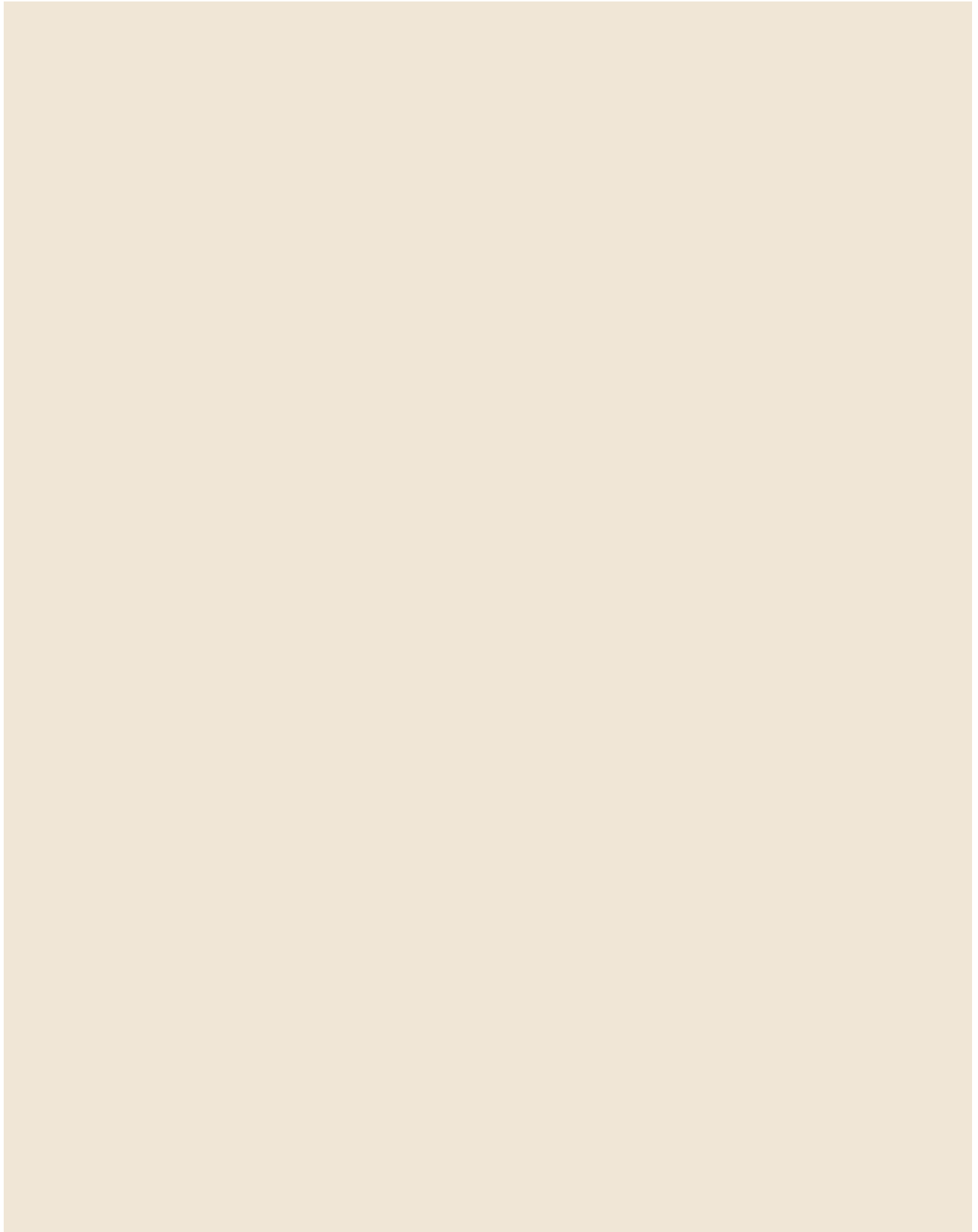
GRATITUDE MANIFESTING

Today we're going to do a different take on the gratitude list. You're going to write a list of at least 22 different things you are grateful for. Every 5 items you're going to write that you are grateful for your manifestation as though you've already received it. For example, if I am manifesting \$10,000 I would write "I am so grateful for the \$10,000 I just manifested!" on the 5th, 10th, 15th, and 20th, line.

Your subconscious brain, the part of your brain that creates your reality, is going to see all the things you are grateful for in your current reality. When you add this in as though you already have it your subconscious brain goes "hey wait! We don't have that yet! But everything else is true, so I need to make this be true too!".

You literally trick, or hack, your subconscious brain into making this your reality!





ONE WEEK DONE!!

Woohooooo!!!!

Celebrate the consistency you've committed to!!

By now signs are probably starting to appear in your life. You may be seeing angel numbers everywhere (repeating number sequences like 111, 333, 888, etc.) or you may be experiencing opportunities showing up in your inbox, or even unexpected money. Maybe you even found a dollar on the ground! These are all signs the Universe is in the process of delivering your manifestation to you. Every time you see something like it make sure you appreciate it and say "Thank you, Universe!!" Be as grateful as you would be about the thing you are manifesting.

Remember, it always sprinkles before it rains.
When you celebrate the sprinkles you tell the Universe you are open to receiving.

30 SECOND DANCE PARTY!!!

DAY 7

TRUST

Google the definition of TRUST

What comes up?

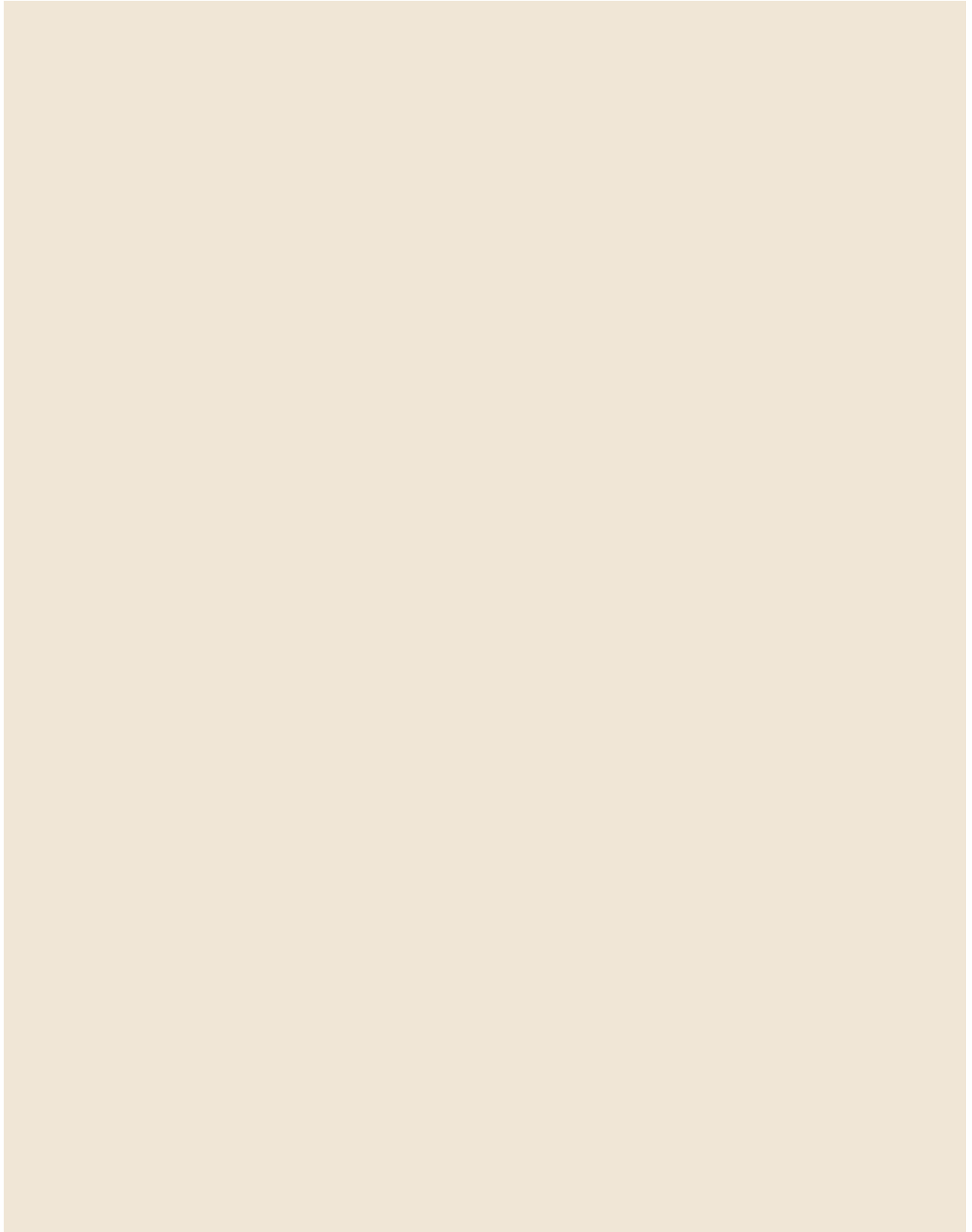
Do you completely trust yourself?

Do you completely trust money?

If everything is in response to you, how can you become more trustworthy for yourself? For money?

TRUST IS...

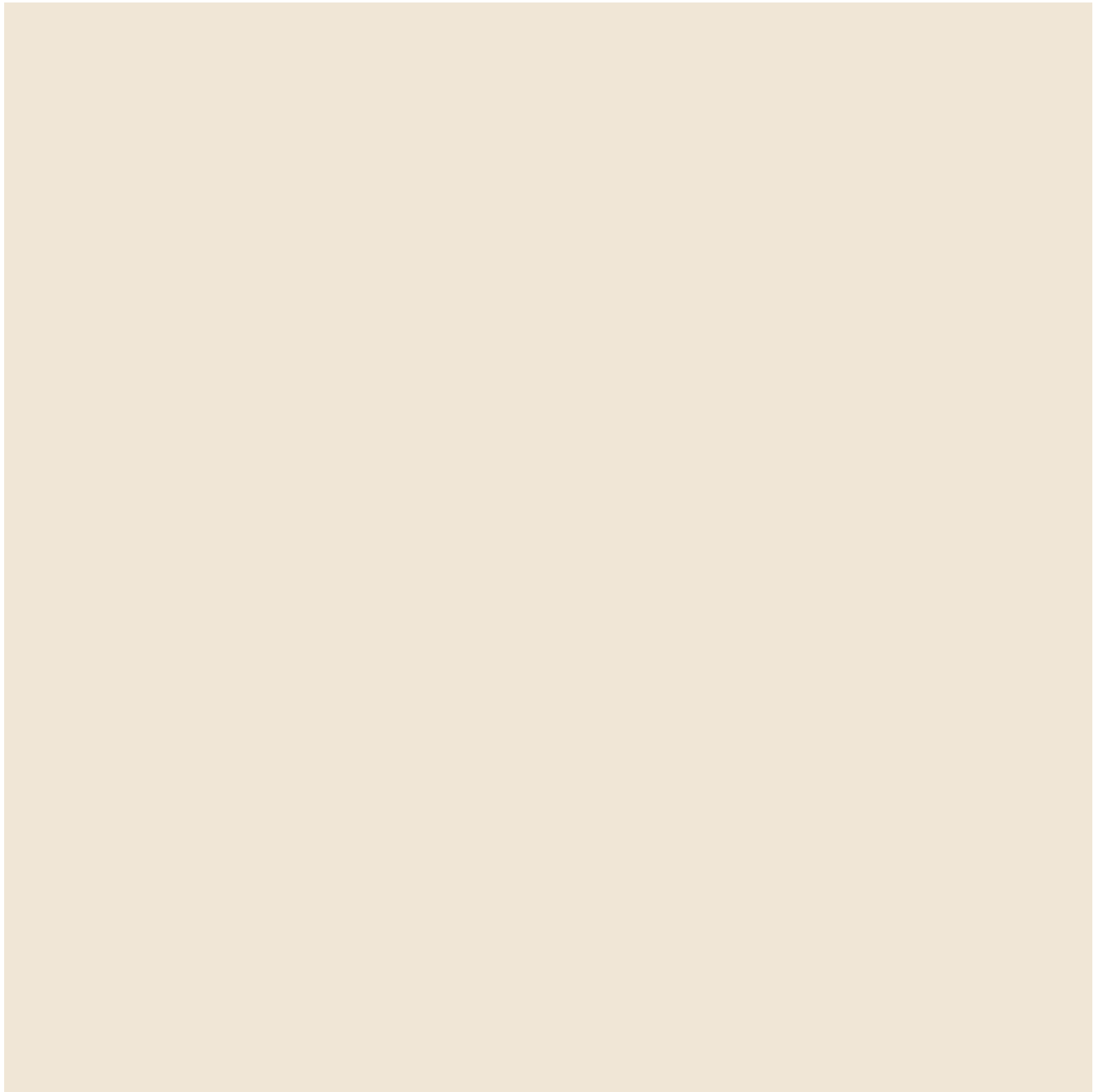


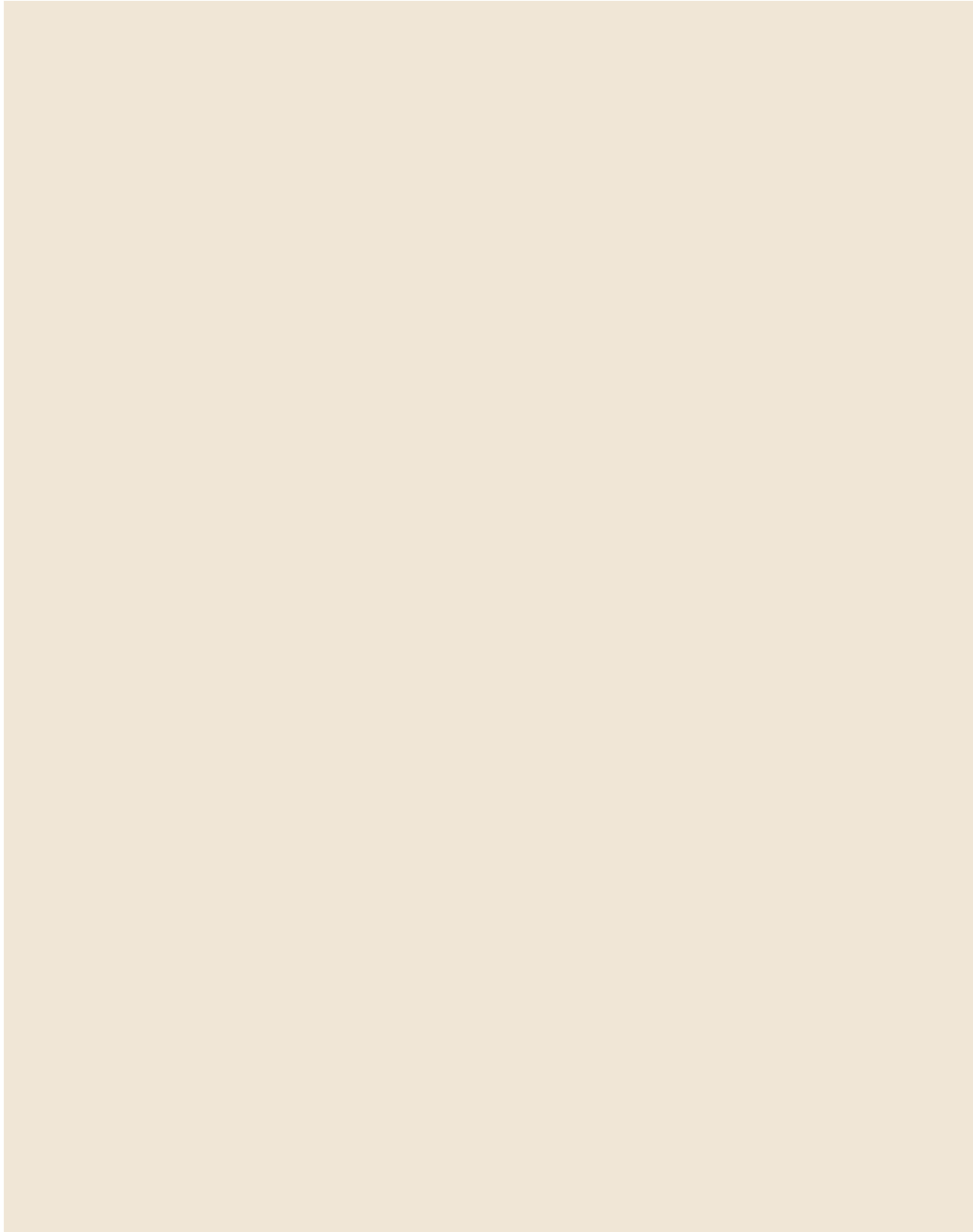


DAY 8

ABUNDANCE:

What is evidence that YOU are abundant?

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DAY 8

IDENTITY

Who do you identify as?

Do you identify as successful or struggling?

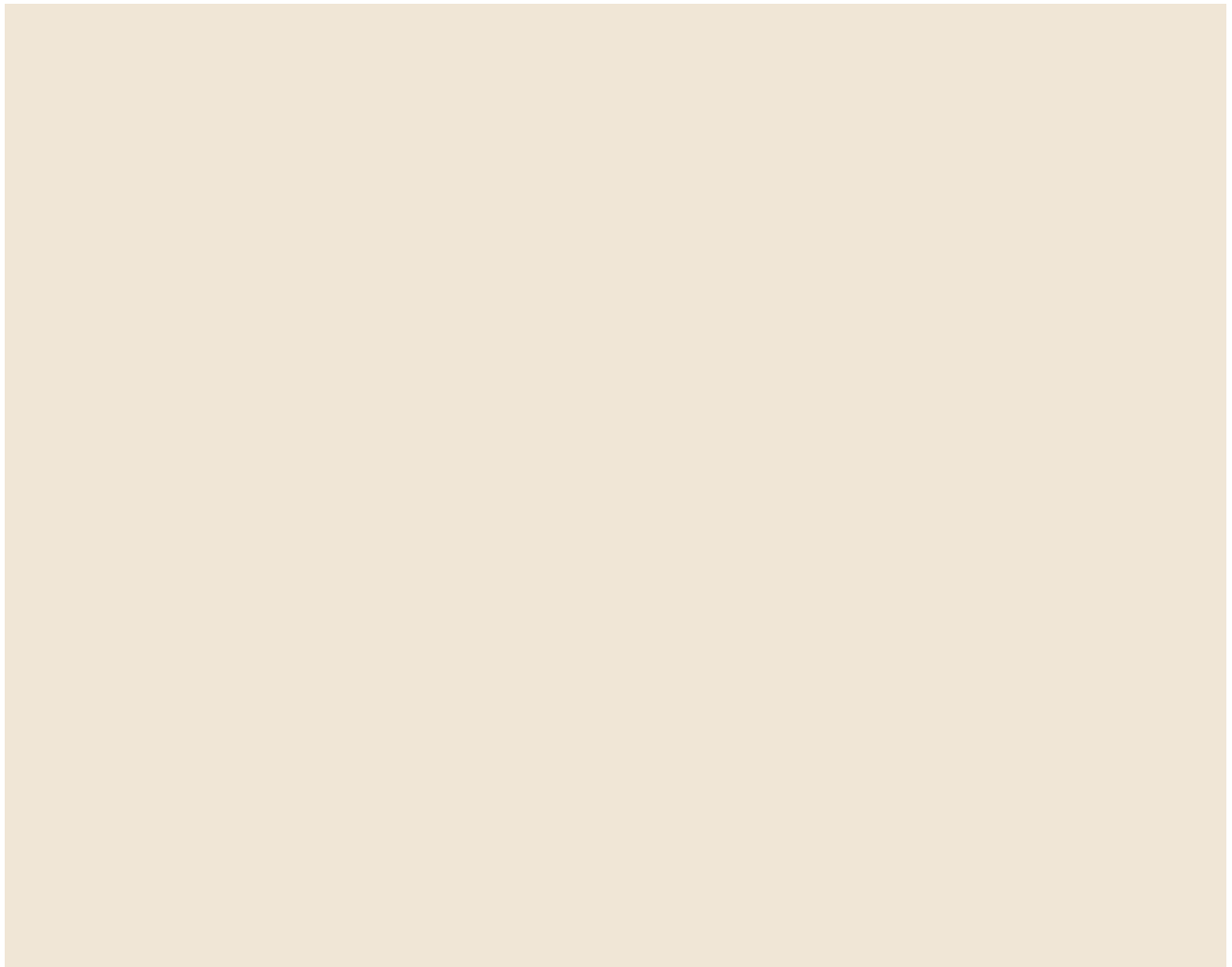
Empowered or _____?

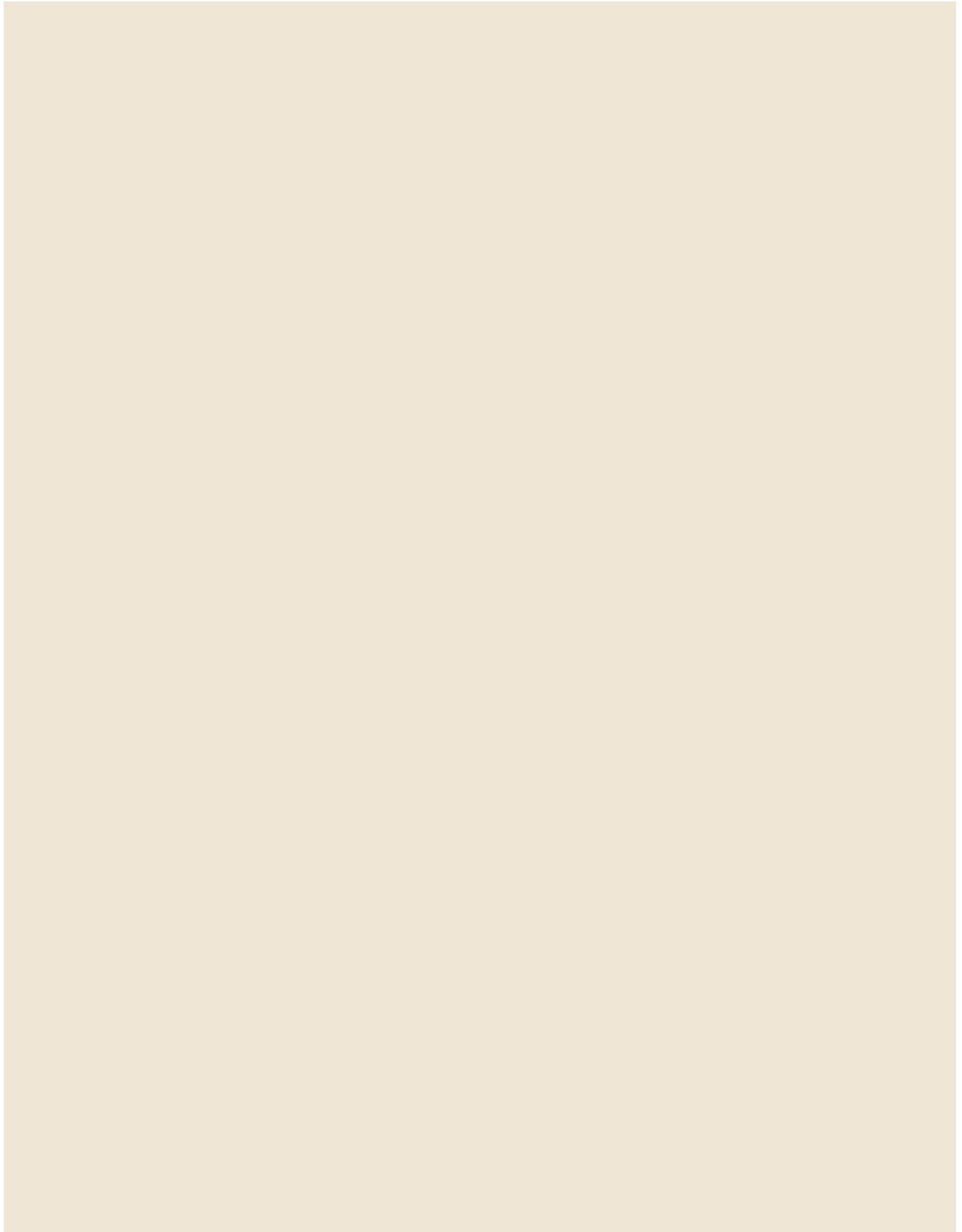
Someone who LOVES their life or who is simply content (or non content)?

Who do you identify as now?

Who does the version of you who already has it identify as?

What needs to shift for you to begin to identify as her?





DAY 9

WOULDN'T IT BE FUN IF...?

One of my favorite mindset hacks and strategies to raise the vibes and get in the energy of receiving!! All too often people are asking the WRONG what if questions. They think "what if I don't_____?" Does this sound familiar? I know it does... But I have another question for you. "My love, what if it DOES?"

Use the pages that follow to write open ended positive what if or wouldn't it be fun if questions. The key is not to answer them but to stimulate daydreaming and think about all sorts of amazing scenarios, "realistic" or not. I'll go first to get you going, then you're on your own.

What if I met my soulmate at the grocery store?

What if I sell so many spots in my program I have to hire someone to help me?

What if I was randomly gifted \$10,000 for no reason?

Wouldn't it be fun if I had a bungalow on the beach in Mexico?

What if I had unlimited funds and traveled the world for a year?

YOUR TURN!

PRO TIP: LET YOURSELF FEEL AS IF
EACH THING WAS ACTUALLY
HAPPENING!

DAY 9

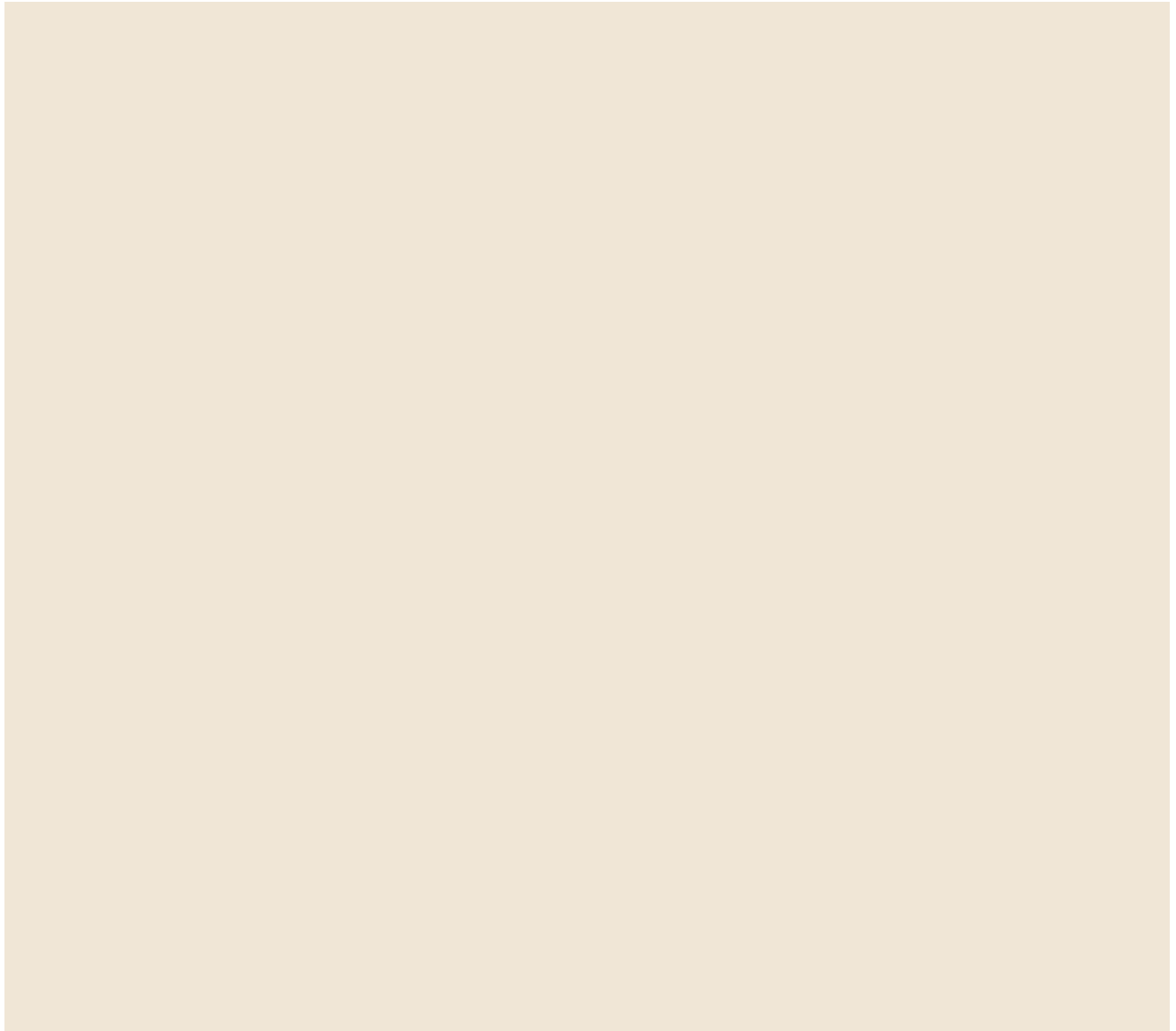
WOULDN'T IT BE FUN IF...?

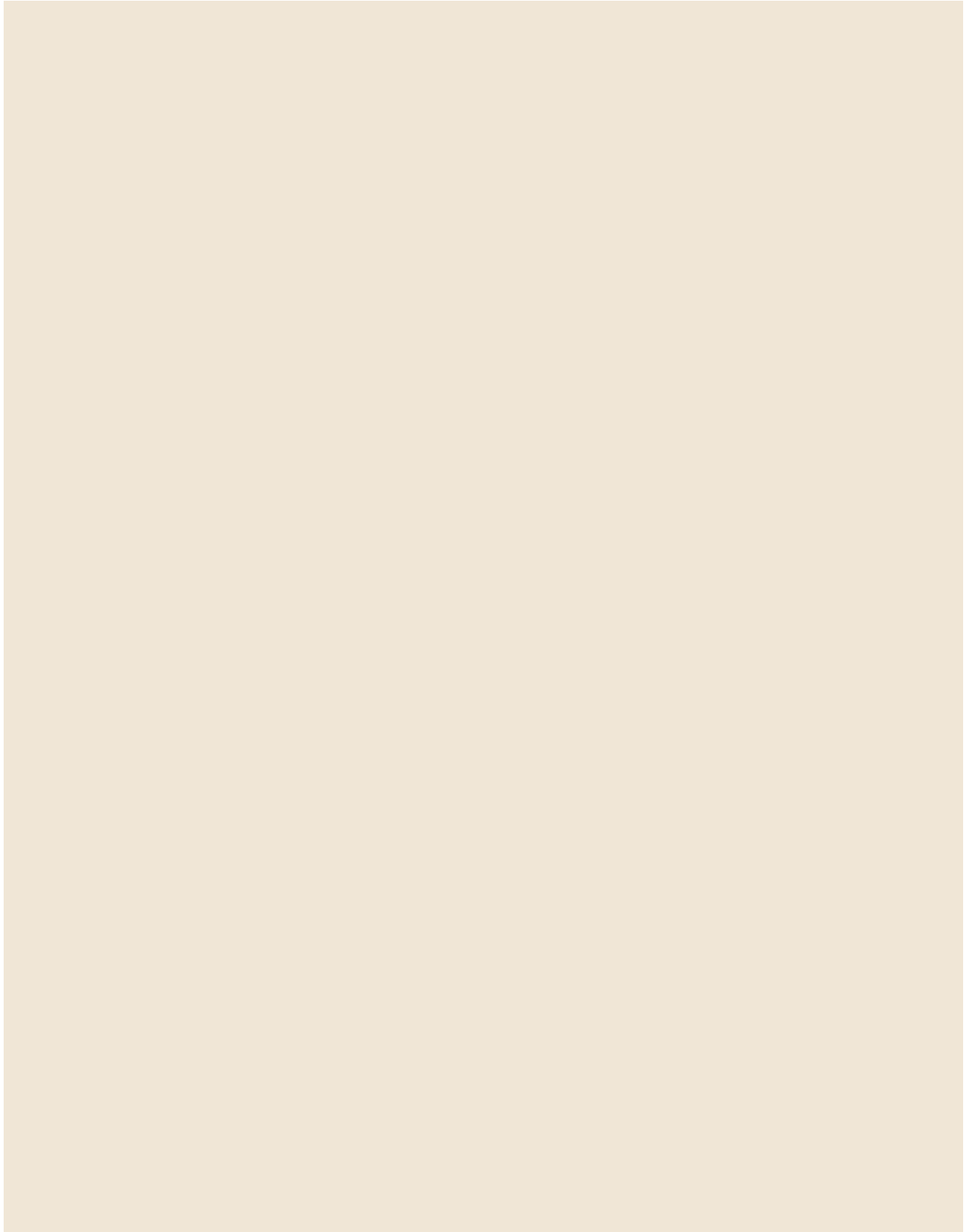
If I had all the time and resources in the world, what would I be doing for fun?

What does fun mean and feel like to me?

Am I having enough fun in my life?

How can I incorporate more of this into my life now?

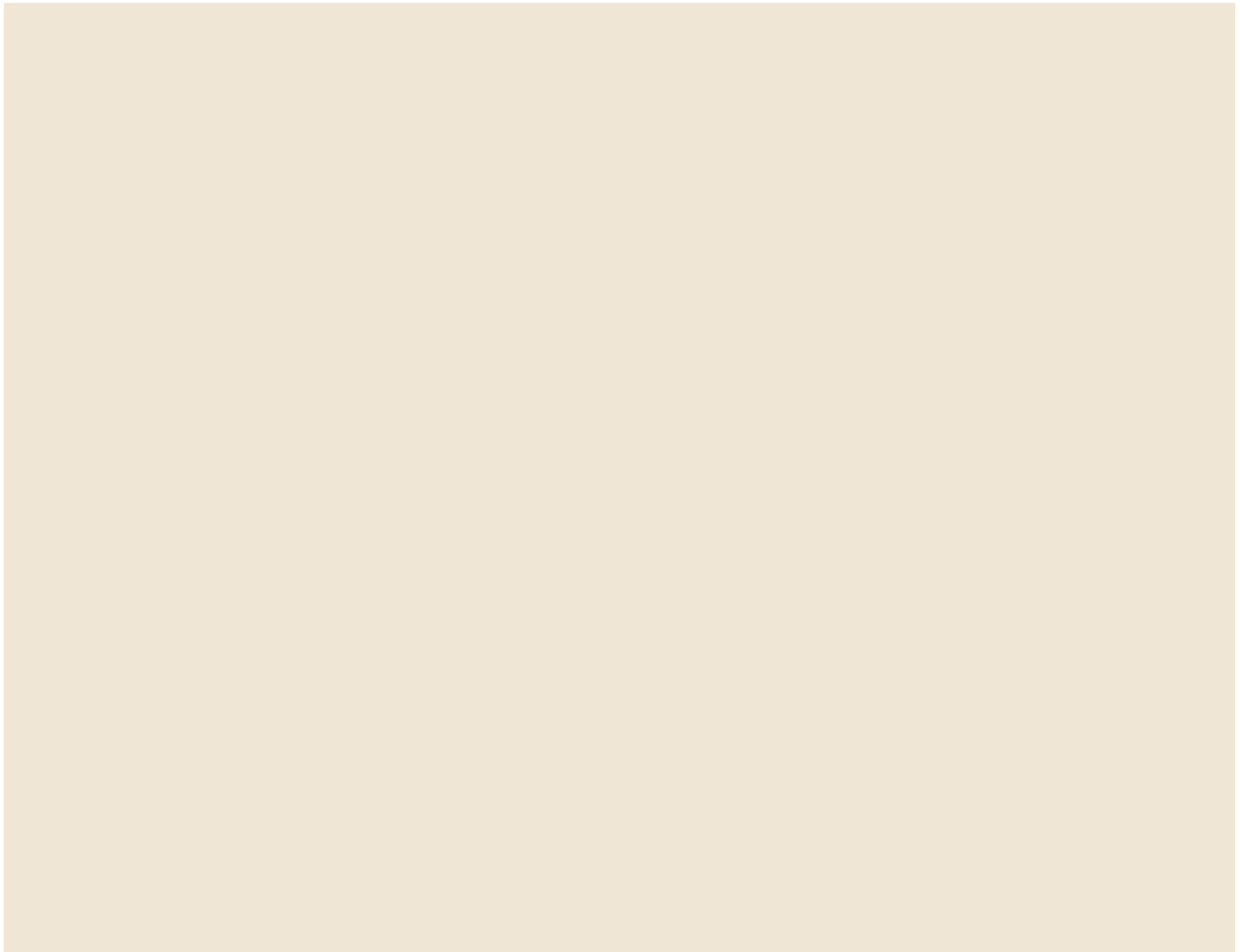
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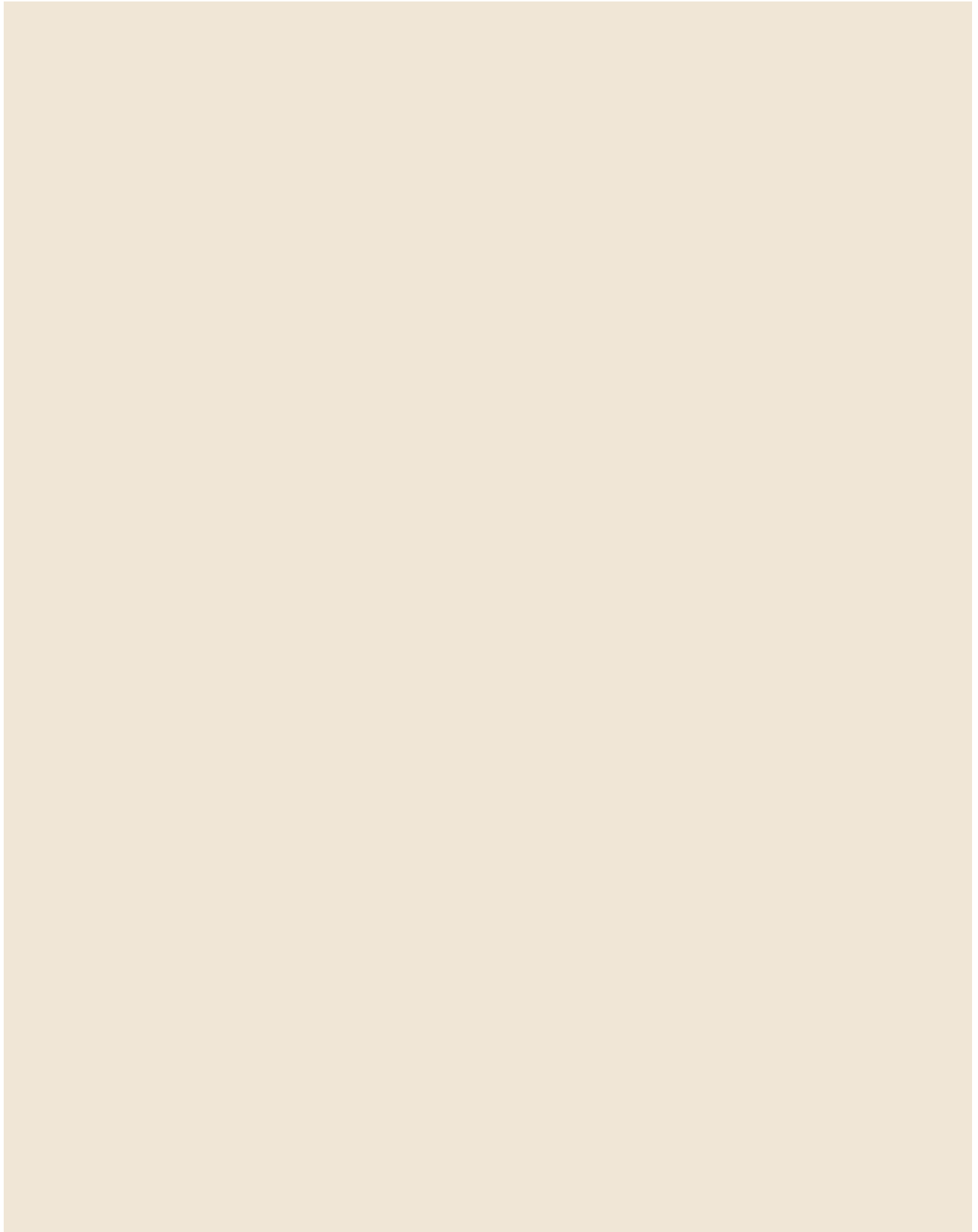


DAY 10

DEAR MONEY.... DEAR YOU

You've already written one letter to money (and hopefully more since then!) In this exercise, you are going to write a letter to money. Let it know how much you appreciate it, and ask it what you can do for it to allow even more flow into your life. Once you have written to money, take a few deep breaths and write a letter back to you as if you are money. Clear your mind and allow your pen to flow! What message does money have for you?

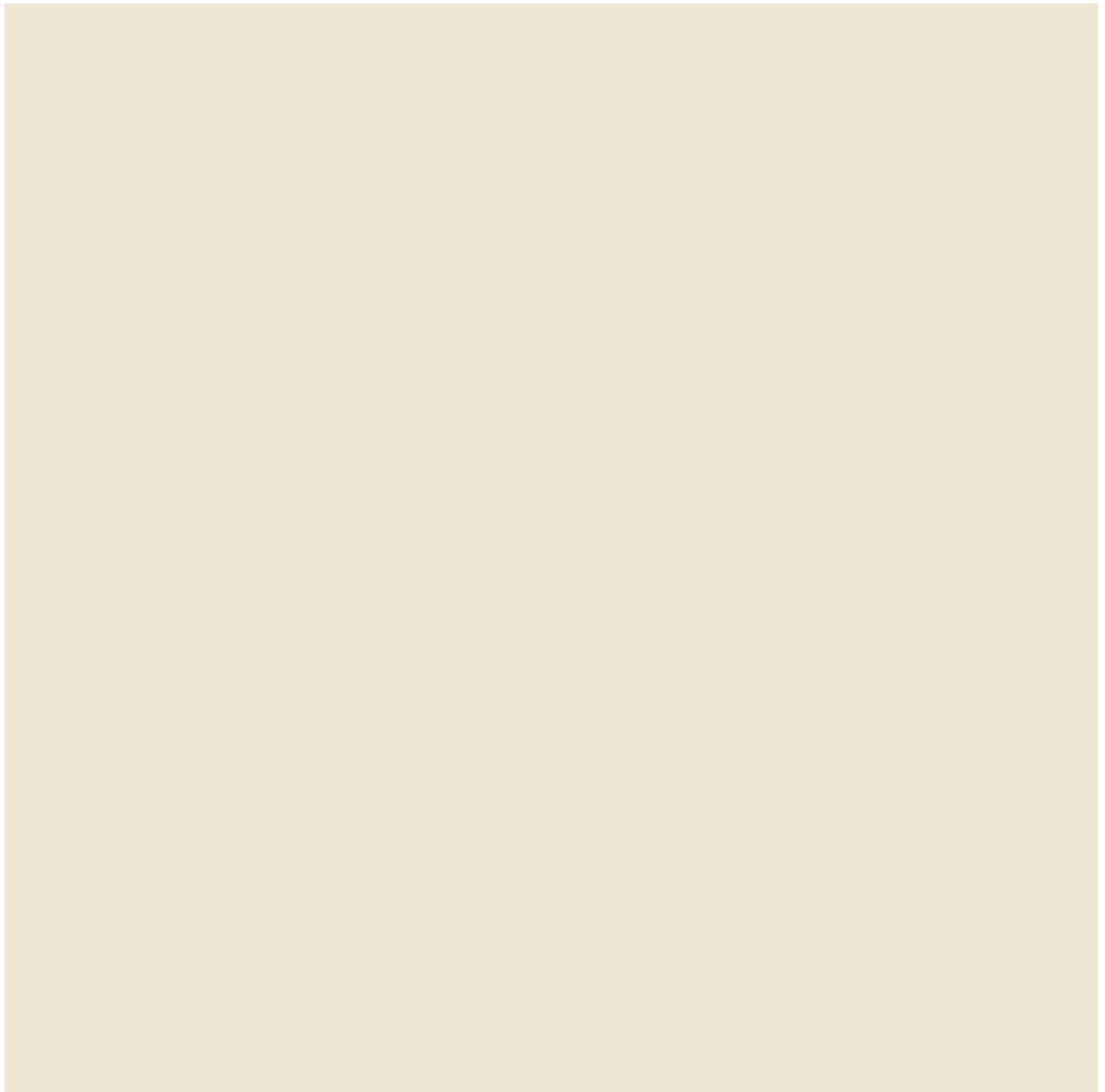
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DAY 10

GRATITUDE

What are you grateful for/appreciate today? Open yourself up even more by writing a list of everything you are grateful for in this moment!

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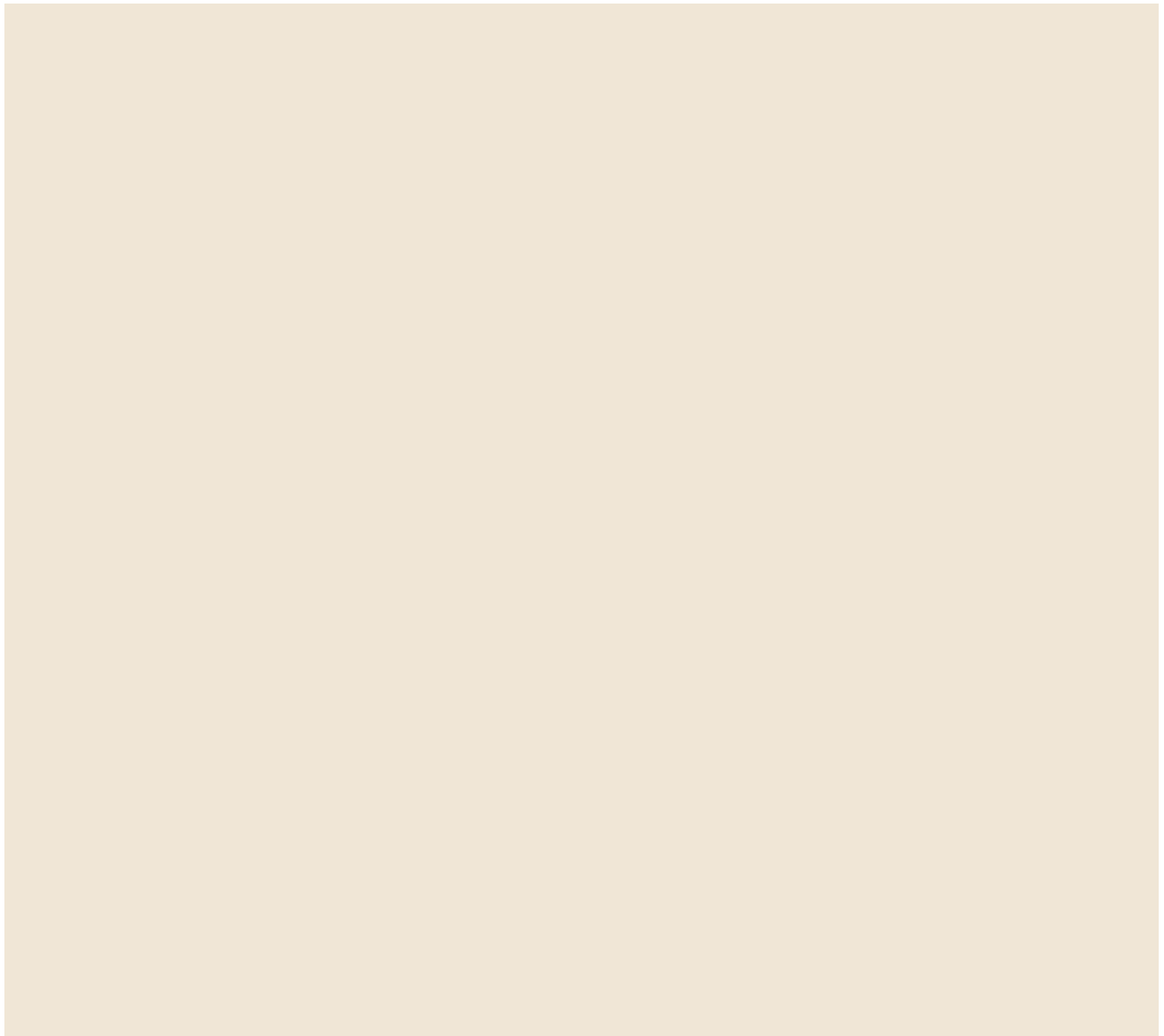
DAY 10

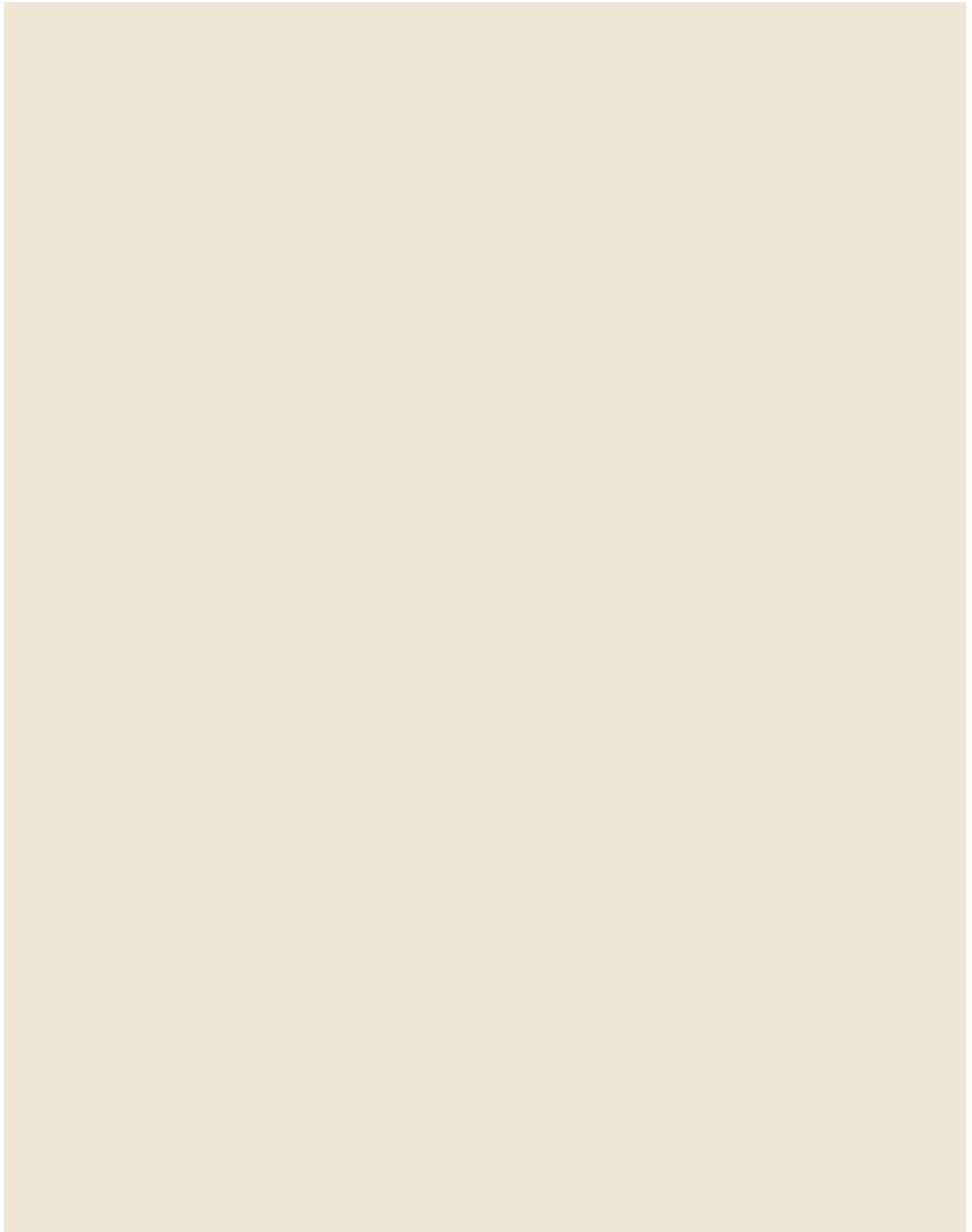
WHAT YOU FOCUS ON EXPANDS

“What is going right?”

Write a list of all the things going RIGHT in life right now...

What you focus on expands, so expand all the RIGHT!

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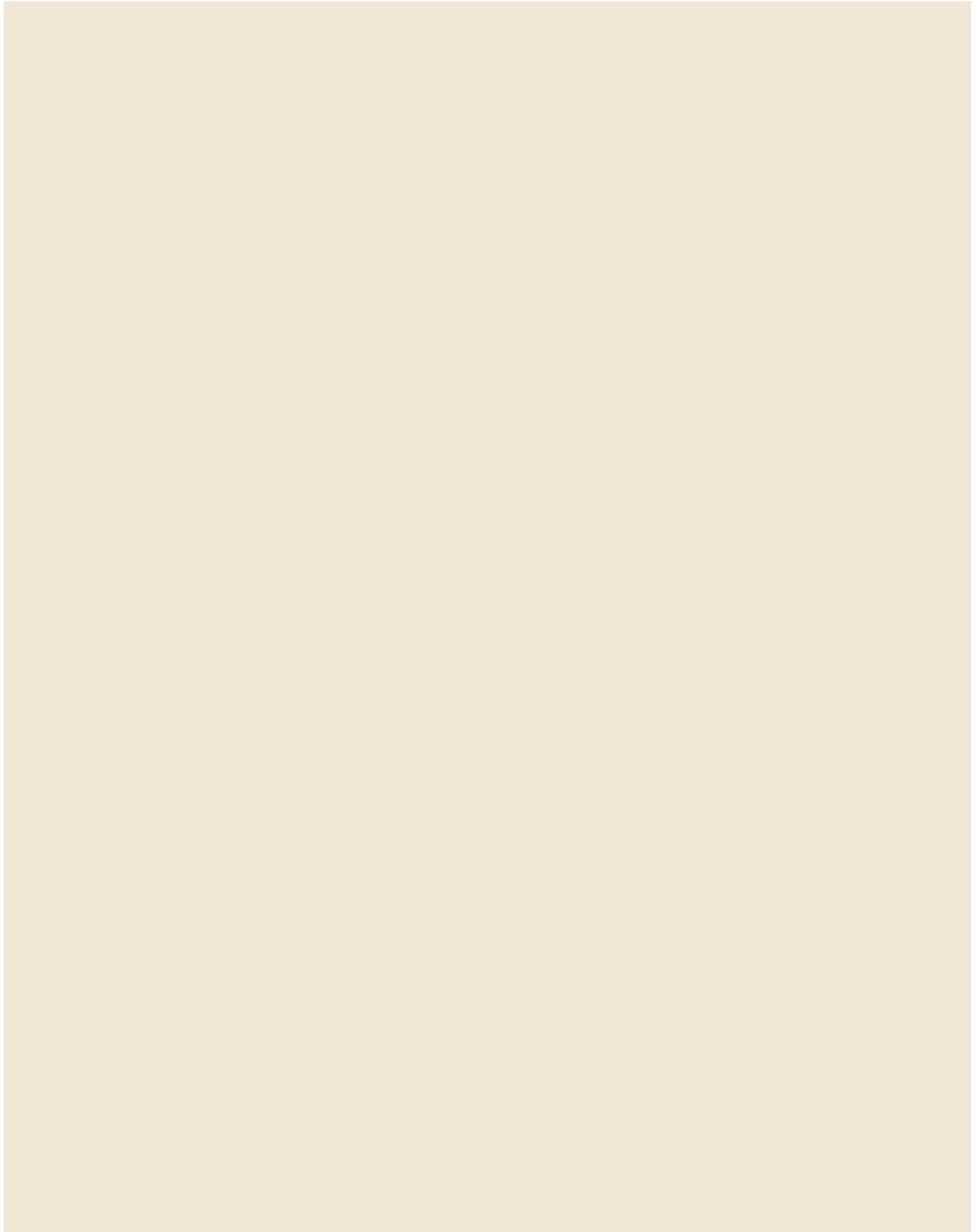
DAY 11

LIMITING BELIEFS

An integral part of manifesting is getting rid of the beliefs you have that are limiting yourself from receiving your manifestation. Take a few deep breaths and follow the prompt below. Let whatever wants to come out, out. By simply acknowledging these beliefs you start to heal them.

WHY DON'T I WANT TO MANIFEST THIS?

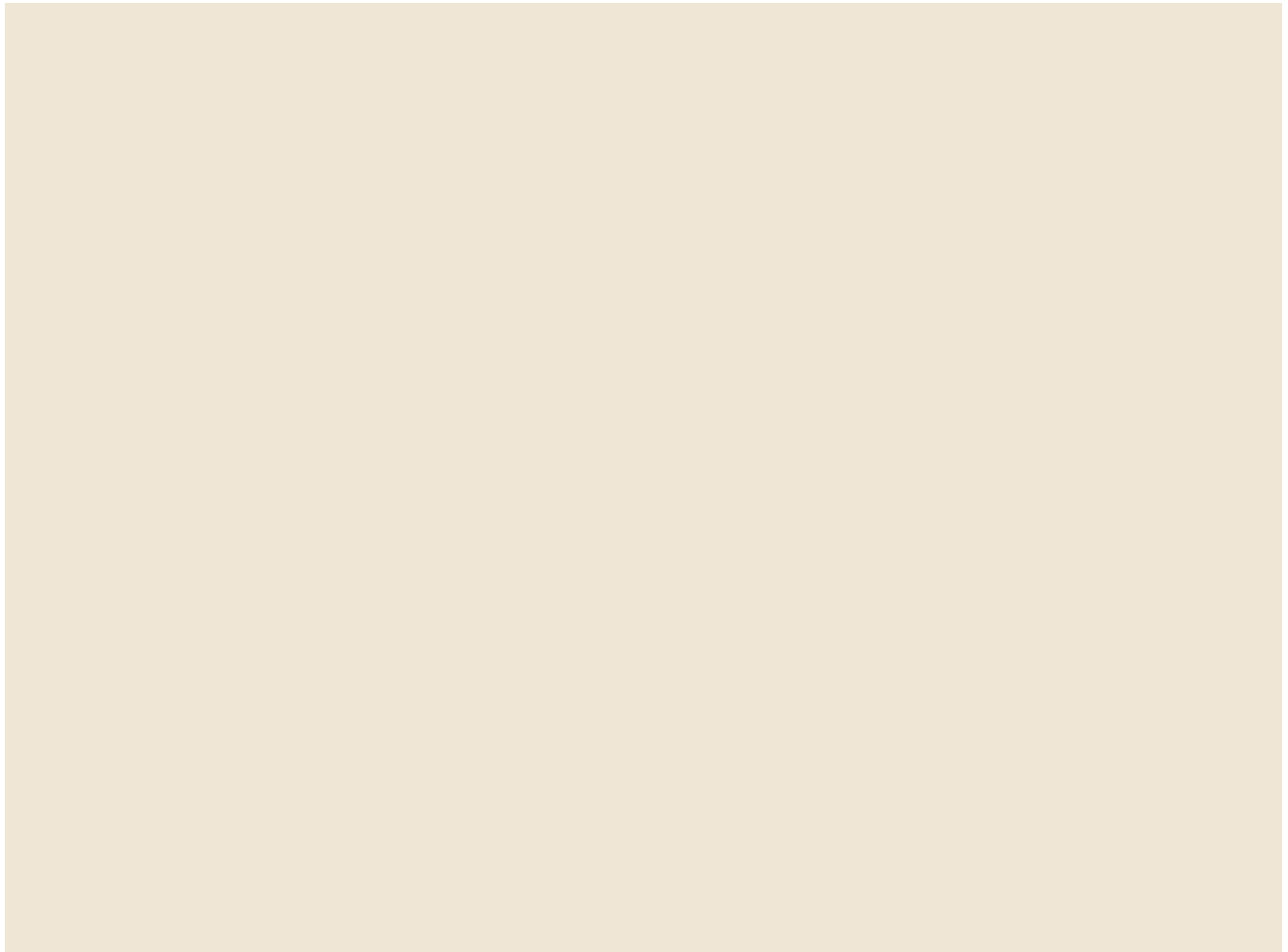




DAY 11

REWRITING THE STORY

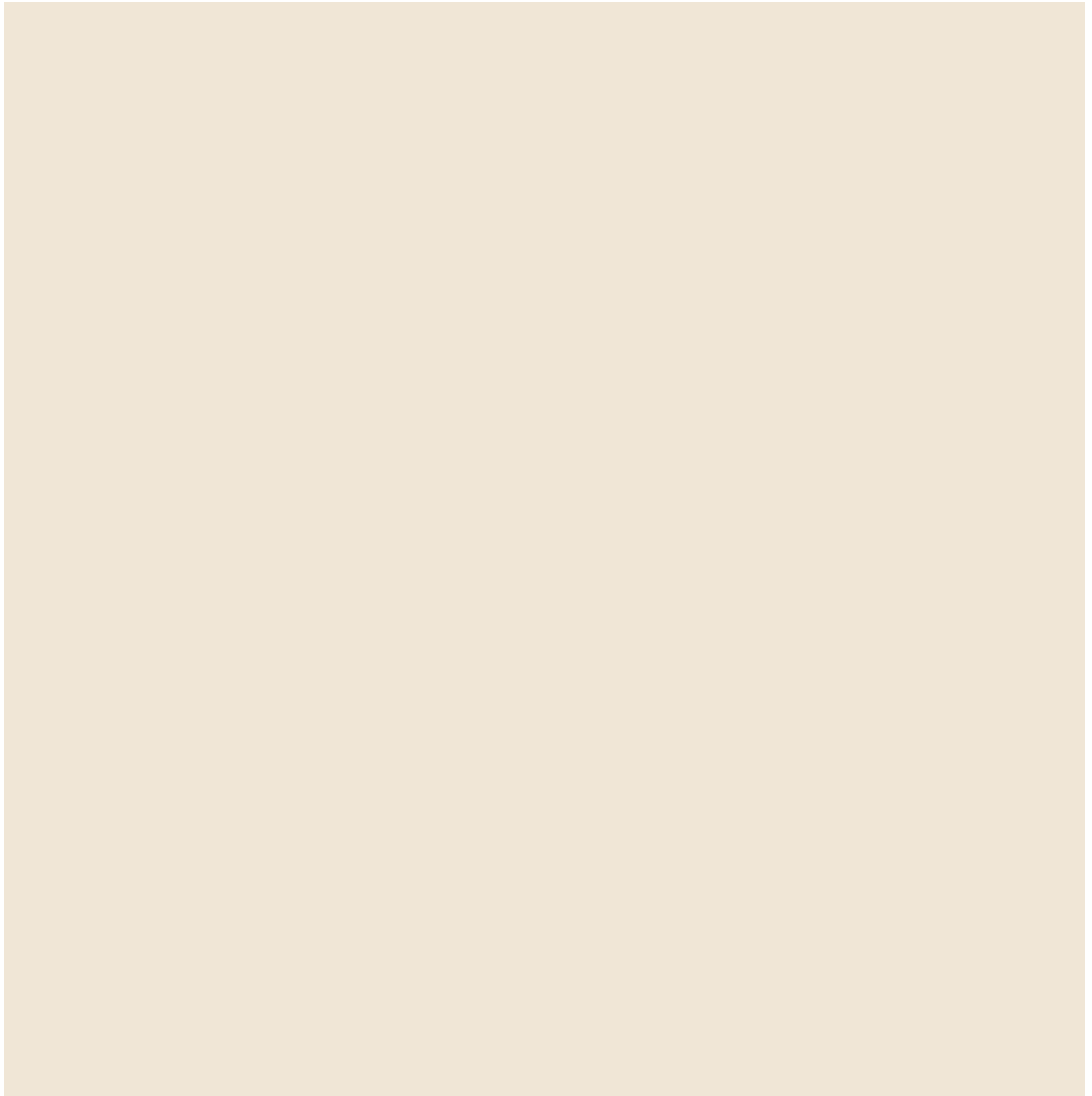
Now that you've uncovered the limiting beliefs you have it's time to rewrite your story. For each of these beliefs ask yourself, is this true? Just because something happened in the past doesn't mean it will in the future. Is it true that people won't like you, or you'll be selfish, or that it will be taken away? Whatever it is, disprove it. Once you have disproved the belief you can write a new story. New stories can be stepping stone stories if you still don't believe it. Stepping stone stories can be "I am willing to experience that it is safe to have money".



DAY 11

GRATITUDE

Bonus #gratituding after that heavy work!

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DAY 11

NEXT LEVEL GRATITUDE

Next level gratitude...

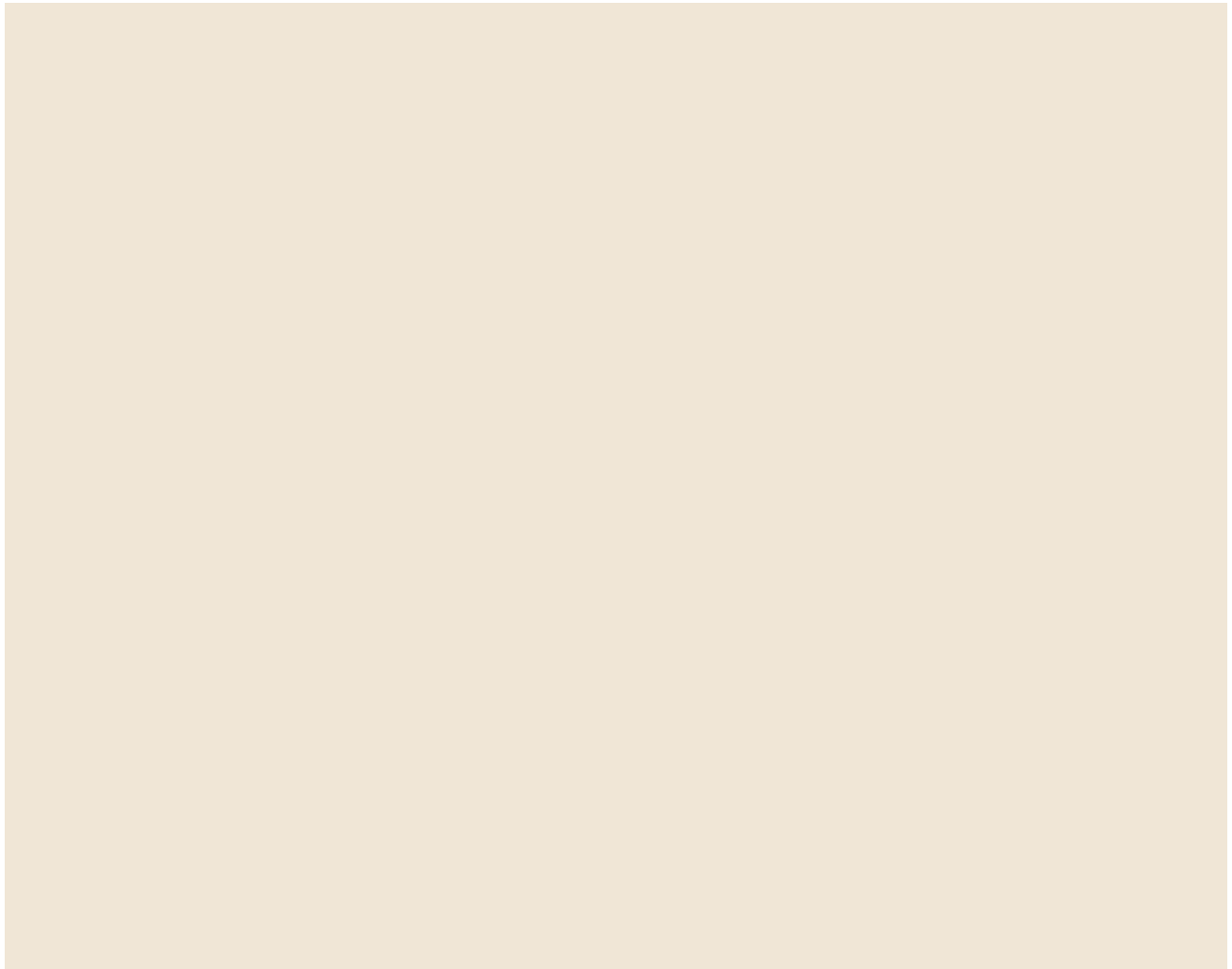
I am so grateful because _____, because _____, because _____, because _____.

Go deeper with your gratitude. Really get down to why you are grateful for it.

Notice any recurring themes?

Your list may not be as long but you will be going so much deeper.

How do you feel when doing this exercise?

A large, empty, light beige rectangular area intended for the user to write their gratitude list and reflections. It occupies the lower half of the page.

DAY 11

ACCEPTING YOUR ABUNDANCE NOW

What in your life, that you already have, are not accepting?

Your finances, your home, the things in your home...

What are you not appreciating for having now?

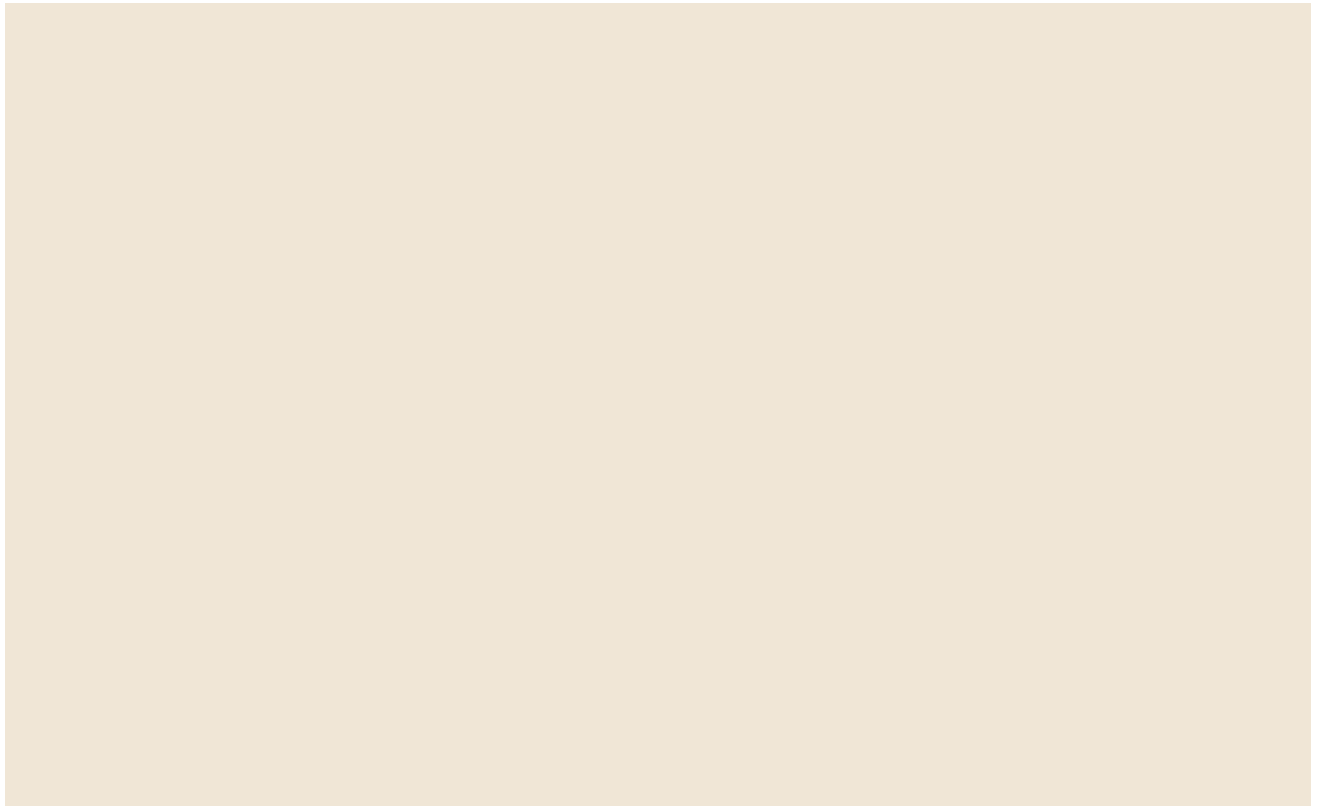
When you want what you don't have, you get more of the not having.

When you appreciate what you do have, you get more things to appreciate.

Today, pull up your bank accounts and grab your debit/credit cards - feel the appreciation for them and send that feeling to them.

Write a list of everything in your life currently that you HAVE - and then appreciate them.

Walk around your home, car, office, property and feel the appreciation for everything small thing that is there. Stop, look at them, begin to notice more of what you have and send them a thank you.



DAY 12

ABUNDANCE

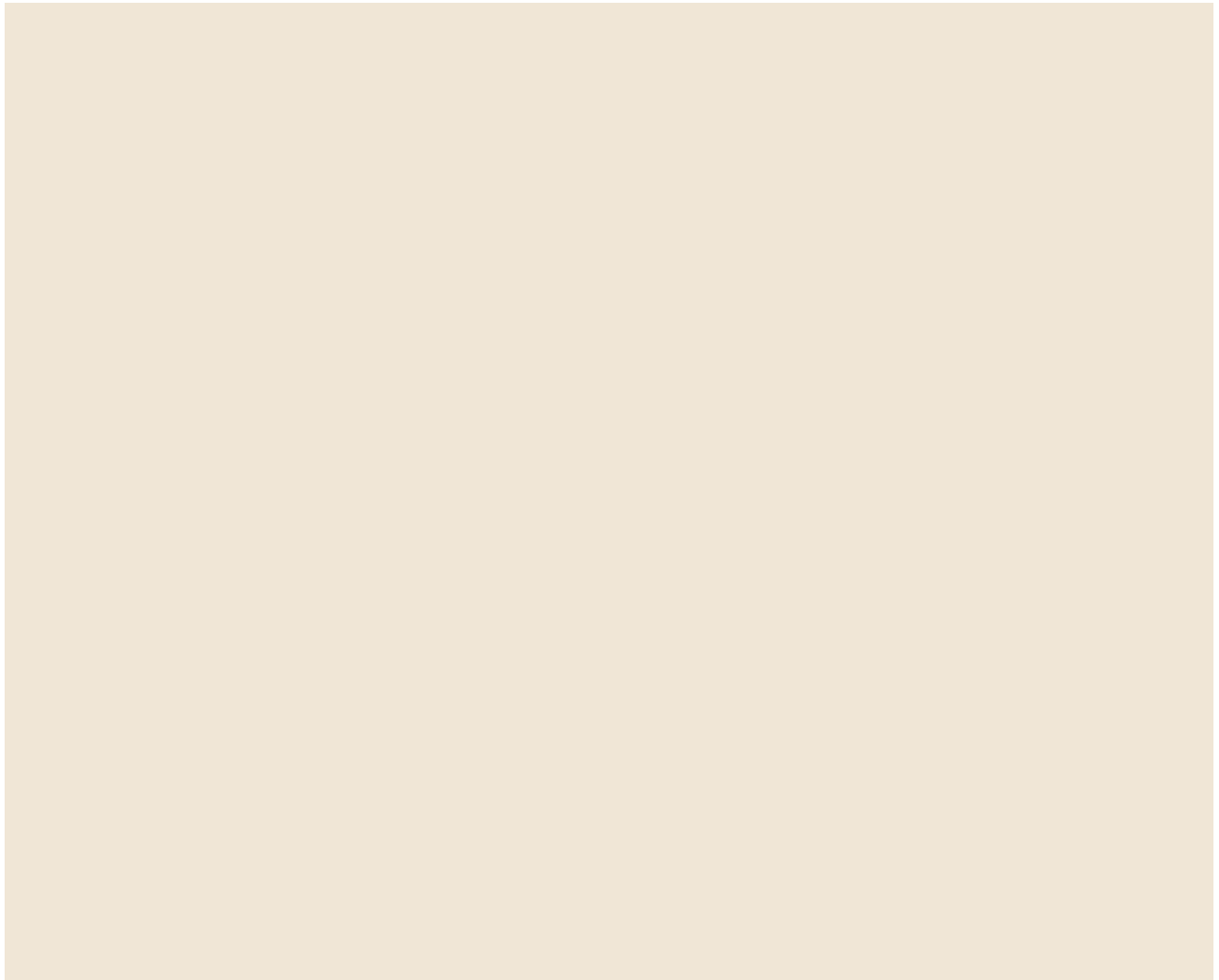
Prove it!! Prove that you are abundant!

CHALLENGE: FILL UP BOTH PAGES
WITH EVIDENCE THAT YOU ARE
ABUNDANT.

DAY 12

I LOVE.....

In this exercise you're going to write down all of the things you love. This is especially powerful if you write down how things feel. Example "I LOVE the feeling of receiving and I love the feeling of money showing up into my life. I love how it feels to open my email and have incredible speaking gigs being offered to me, and I love how it feels to open my email and see that I made money while I was sleeping. I love the smell of fresh spring flowers and how they make me relax as I breathe in their intoxicating scent."

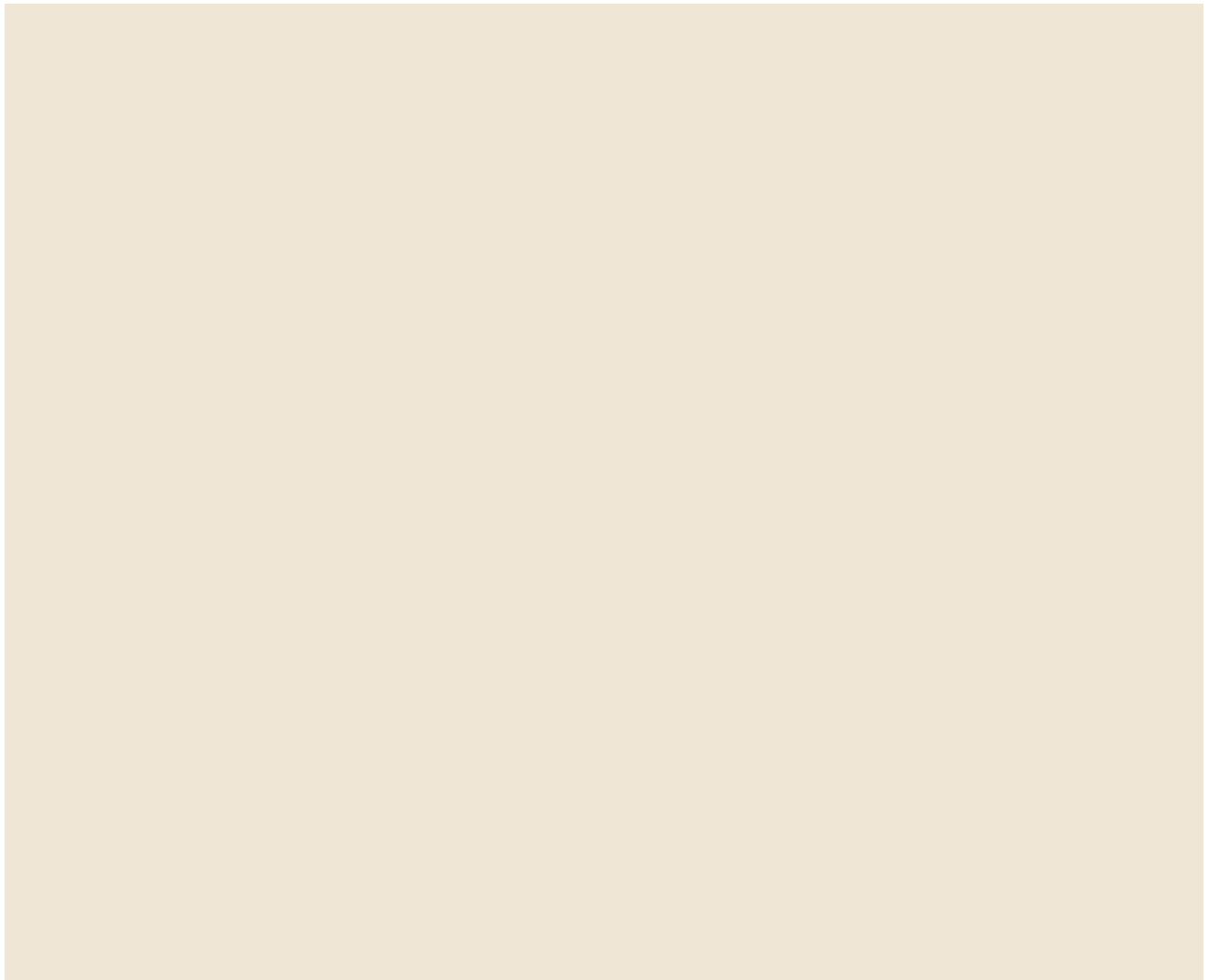
A large, empty, light beige rectangular box intended for the user to write their responses to the "I LOVE....." prompt. The box occupies the lower half of the page and is completely blank.

DAY 12

DEAR MONEY

Dear Money....

This one again! Revisit your previous letter to Money. What kind of friend have you been since you last wrote? Spend time again getting intimate with Money as you repair and heal your relationship. What wisdom or guidance does money have to allow more in?

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DAY 13

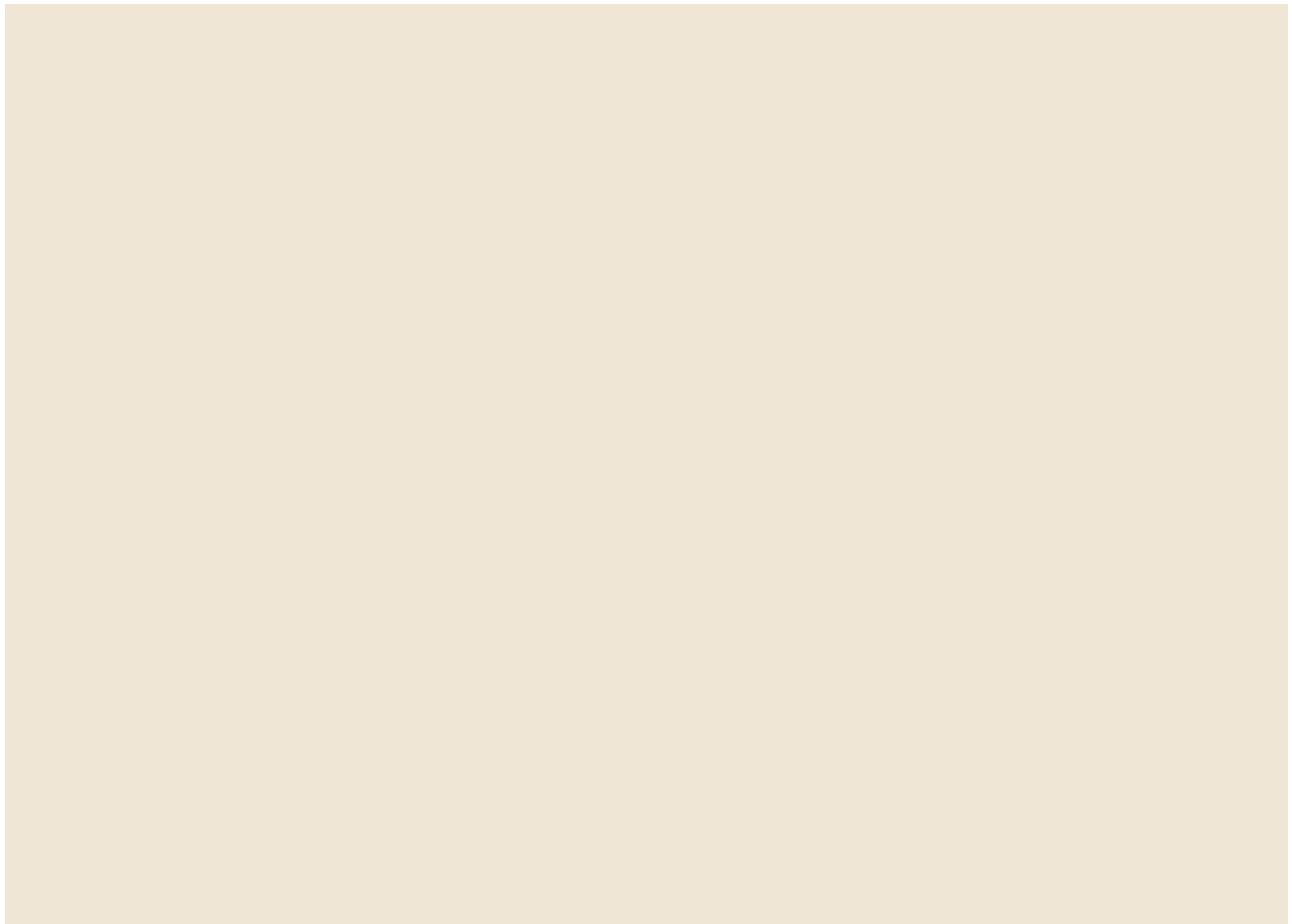
MANIFEST JOURNALING

Just like when we did this before. You can create a new story or you can continue embellishing off the story you created before. Either way, you're adding fresh energy to this and making sure you're feeling into how it feels to have received your manifestation. Remember, what you feel you receive and you get to create your reality. Think of this as literally creating your future memory.

Have fun!

DATE:

DATE:

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DAY 13

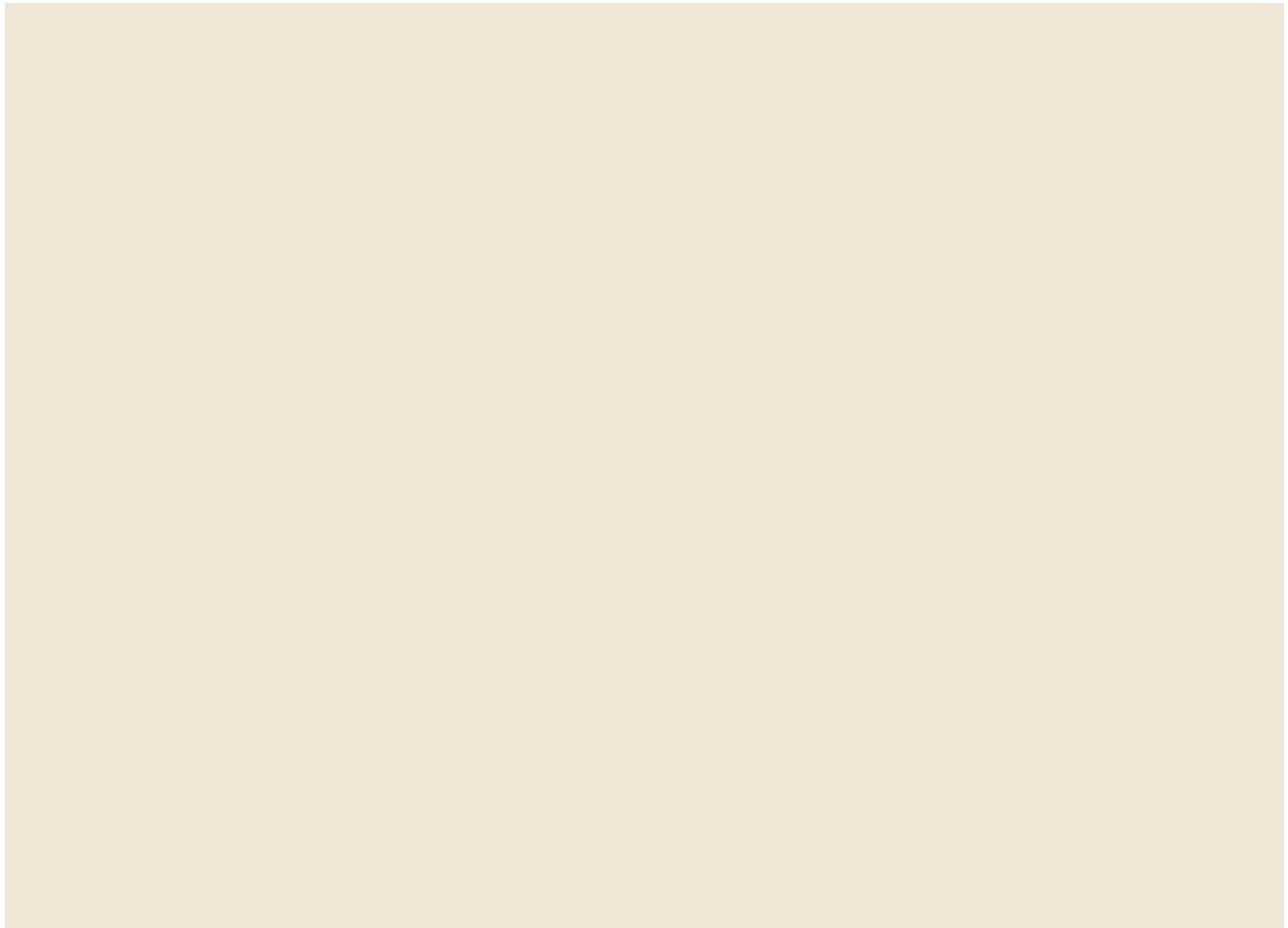
MONEY BELIEFS

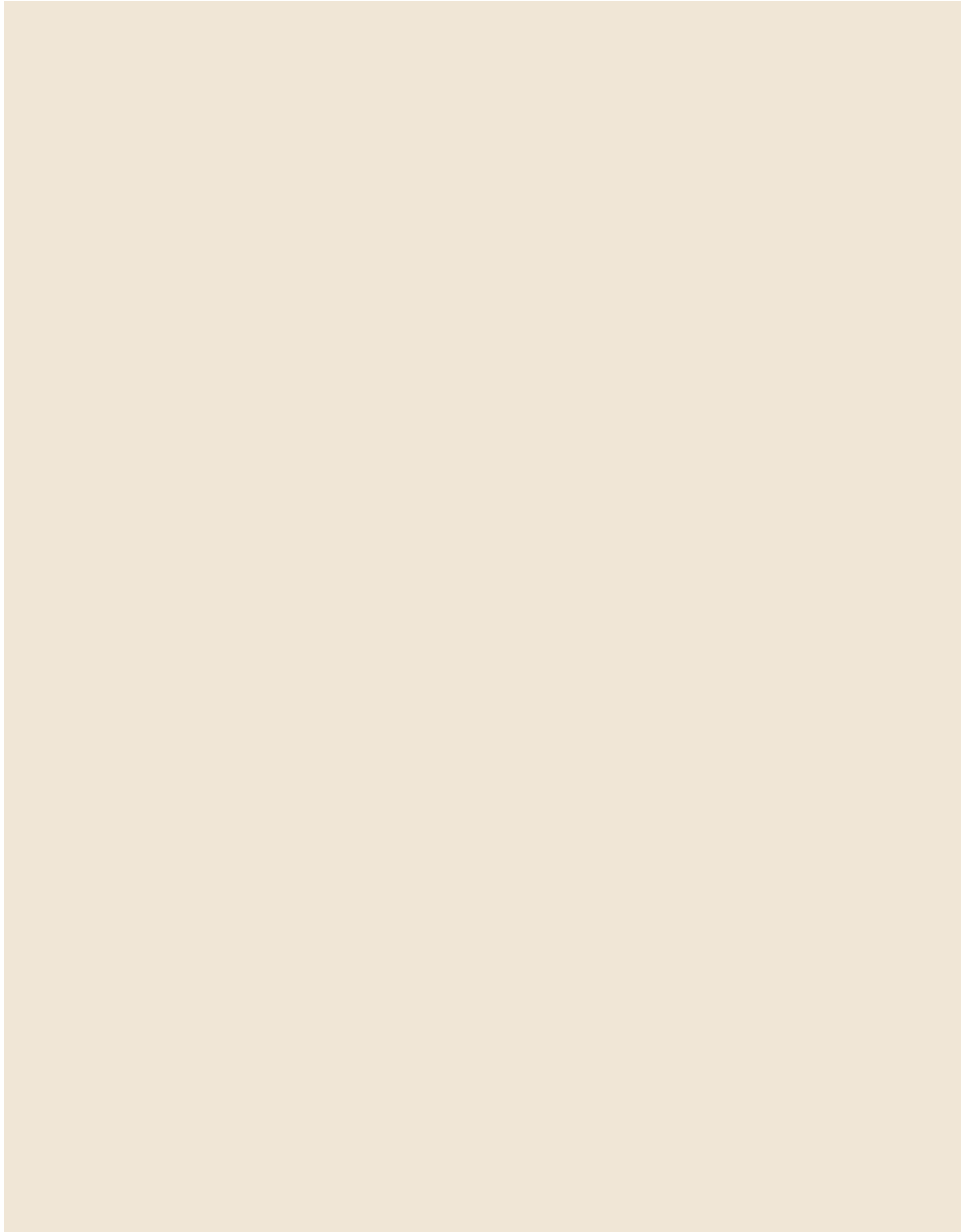
Yup, this again!! What are your money beliefs?

Write a list of all the deep seated beliefs you have around money, all the BS stories you have.

Write them ALL down. Put a star next to your top 3-5. Going through these ones first ask yourself if they're true. Of course they're not. Rewrite the belief to be more positive in nature.. then try to find some examples of these either in your life or in someone else's.

If necessary, do some forgiveness work around some of the most triggering limiting beliefs and let them go.

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DAY 14

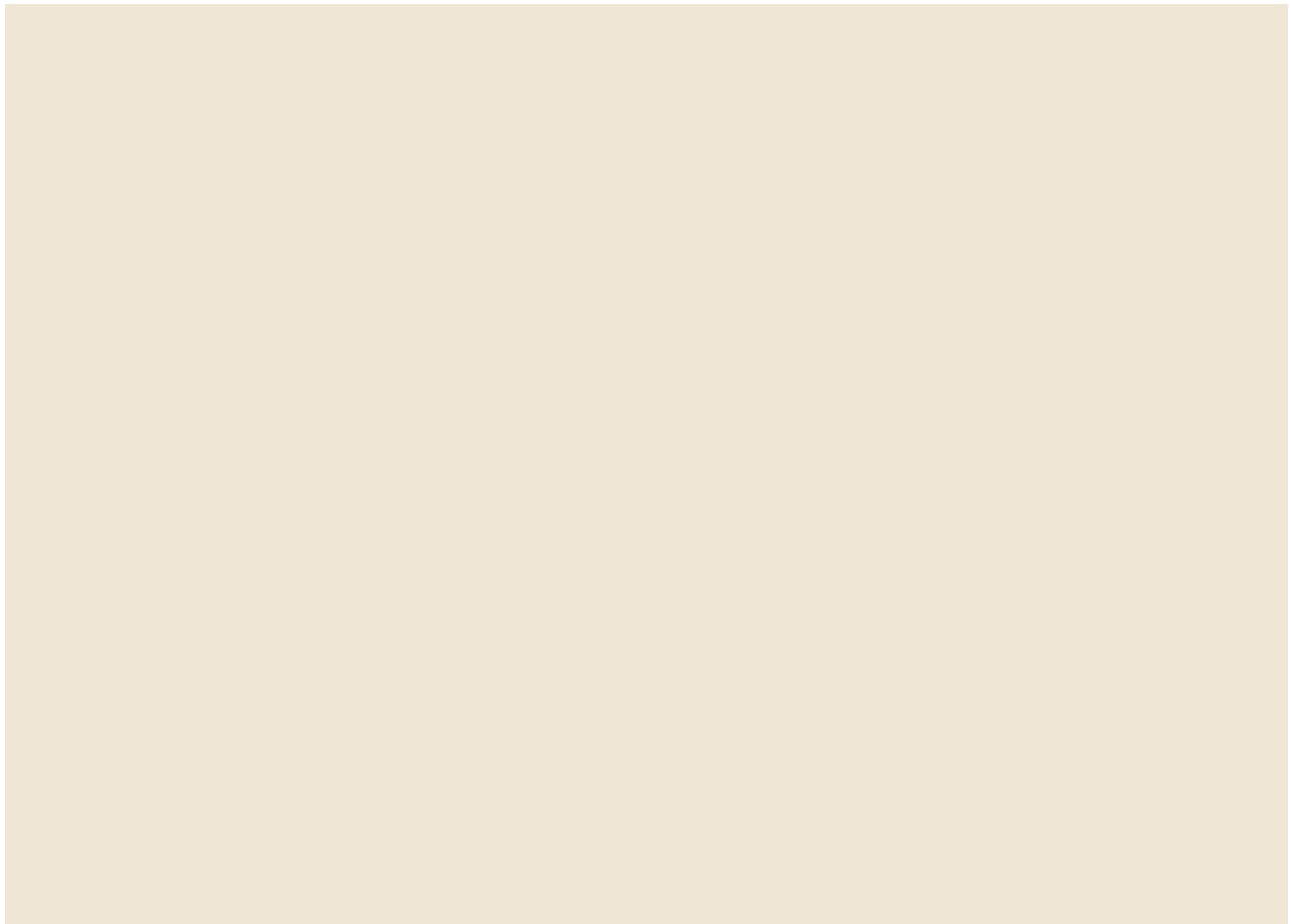
MANIFEST JOURNALING, CONT

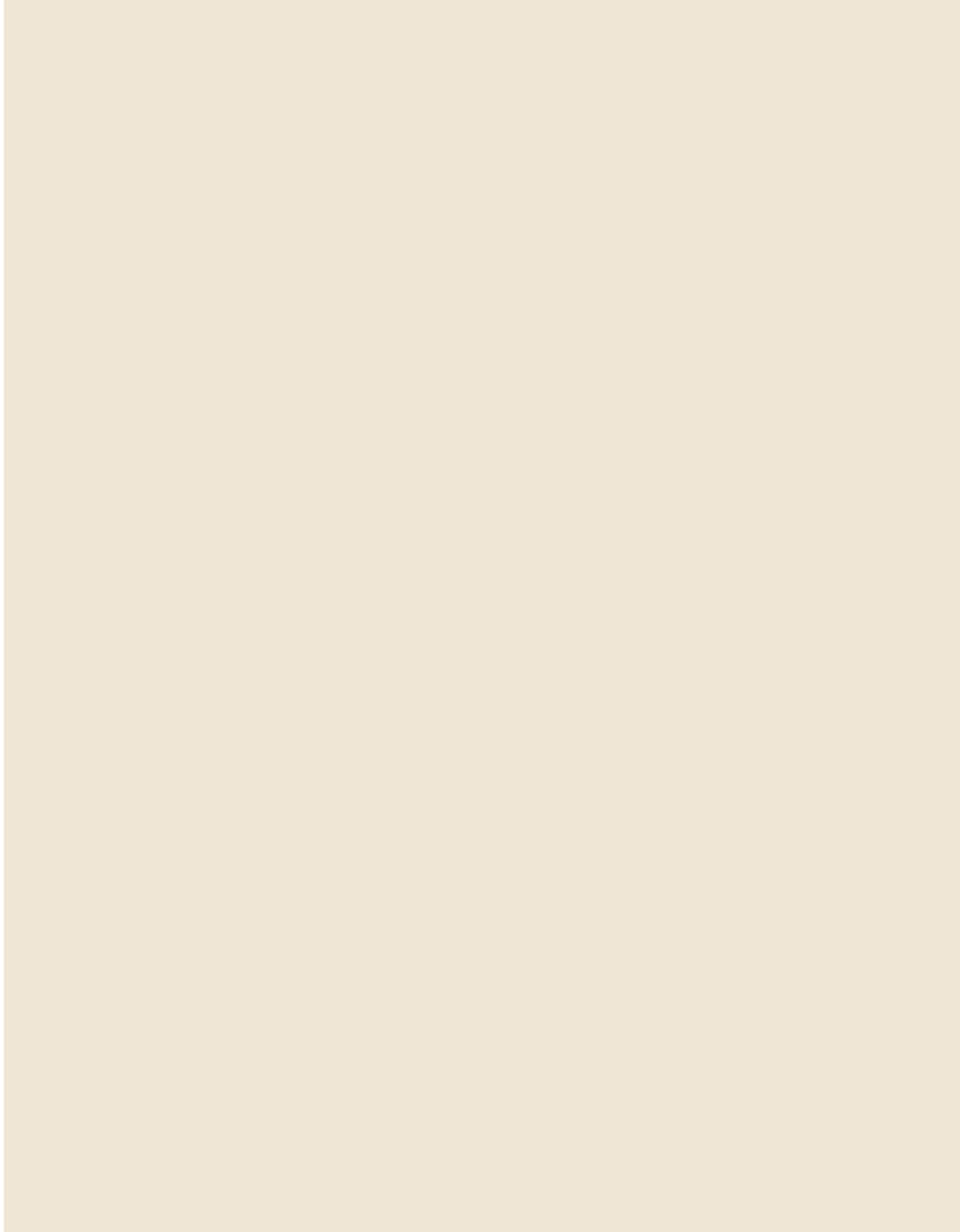
Having fun?? I know you are!!! Okay, for today you're going to imagine you've had your manifestation for a whole day again. Write the story of what you're doing throughout the day, are you celebrating, who are you talking to, etc. Go throughout your whole day and again, focus on how you FEEL.

Go time!

DATE:

DATE:



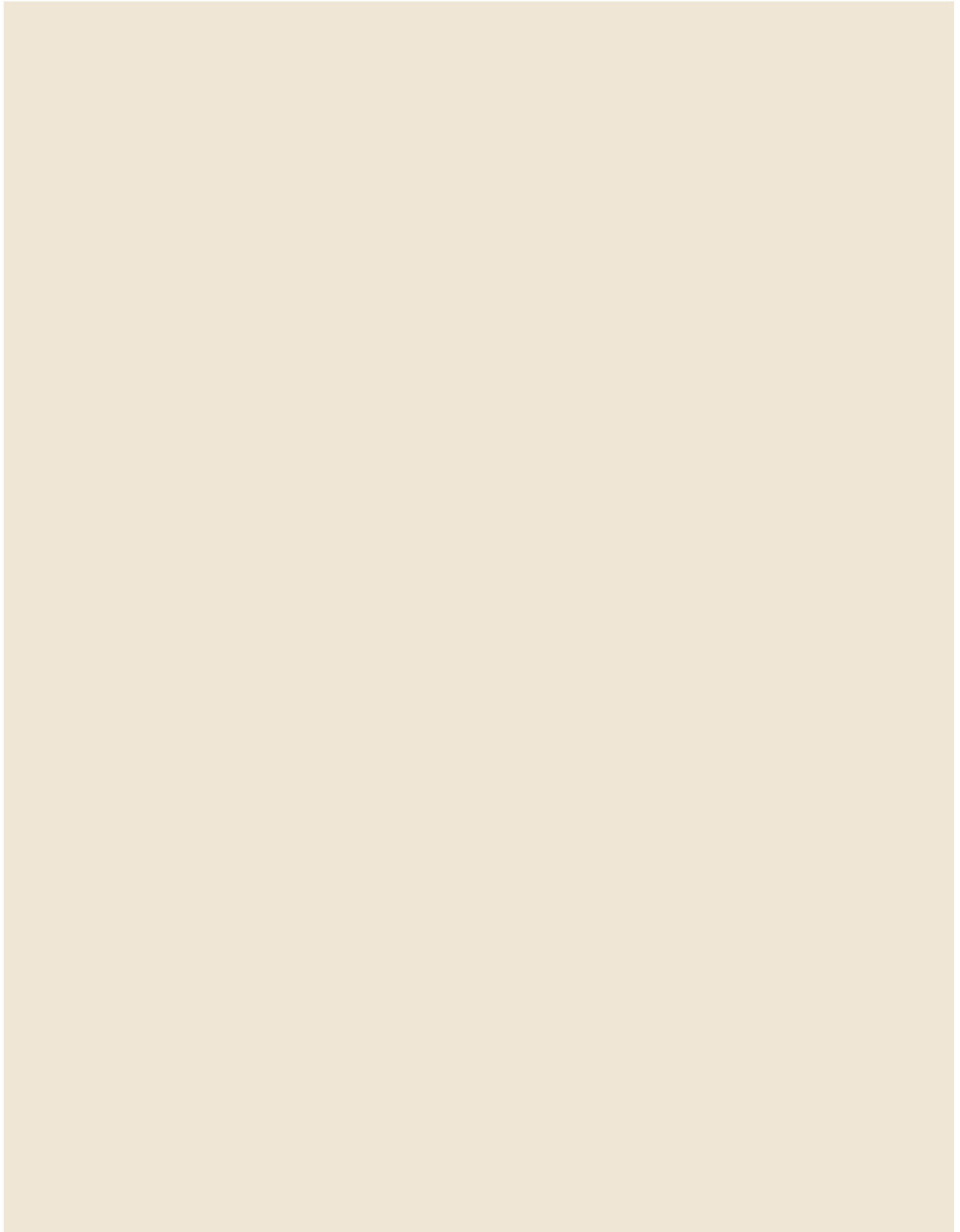


DAY 14

WHY DON'T I WANT THIS?

This is perhaps one of my favorite journal prompts. Consciously when asked "why don't you want \$_____?" you'll want to immediately exclaim "I DO WANT IT!!". But if deep down you truly did, you'd have it already. Your subconscious mind is trying to protect you from something. So take a few deep breaths and ask yourself you don't want the things you say you want...

WHY DON'T I WANT THIS?



TWO WEEKS DONE!!

Get it!!!

Now I KNOW you're seeing things come to fruition and maybe have even manifested your desires by now!!

If that's the case (I don't doubt it, you're a queen manifester!) go ahead and set the intention again!

The biggest reason good things stop happening as frequently is because you stop doing the work.

Luckily for you, I've got you covered!

Let's do a happy dance and start again!

30 SECOND DANCE PARTY!!!

DAY 15

WHY IS IT OF SERVICE FOR YOU TO HAVE THIS?

It is so much easier to get behind something energetically when you realize how beneficial it is for OTHERS that you manifest your dolla dolla bills. Write out all the reasons why it's of service to others for YOU to have this money. I'll go first to get you started.

It's of service for me to have this money because:

I can show others what's possible for them

I can support local and online small businesses

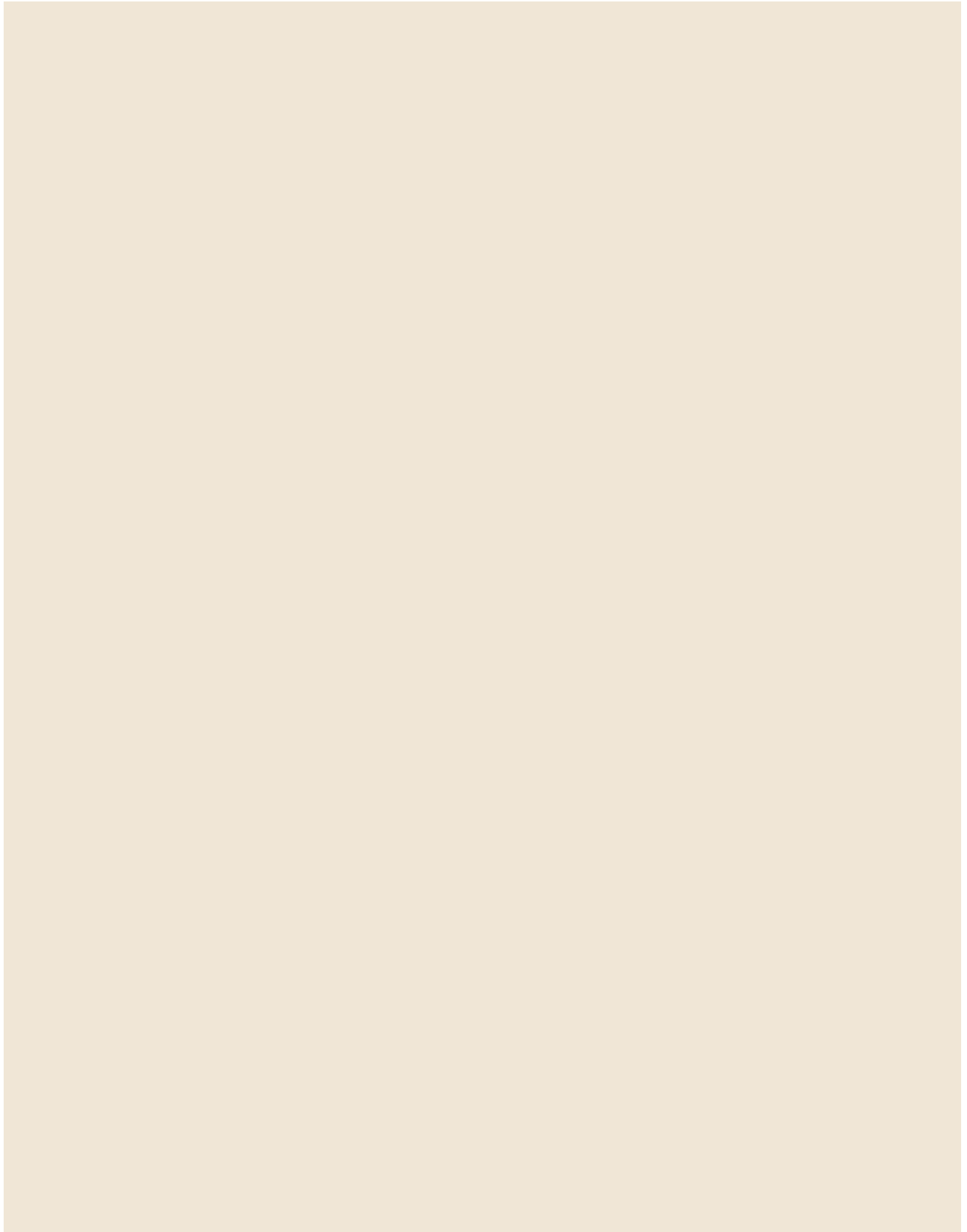
I have more money to donate

I'll be happier and stress free, and will be able to spread my good vibes to others

By me having this money I can outsource projects and hire help

I can buy myself some new clothes and donate the ones I don't enjoy anymore

YOUR TURN!



DAY 15

WHO AM I AFRAID OF DISAPPOINTING?

Let's look a little deeper now. Who are you afraid of disappointing or upsetting with this newfound wealth and abundance? What beliefs do you have about that, and why does your struggling HELP them? Follow this up with the "is this true" exercise.

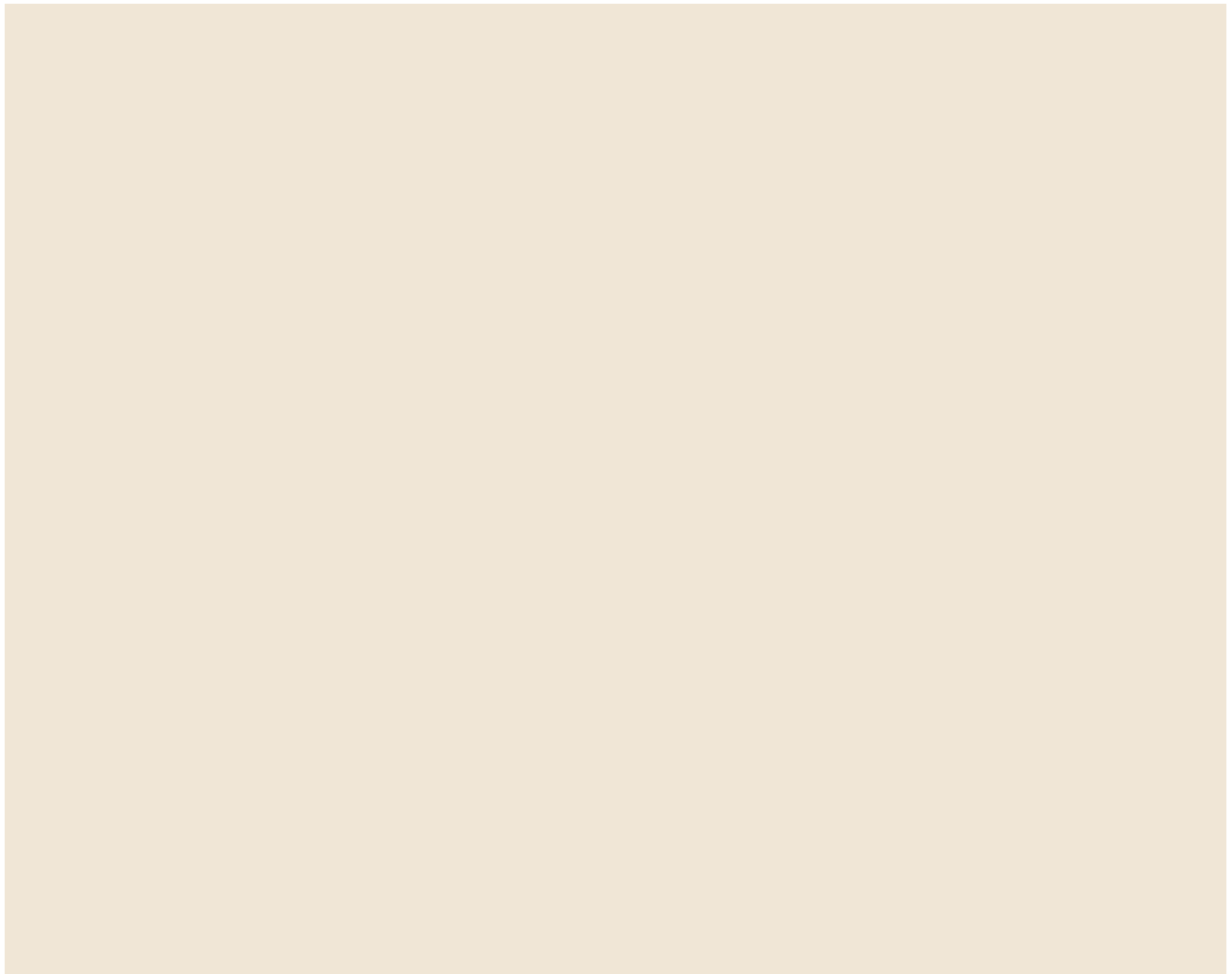
WHO AM I AFRAID OF DISAPPOINTING?

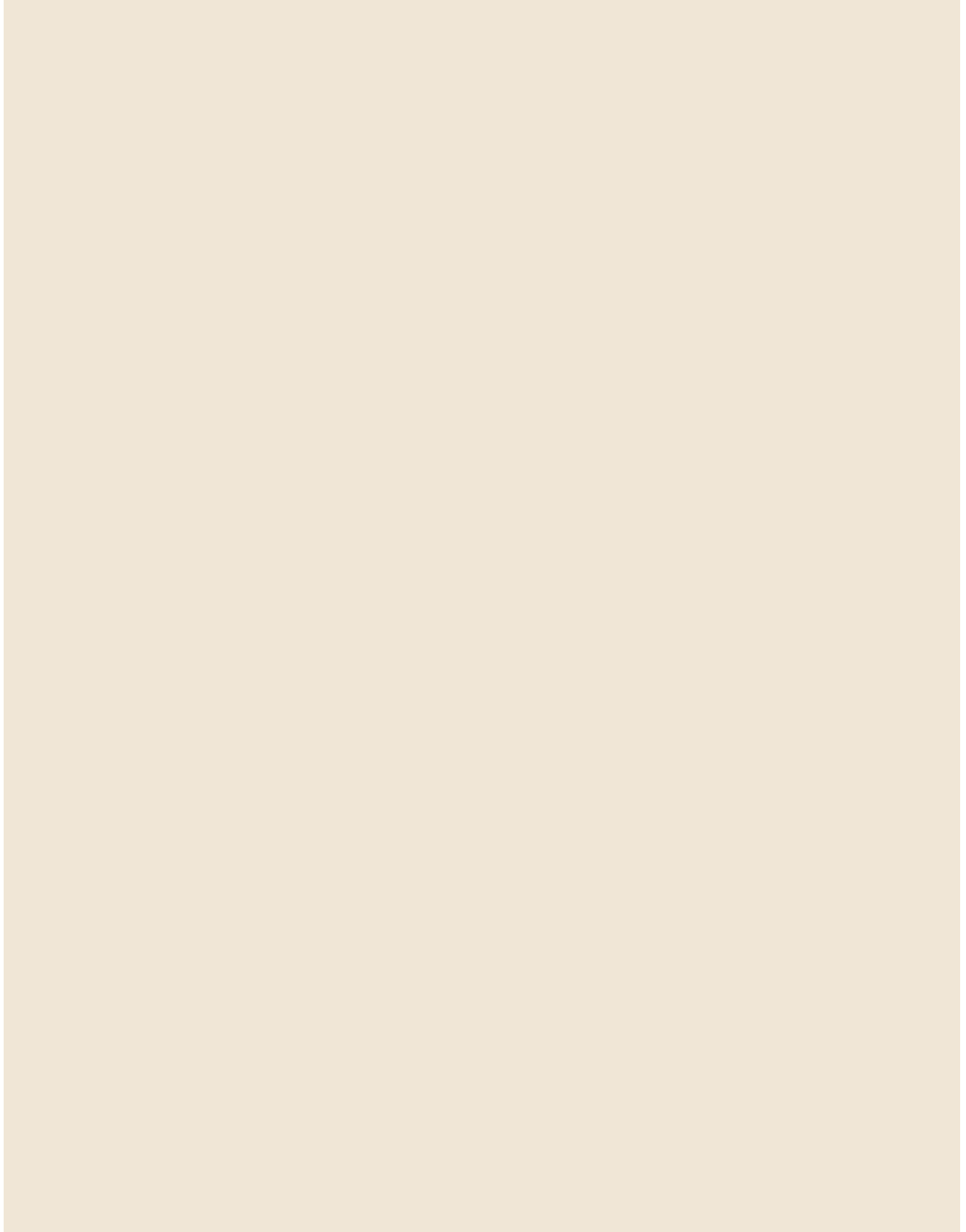


DAY 16

WHO DO I NEED TO BE?

Imagine for a moment you have already received the amount you are manifesting several times over. Who is this version of you that's received this so much it's a normal thing for her? What does she feel like, look like, etc? What are her beliefs about money and how confident is she? How does stand, breathe, talk, move? Go into big detail here and then allow yourself to adopt her beliefs, confidence, etc... The way you become her is to be her NOW.

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DAY 16

WHAT AM I AFRAID OF?

Your mind and body are incredibly brilliant. They are designed to protect you from danger and harm's way and no matter how much you say you want something, if you're not allowing it in in greater and greater capacity (like money!) you will not let yourself have it. You will go to great lengths and pangs to try to get it, but will only end up fighting with yourself and become discouraged and wonder why it's not happening. Let's hear what that fear has to say. Once you get it all out you can acknowledge it and decide if that's still something you want to carry.

WHAT AM I AFRAID OF?



DAY 17

GRATITUDE

If there were two exercises I would have you do every day, it would be abundance and gratitude. Write down ALL the things you are grateful for right now!

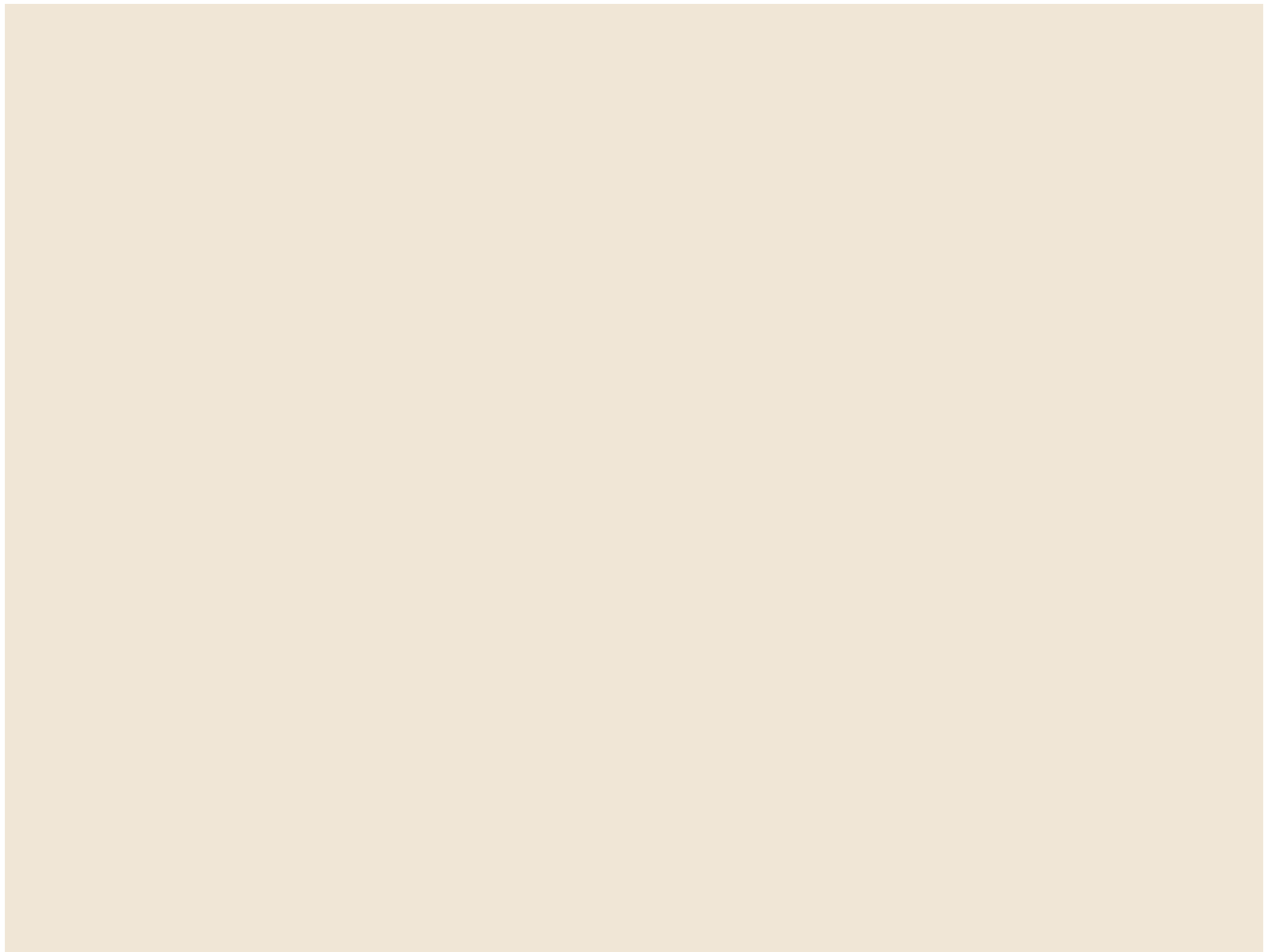
FUN FACT: I DO HAVE ALL OF MY HIGH
LEVEL CLIENTS WRITE ABUNDANCE AND
GRATITUDE LISTS DAILY.

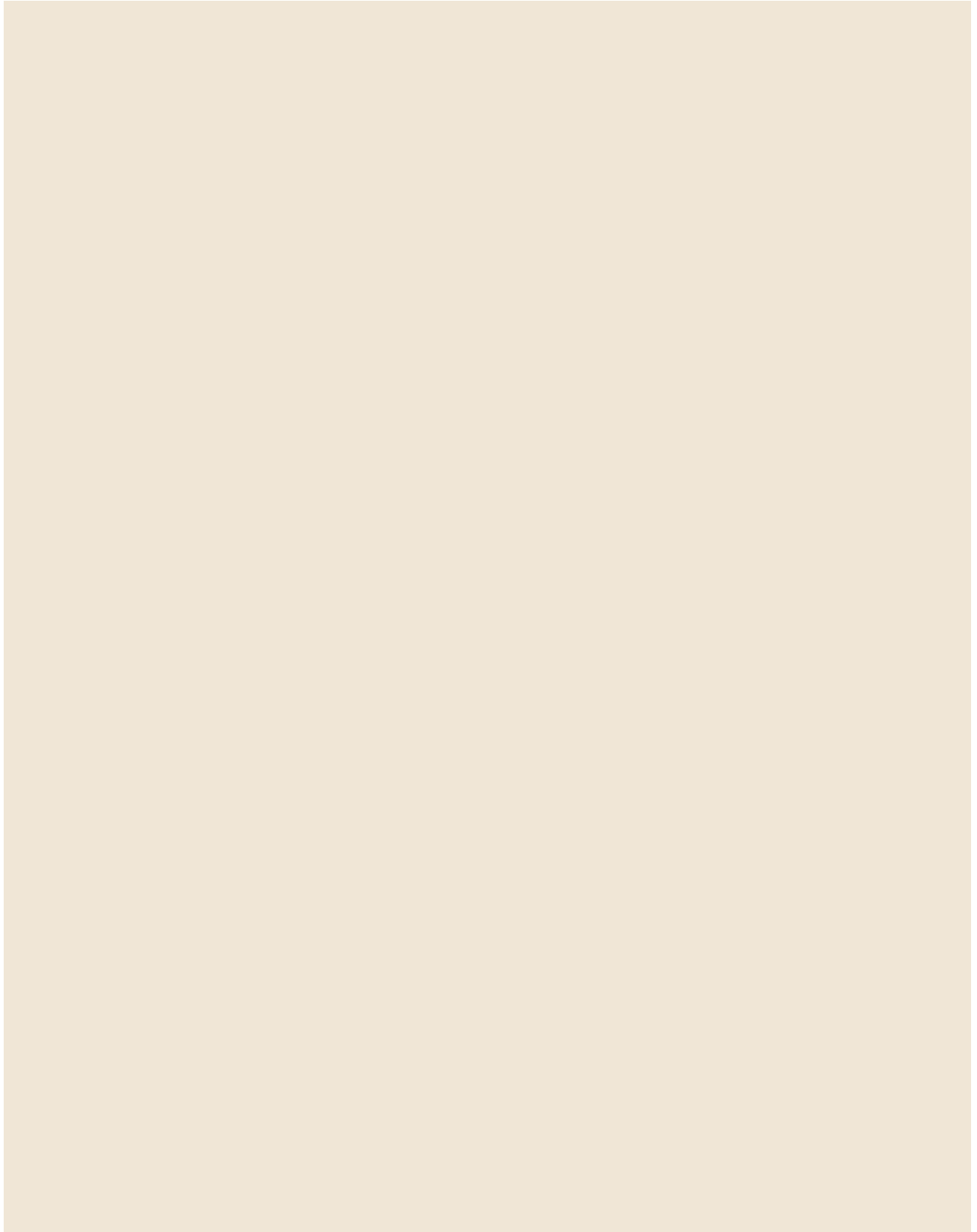
DAY 17

MONEY HAS ALWAYS BEEN THERE

This is a lighter exercise after a few heavy days :-)

If you look back over your financial life, can you see that money has always been there? It has shown up when you were demanding, neglectful, stressed, in lack, a victim... it showed up when you were so tight and contracted and could hardly let it through. Then look at the times when you were carefree, loving life and feeling good no matter what. Notice how much more showed up for you. Make a list of all the times in your life money showed up when you didn't know it would. Notice also your emotional patterns and how you felt before and after it showed up.

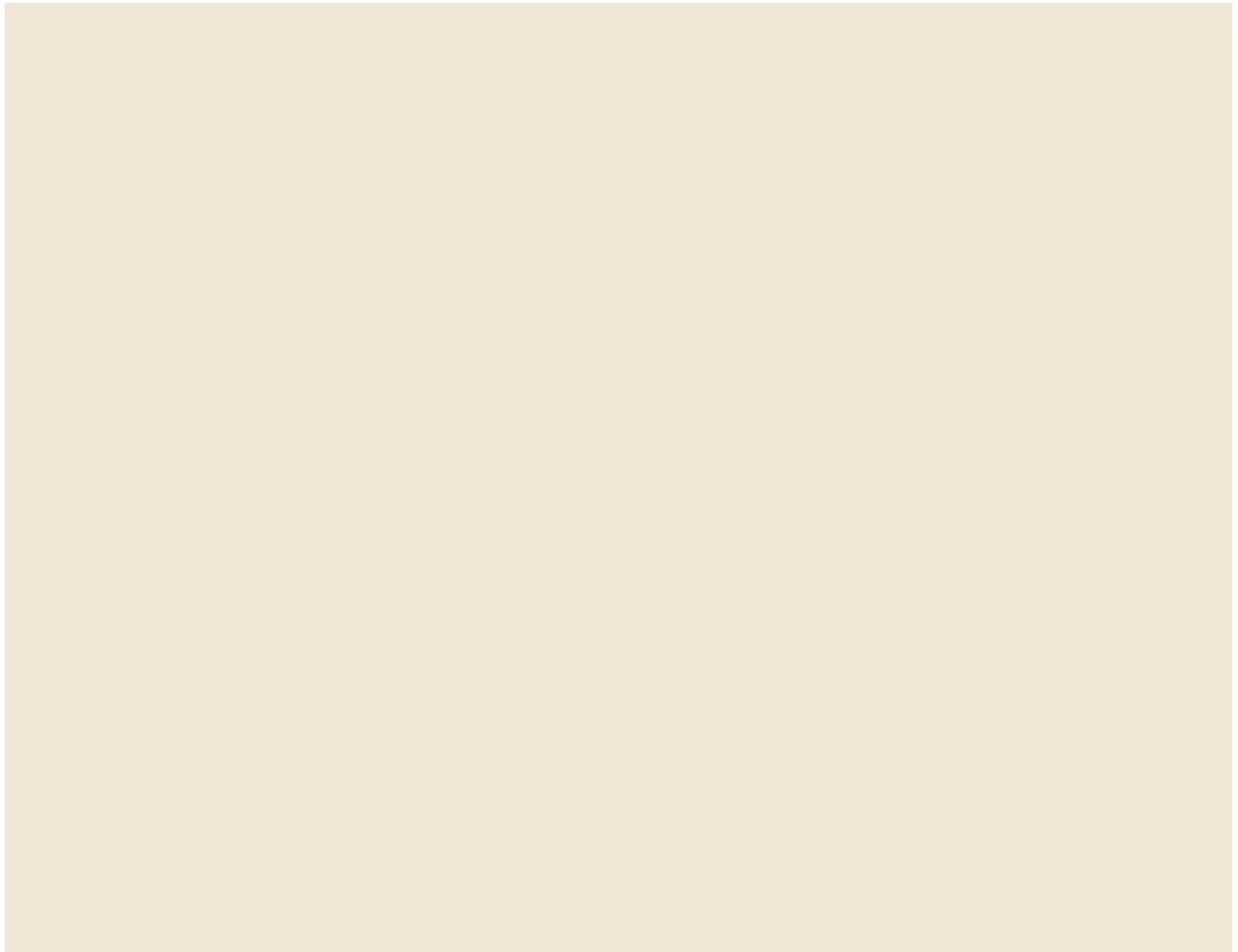
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DAY 18

I CAN

In this exercise you're going to write down all the way you CAN receive your manifestation. Going for \$1,000 or \$10,000... no matter what there are a multitude of ways you can receive this. Perhaps it's gifted or you receive an unexpected check in the mail, or maybe someone who's been following you forever reaches out and pays in full for your services. Or maybe you find a bag on the street with no I.D. and it's filled with cash. Got a closet full of old clothes that are hardly worn? You can sell them. Get creative. It doesn't have to be realistic, you just have to let your mind ponder. Try to come up with at least 10. Enjoy!

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DAY 18

MONEY EXPERIENCES

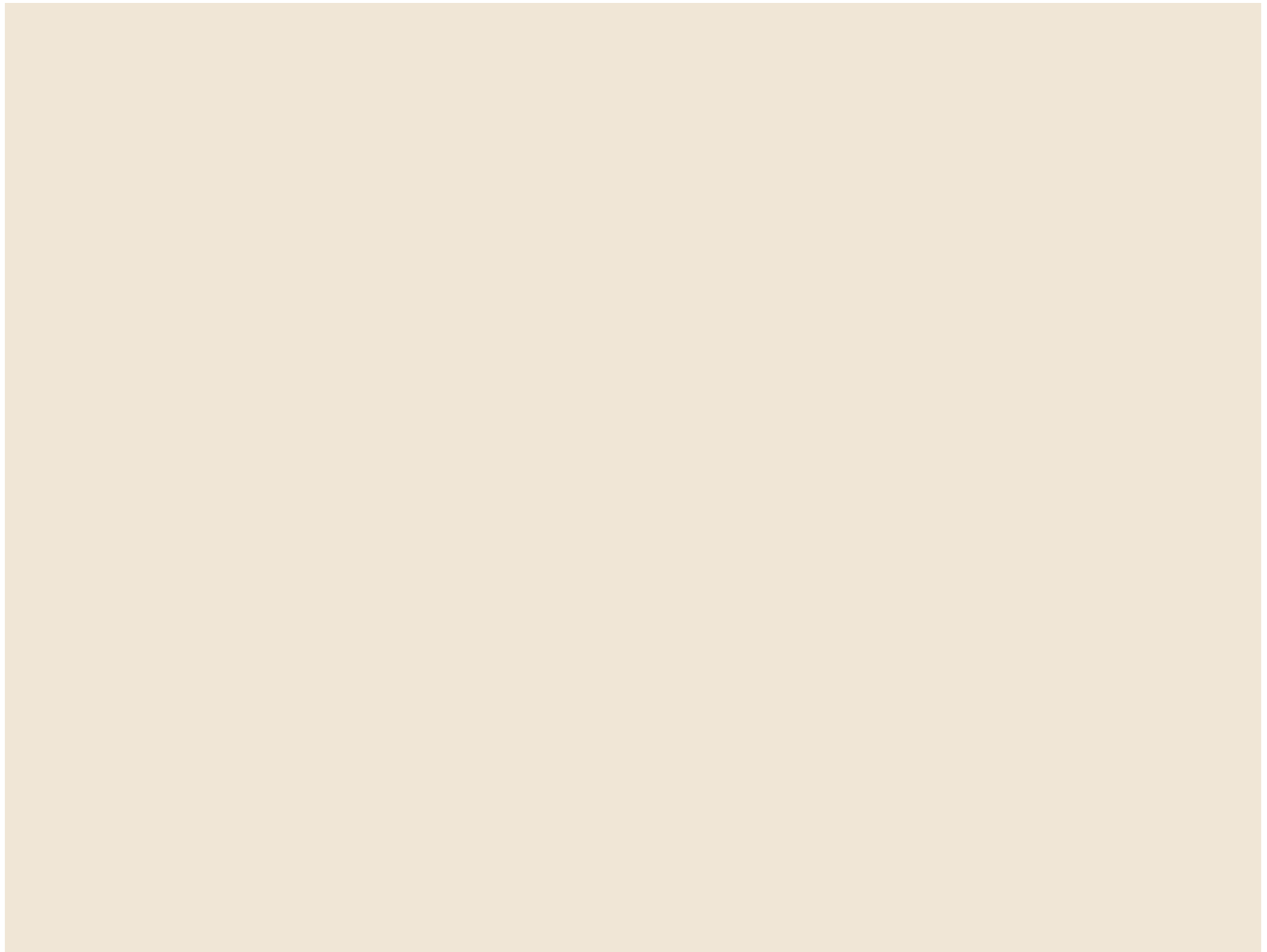
What money experiences are you holding onto that you resent?

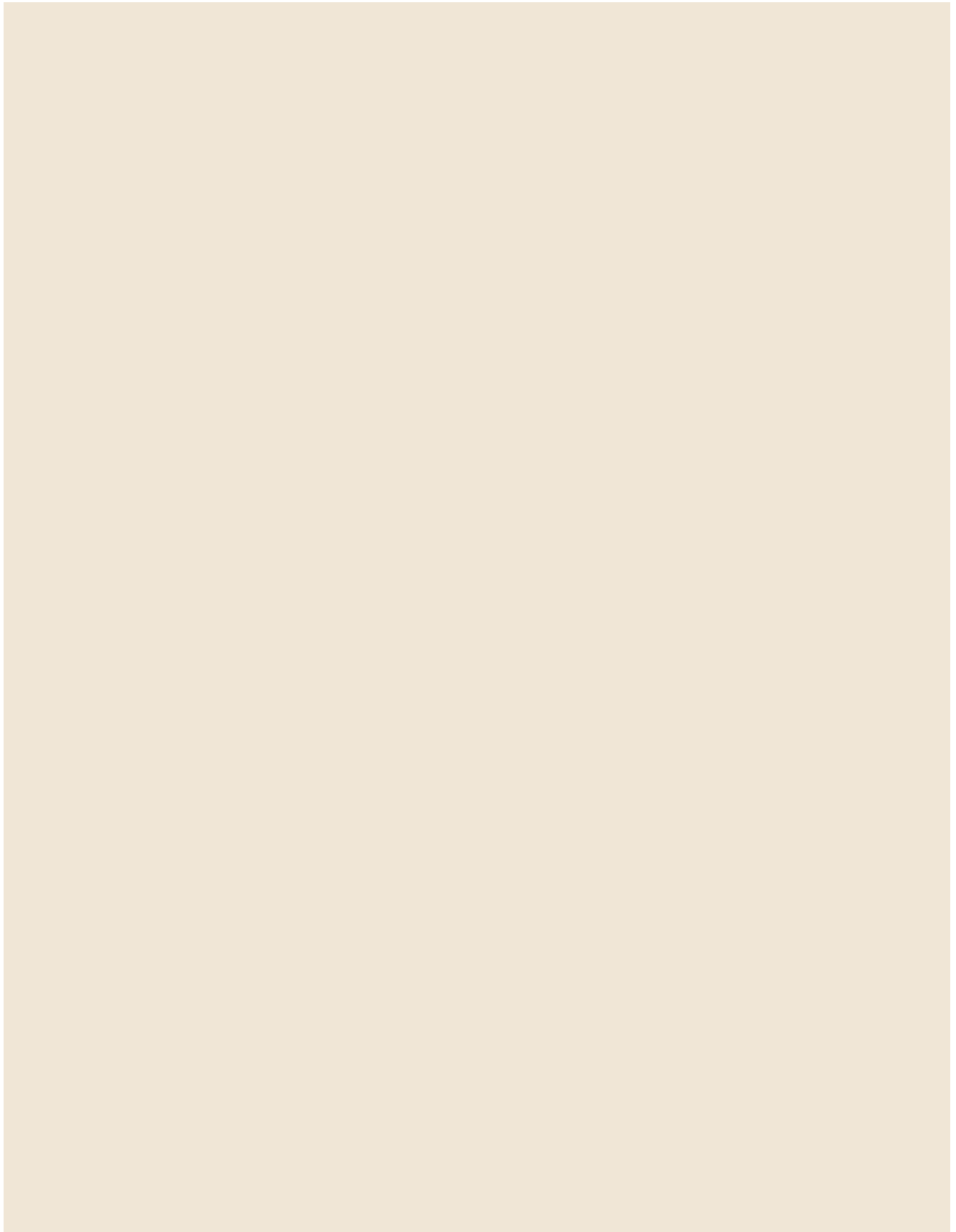
What beliefs/stories did you create as a result?

How have you embodied the qualities you resent?

In the pages that follow, write a forgiveness letter to yourself or anyone else necessary.

Then, write about the money experiences you would LIKE to have. Have fun with this. Money loves fun :-)

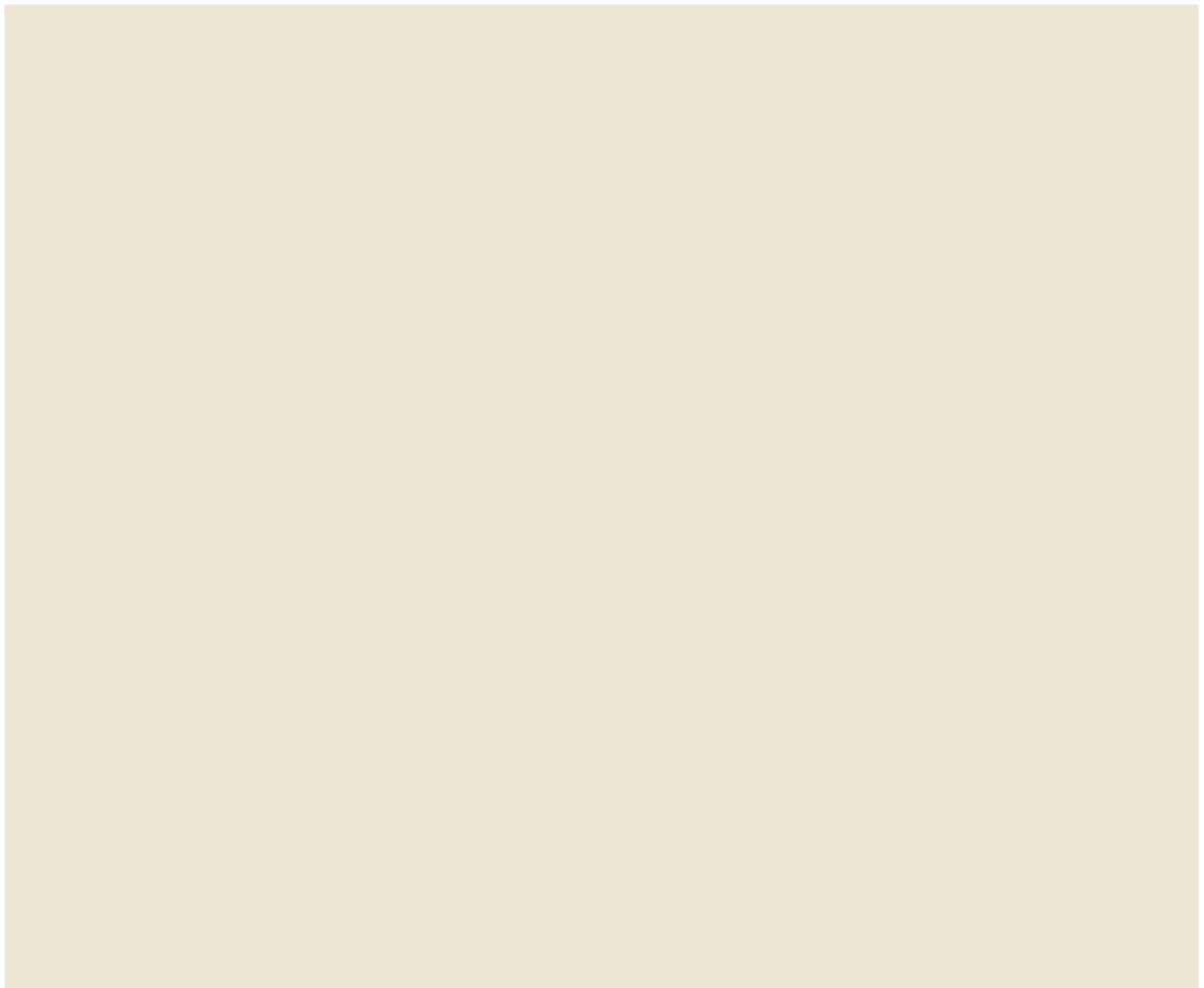
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DAY 19

MANIFEST GRATITUDE

Just like we did before. Write down everything you are grateful for. This time, every 5 or so lines you are going to write what you're manifesting as if you've already received it. For example "I'm so grateful for the \$10,000 I just manifested" and then keep going on your gratitude for what you actually do have right now in your life and in this moment. As with all gratitude lists, aim for at least 20 things.

A large, empty, light beige rectangular area intended for the user to write their gratitude and manifestation list. It occupies the majority of the lower half of the page.

DAY 19

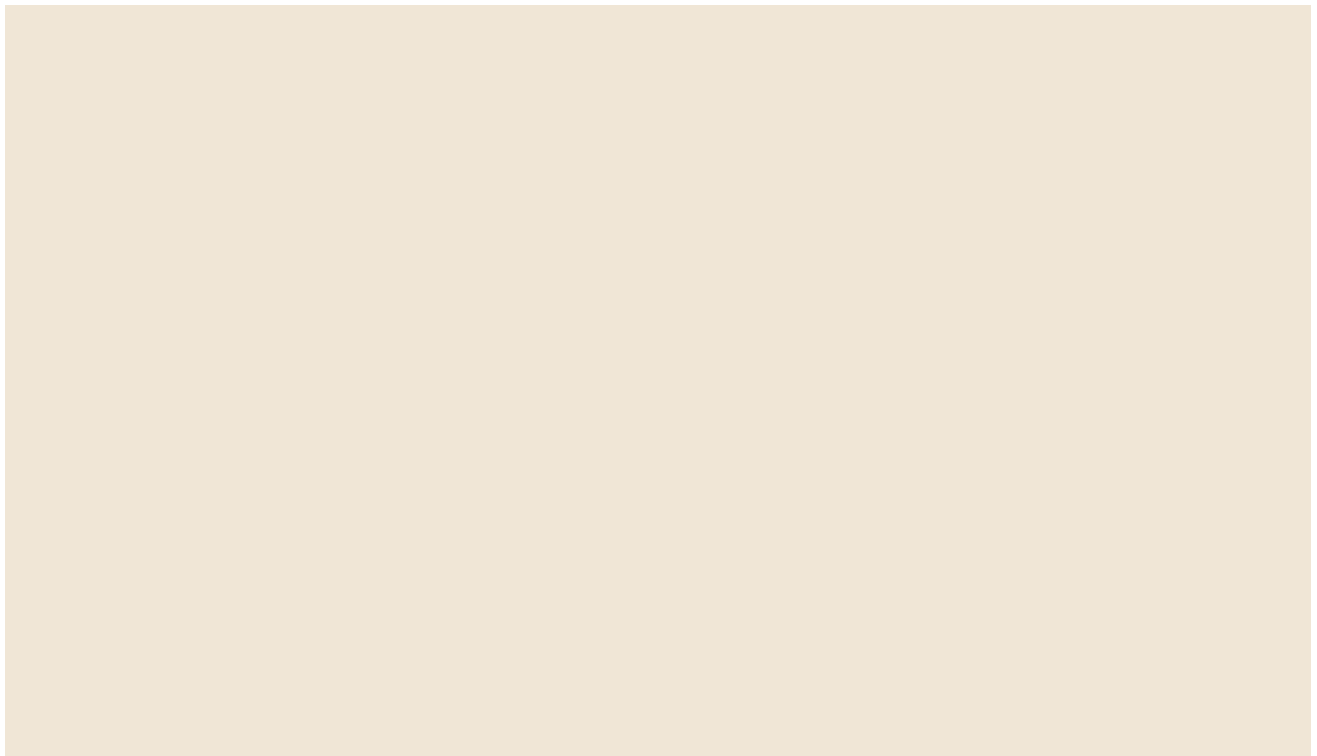
MONEY BELIEFS

You know this one!! We're going to revisit those pesky money beliefs so you can change them on an even deeper level. Just like going to the gym, we have to cultivate money fitness because one trip to the gym does not get you the results (or beliefs) you want!

Write a list of all the deep seated beliefs you have around money, all the BS stories you have.

Write them ALL down. Put a star next to your top 3-5. Going through these ones first ask yourself if they're true. Of course they're not. Rewrite the belief to be more positive in nature.. then try to find some examples of these either in your life or in someone else's.

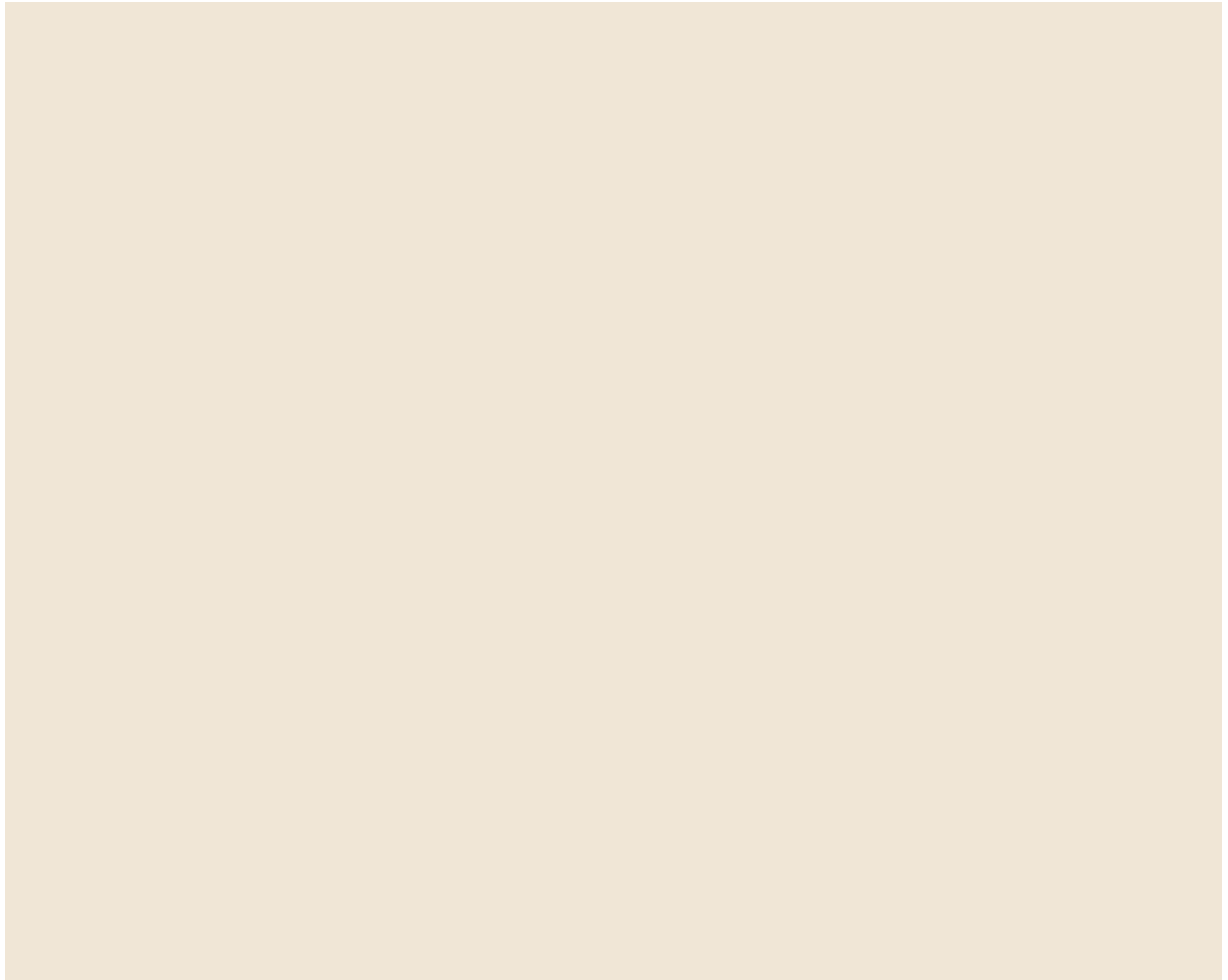
If necessary, do some forgiveness work around some of the most triggering limiting beliefs and let them go.

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DAY 20

DEAR MONEY

Everything is in response to you. When you avoid money, money avoids you. So guess what? Today is going to be a two part exercise. First off.... go look at your bank accounts. With your bank accounts open, look at them and say "THANK YOU" over and over. Feel the appreciation for what your bank accounts allow you to do. Then, come back here and write a letter of appreciation to money. Money goes where it's appreciated, not blamed for things. It's time to heal your relationship with Money once and for all!



DAY 20

ABUNDANCE NOW

What in your life, that you already have, are not accepting?

Your finances, your home, the things in your home...

What are you not appreciating for having now?

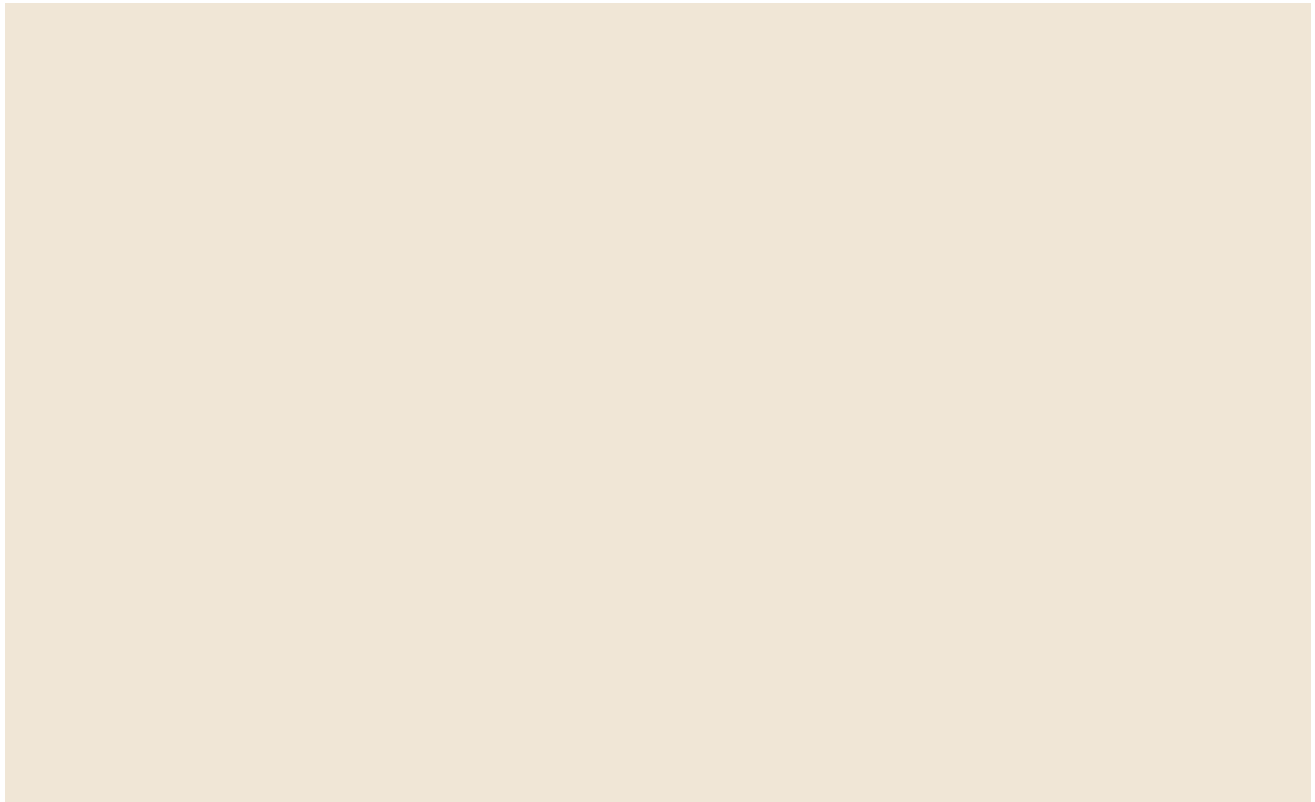
When you want what you don't have, you get more of the not having.

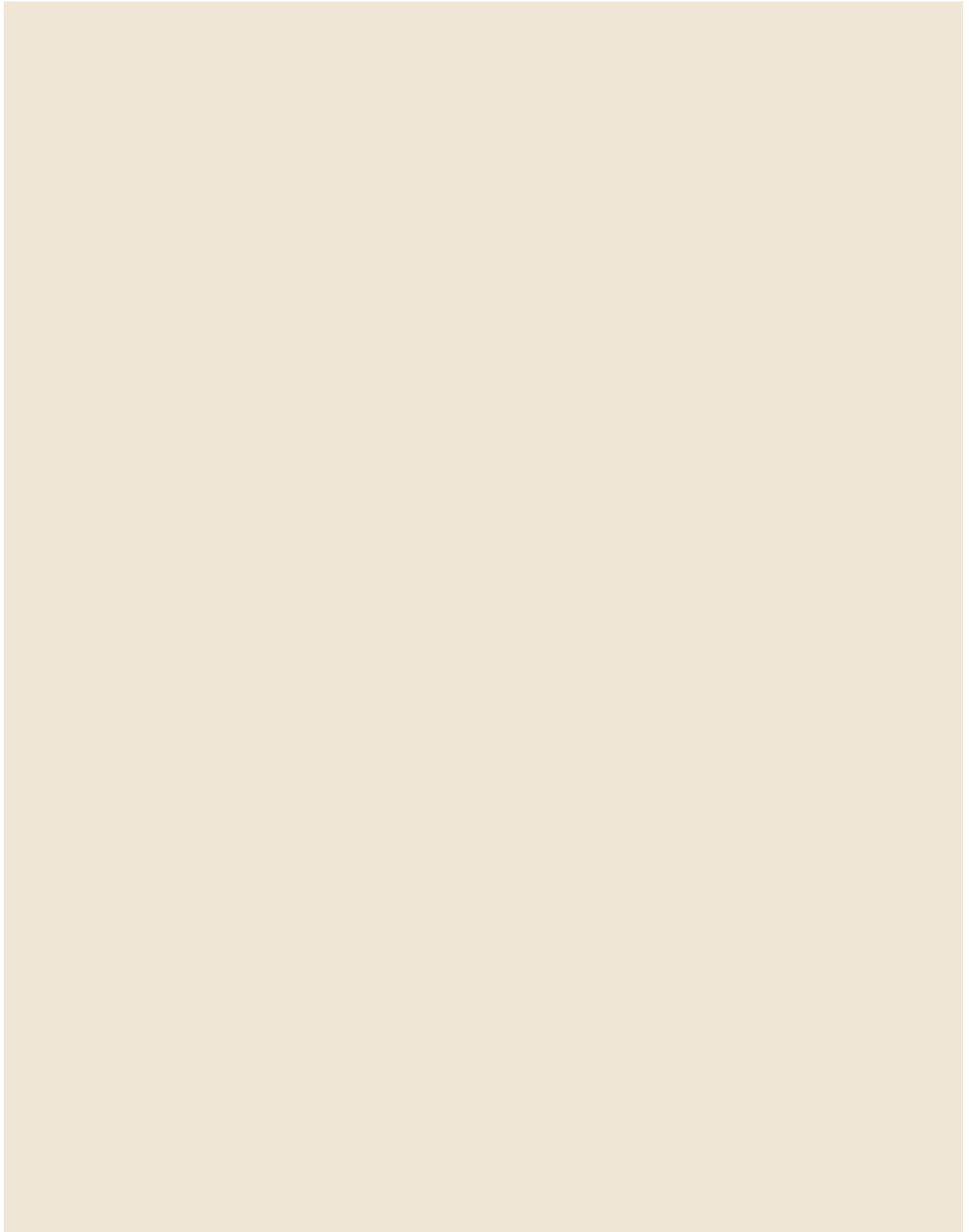
When you appreciate what you do have, you get more things to appreciate.

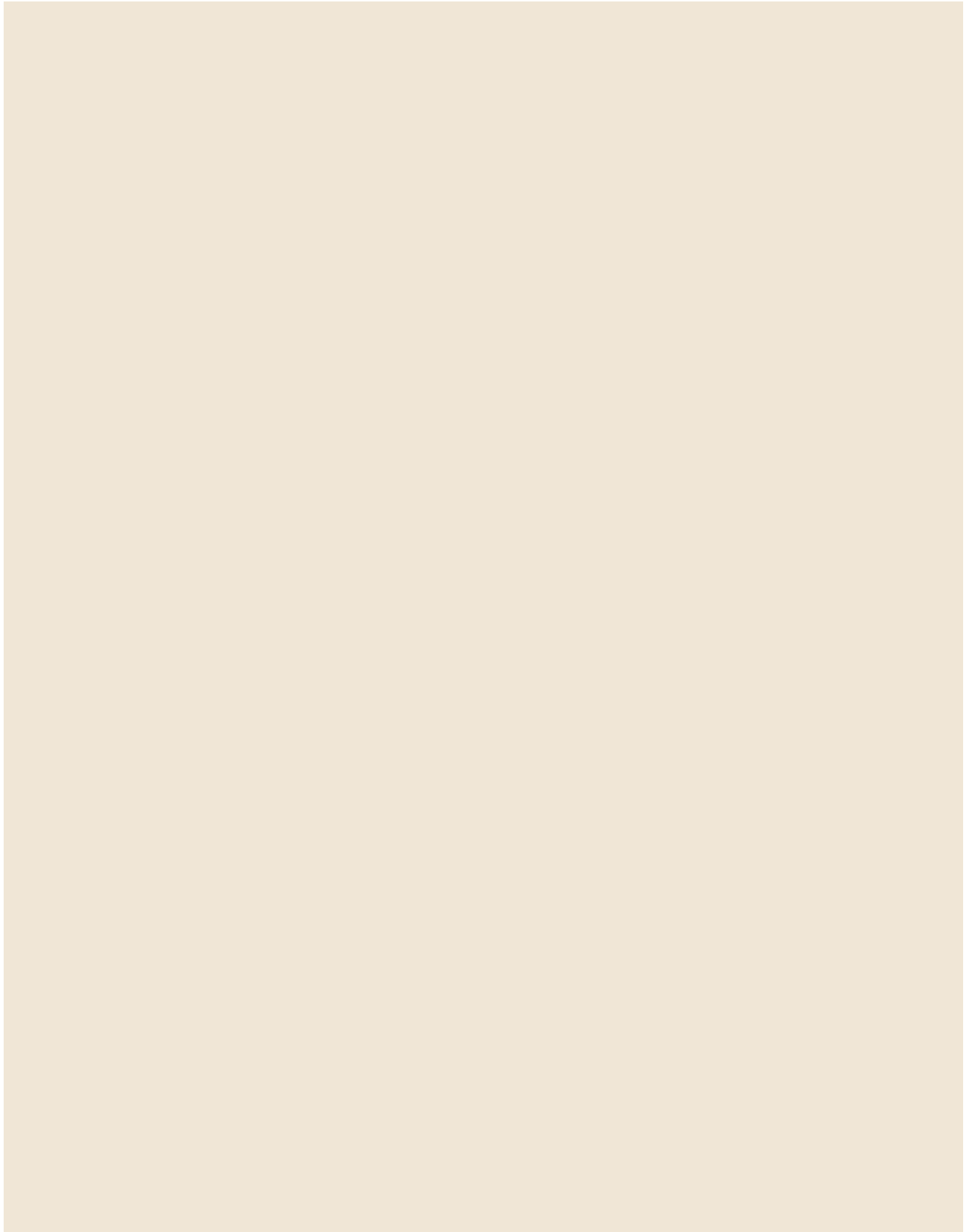
Today, pull up your bank accounts and grab your debit/credit cards - feel the appreciation for them and send that feeling to them.

Write a list of everything in your life currently that you HAVE - and then appreciate them.

Walk around your home, car, office, property and feel the appreciation for everything small thing that is there. Stop, look at them, begin to notice more of what you have and send them a thank you.





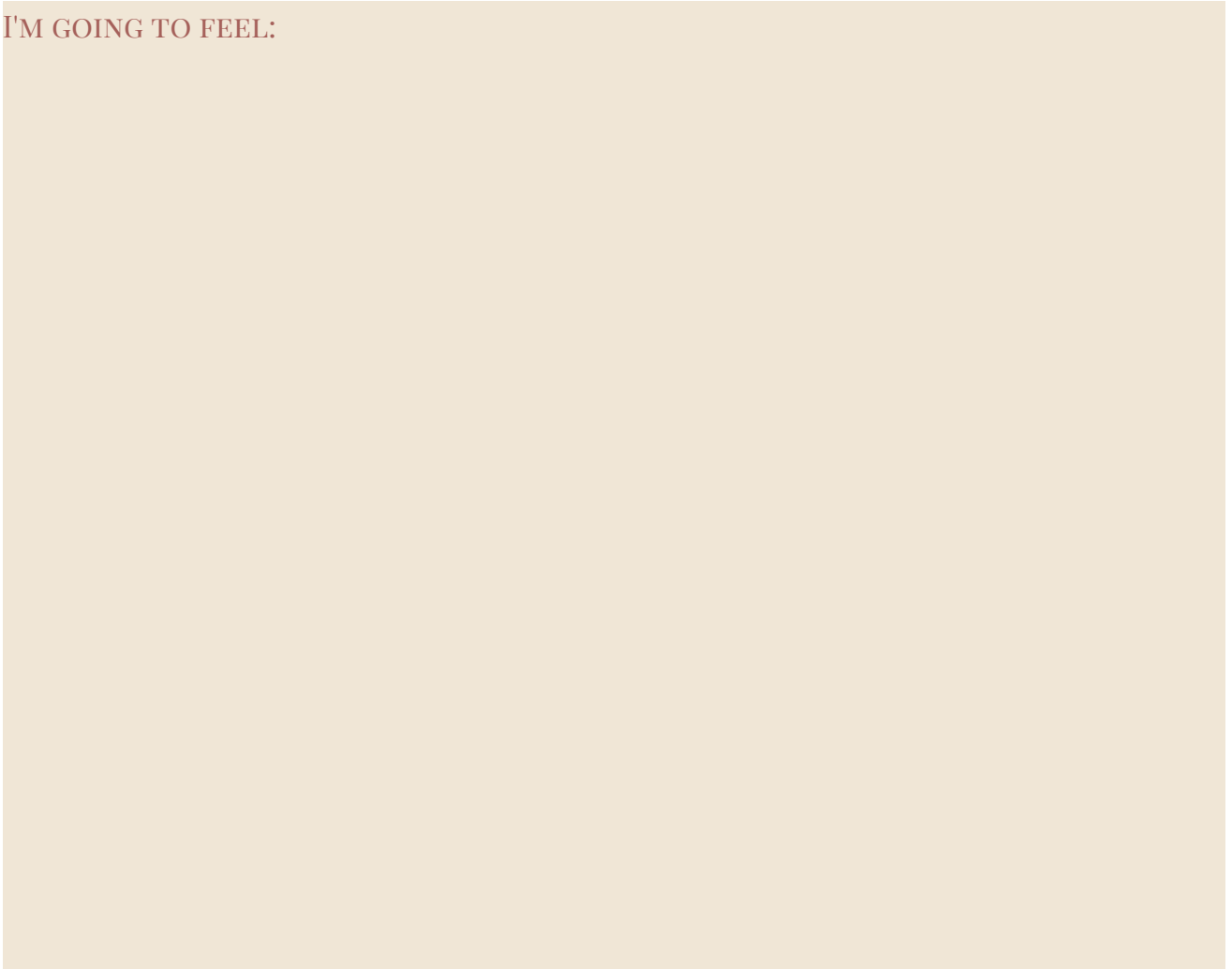


DAY 21

HOW WILL I FEEL WHEN?

You've just received your manifestation... WOOOHOOO!!!! How do you feel? Write down the top 3 predominant emotions you'll feel. Ecstatic, exhilarated, happy, relieved? Whatever they are for you write them down. Then circle the emotion you'll feel the most. Your job is to be in this vibration as much as possible throughout your day. Make a list of all the things you can do to make you feel in this same vibration. Your vibes are what attract things to you, positive or negative. Your job is to choose what you attract :-)

I'M GOING TO FEEL:



DAY 21

WHAT THINGS CAN I DO THAT I KNOW WILL MAKE ME FEEL THIS WAY?

THREE WEEKS DONE!

OMG!!!!

Can you believe it?! Now I KNOW you've been manifesting some amazing things over the last three weeks!

Jot them down here to remind yourself of all the good things that have come your way and then give yourself a dance party!!!

In the last 3 weeks I have manifested:

30 SECOND DANCE PARTY!!!

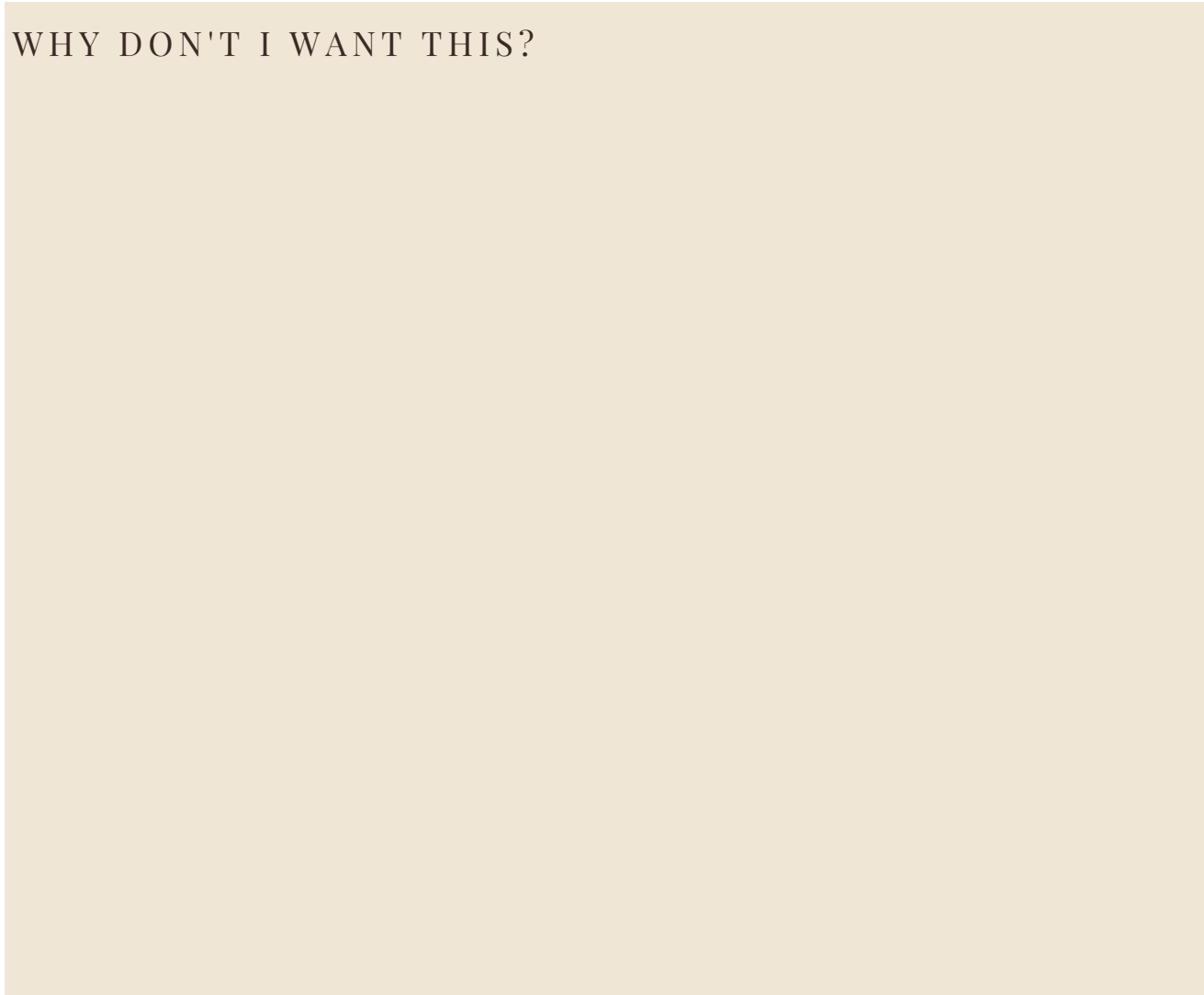
DAY 21

WHY DON'T I WANT THIS?

I know, I know... you DO want the money!!! But there's still a sneaky part of you that's holding on... time to take some deep breaths and go into the depths once again... Why don't you want the money?

Be honest with yourself here. There are no judgements, just a sitting with the parts of yourself that want to protect you, and loving them anyways :-)

WHY DON'T I WANT THIS?



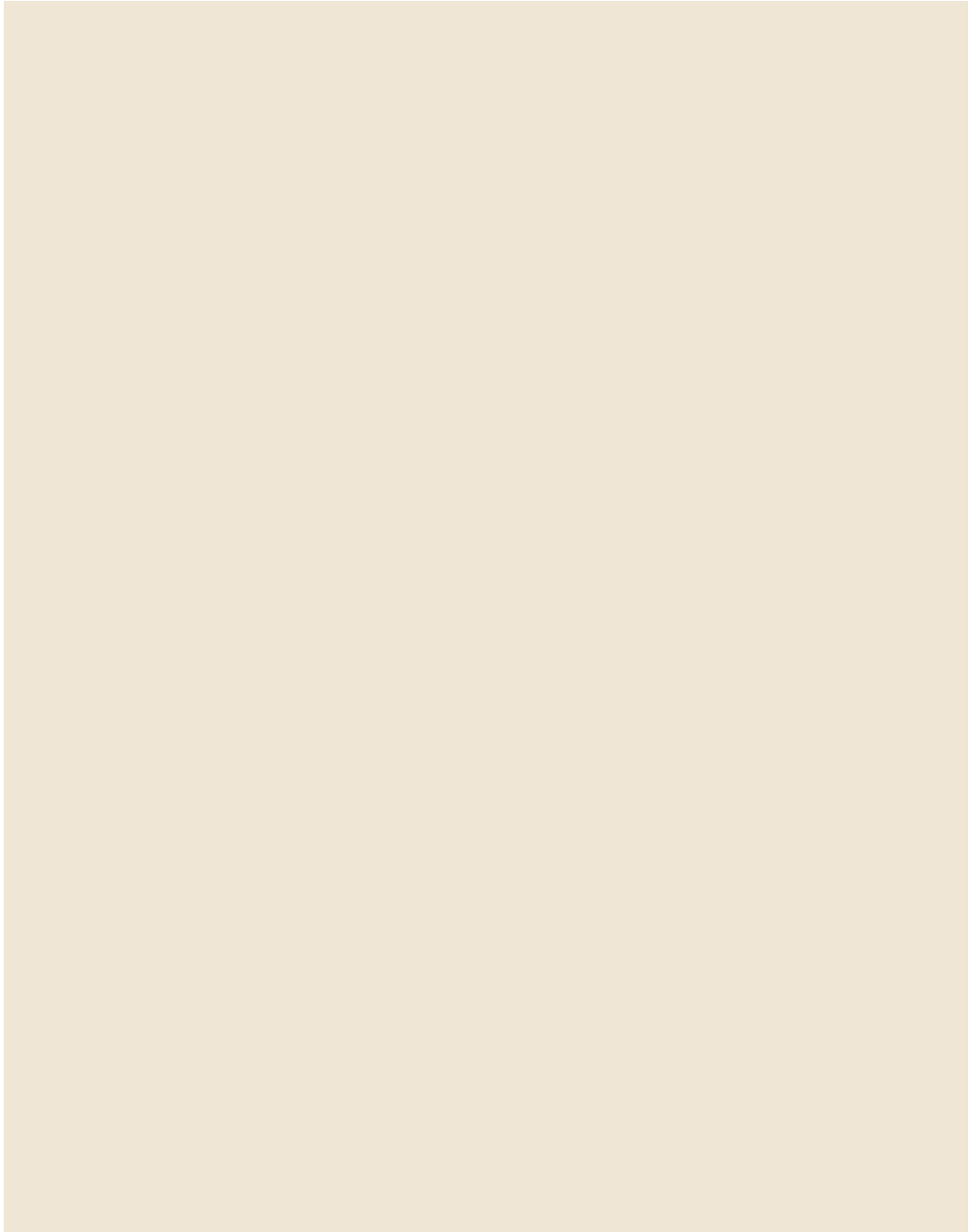
DAY 22

WHAT IS GOING RIGHT?

What you focus on expands. You can focus on what's going wrong and manifest more of that into your life OR you can focus on what's going right and manifest more of that into your life. As always, the choice is yours! Over the last three weeks we've been changing what you focus on and rewriting your subconscious so much, you're probably not even aware of it! Now we're going to give a power boost to all your easy work! *FTR - I don't believe in hard work. I believe in everything gets to be easy, fun and simple - especially work!*

WHAT IS GOING RIGHT IN MY LIFE/BUSINESS?





DAY 22

MONEY BELIEFS

Yup, this one again! In order to fully shift your money beliefs, it is important to regularly visit what your beliefs are. This time, let's get specific. Here are a few different prompts for you to write, then after each prompt allow your pen to flow and list out the beliefs that are ready to be exposed.

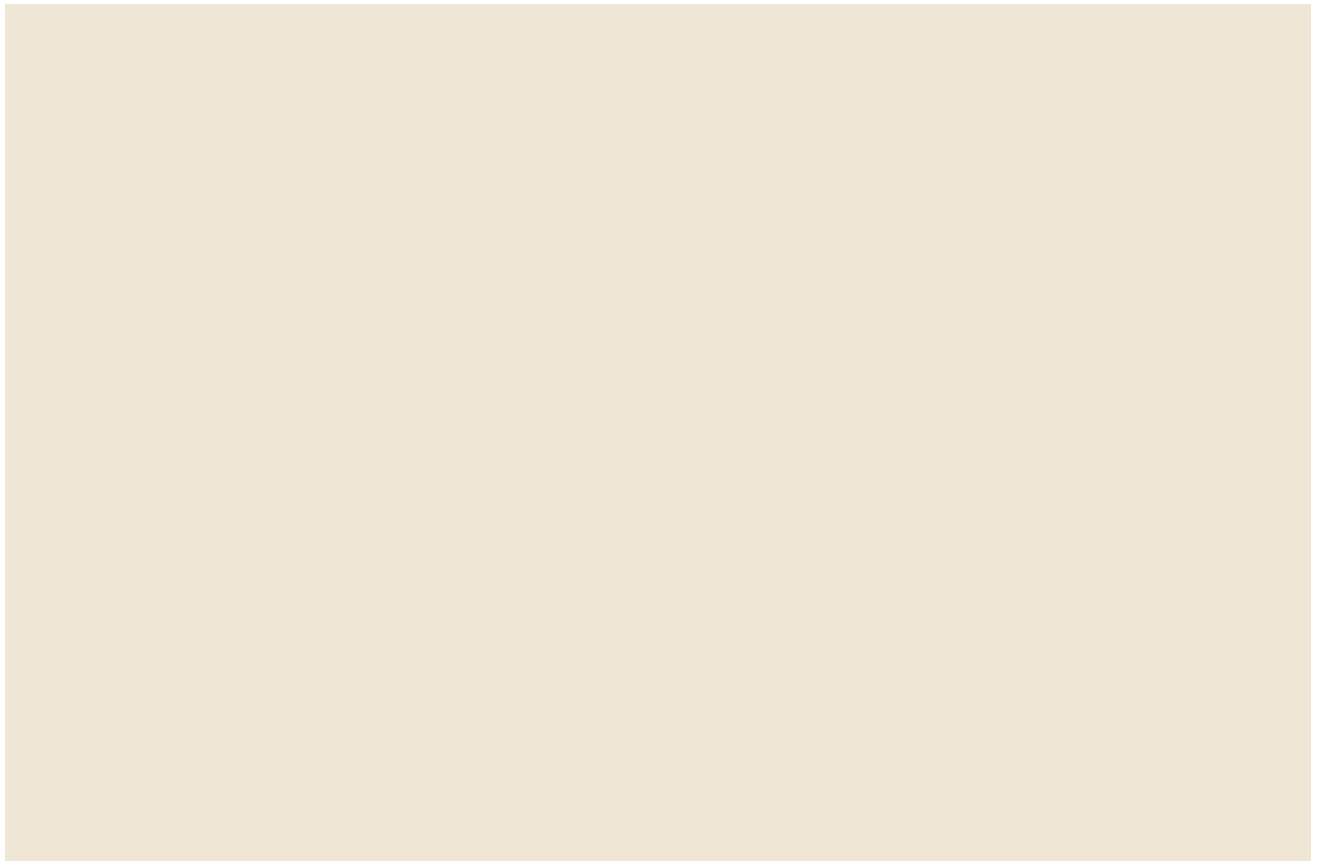
What do you believe to be true about YOU having money?

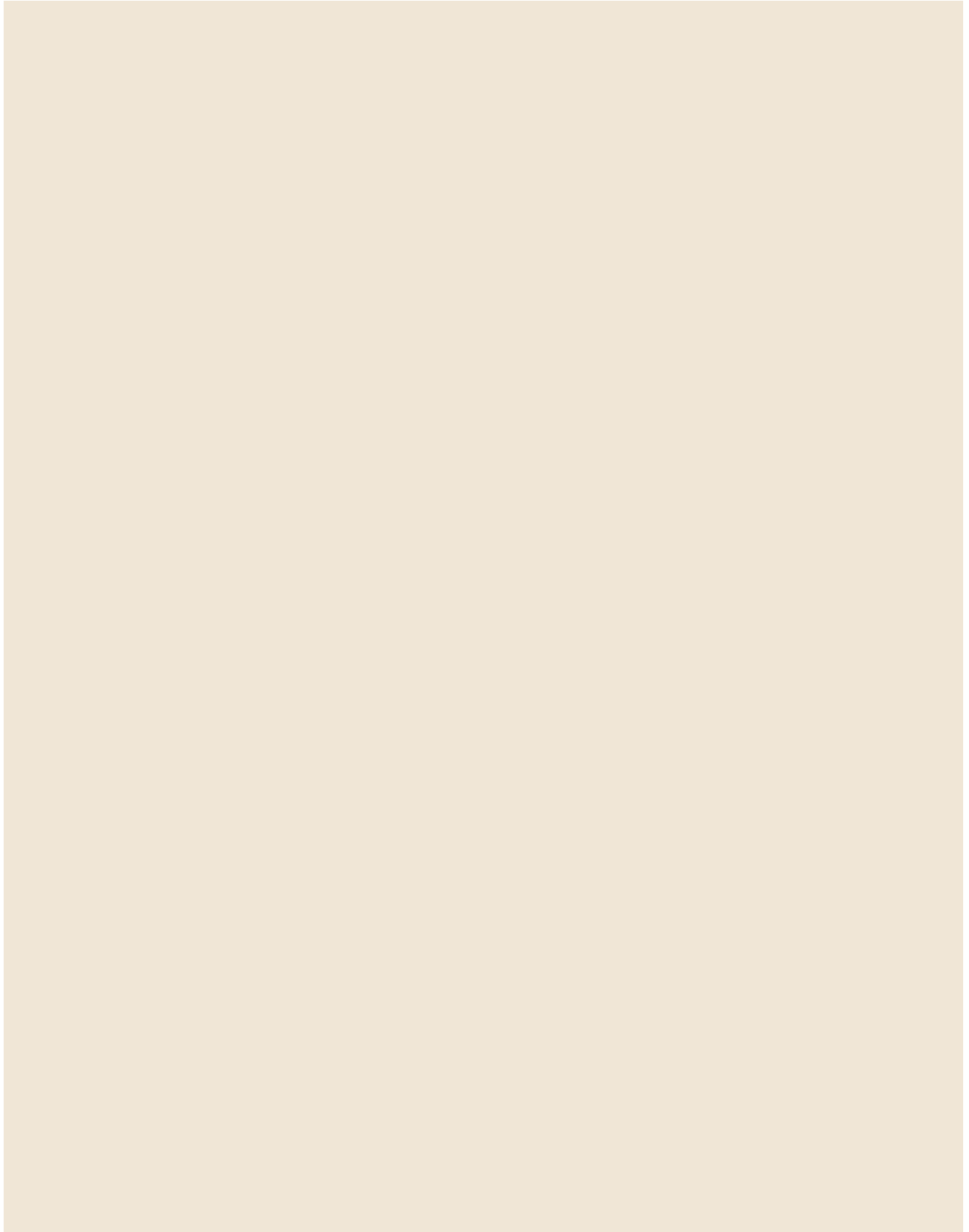
What do you believe you have to sacrifice in order to have money?

What do you believe about how safe it is to have a lot of money in your bank account?

Who are you going to upset by having this kind of money?

Are there any other prompts you want to include? Let it alllll out!

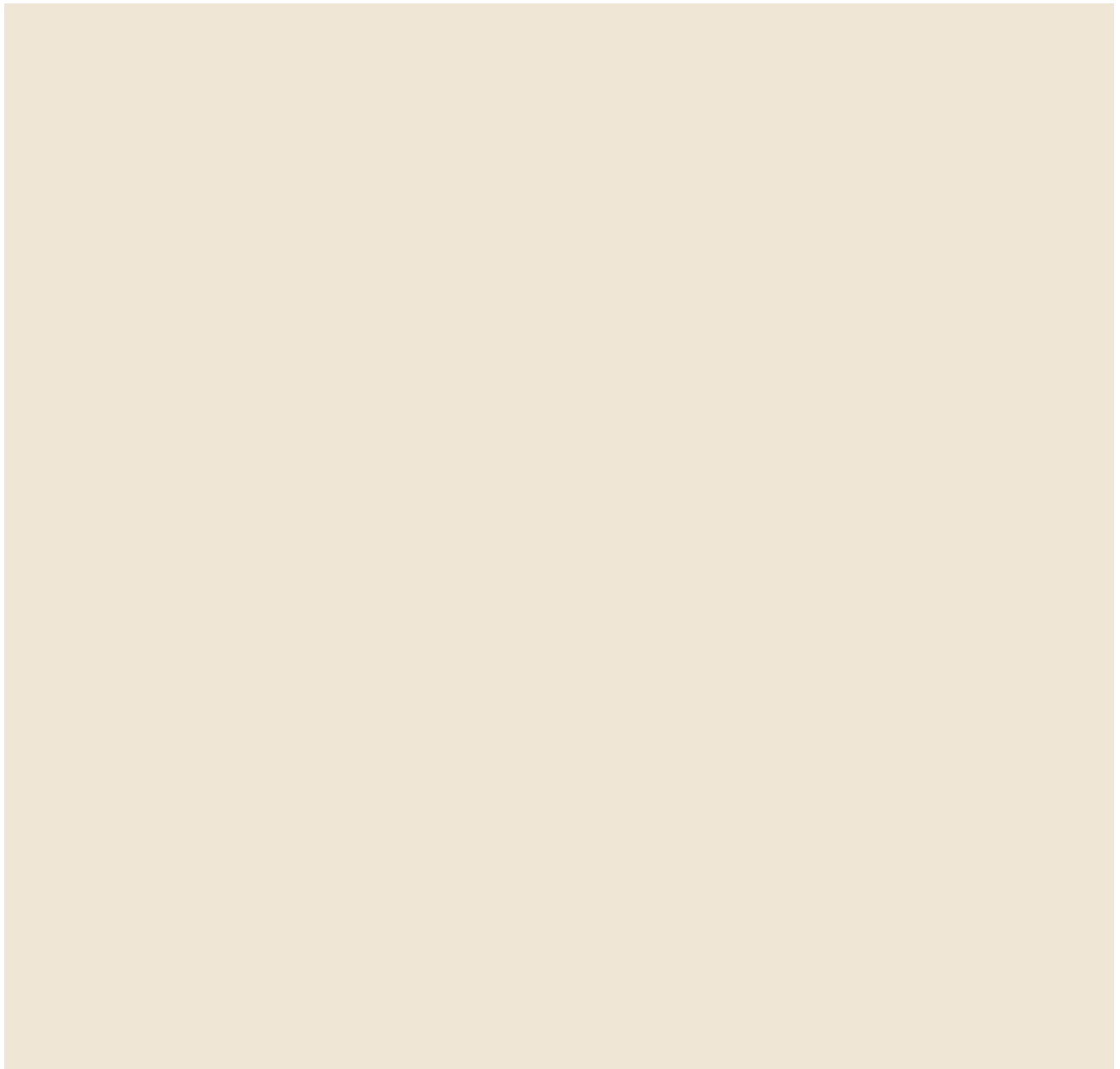
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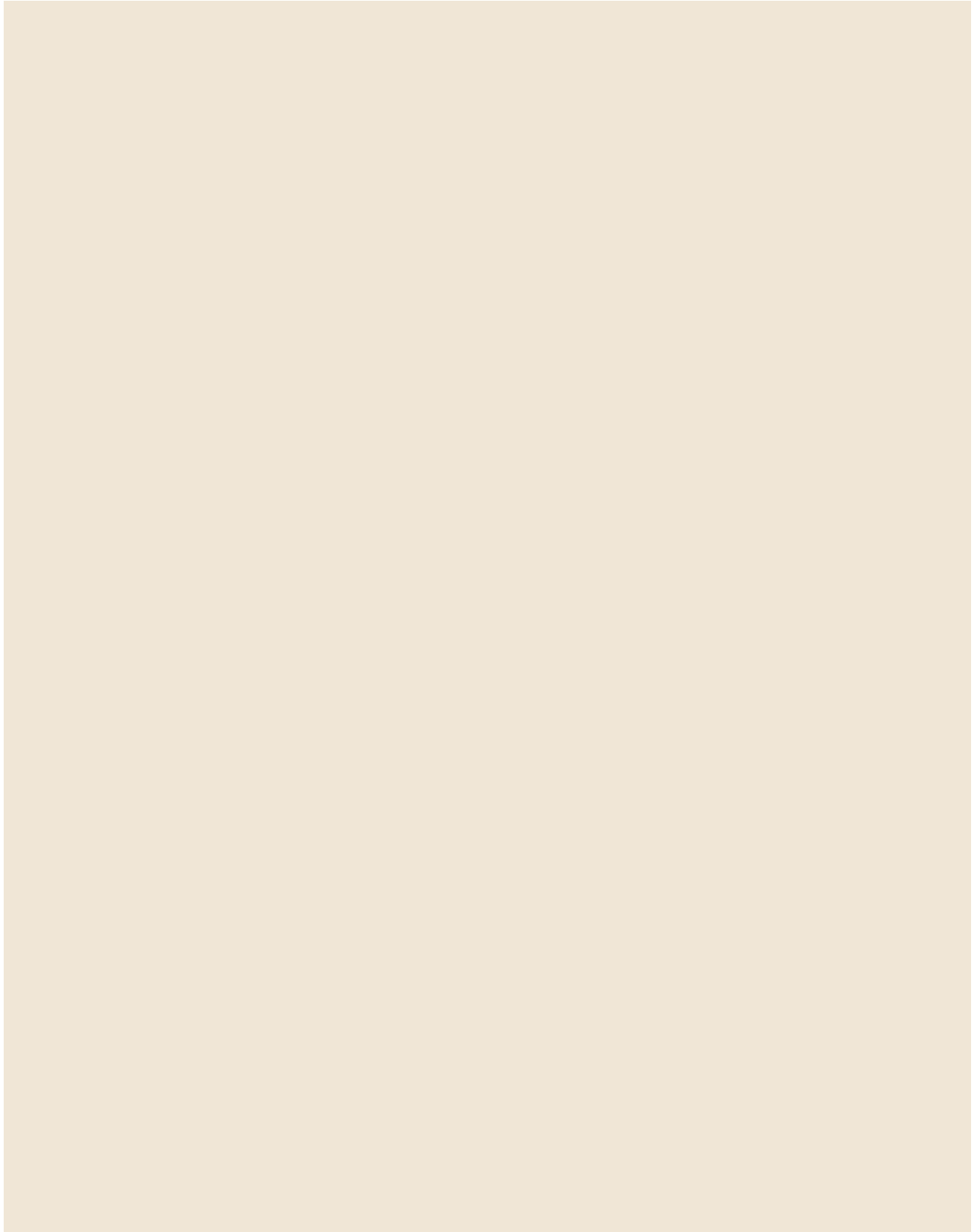


DAY 23

GRATITUDE

It never stops and it never gets old! What are you grateful for and appreciating today?

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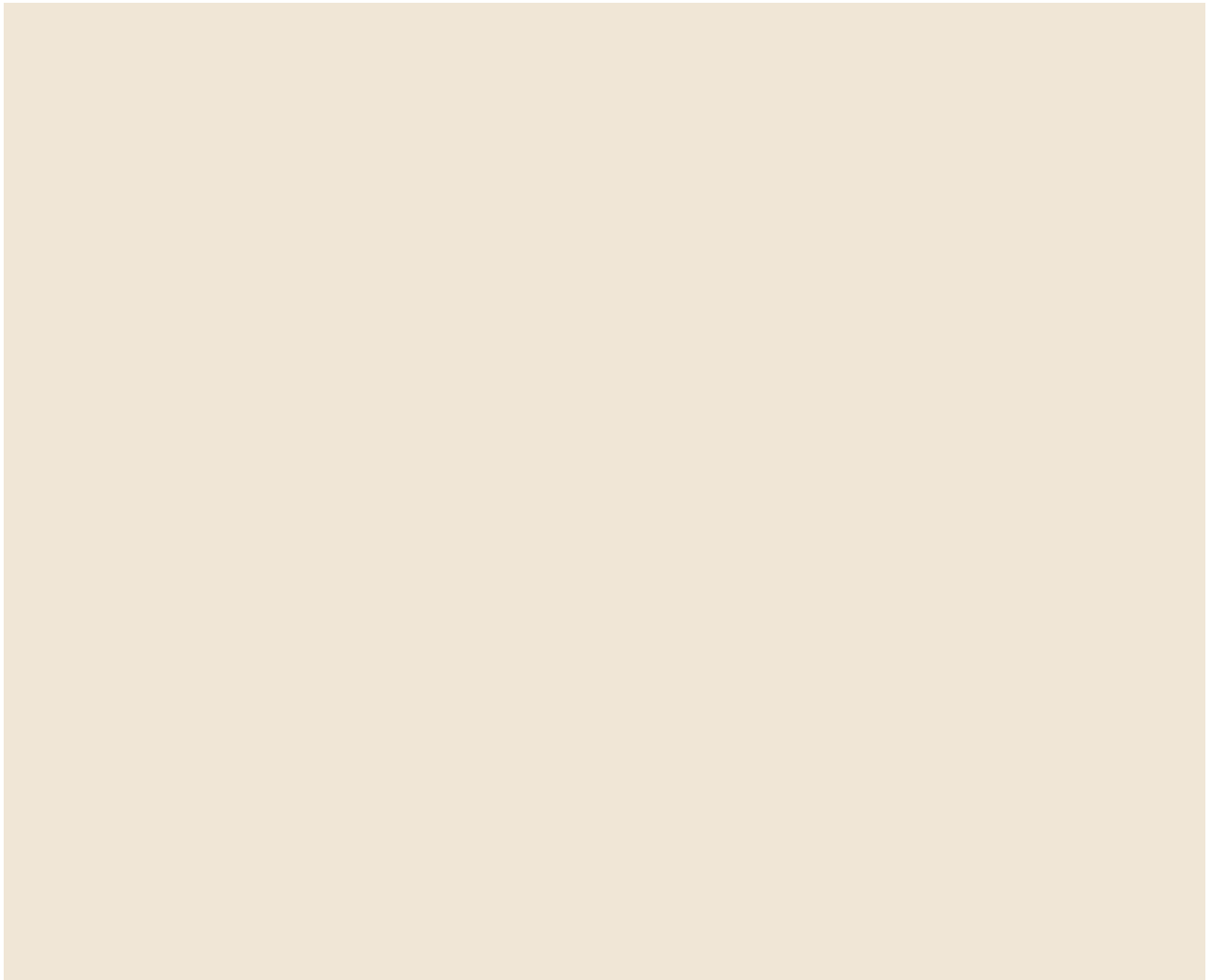


DAY 23

WHAT DO I WANT TO BELIEVE?

Imagine you regularly make double what you're manifesting in this journal. What are the beliefs this version of you already has about making money, receiving money and having money? How does s/he feel about money?

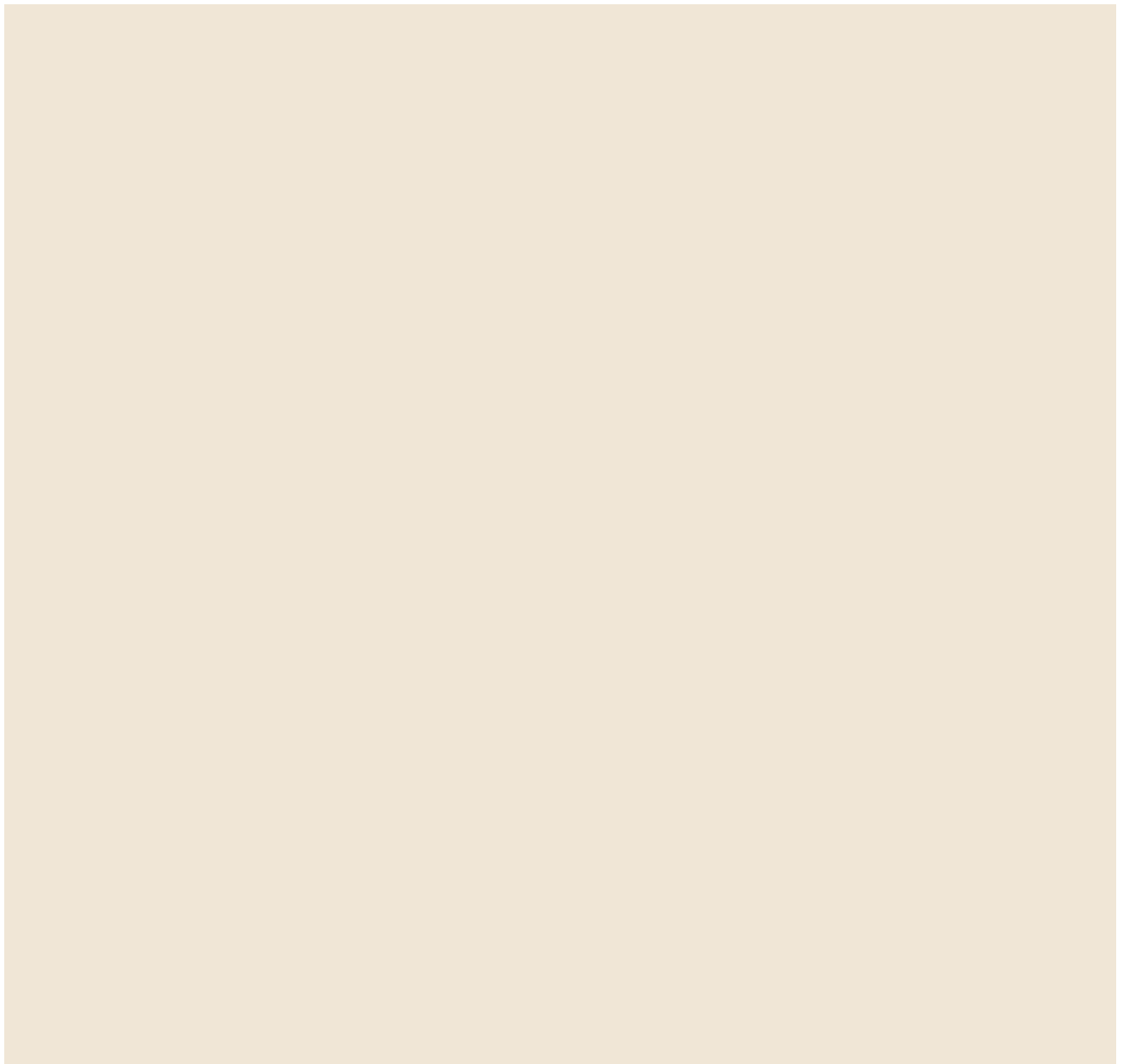
What needs to change in your daily thoughts, feelings and attitude towards money in order to align with that version of you?

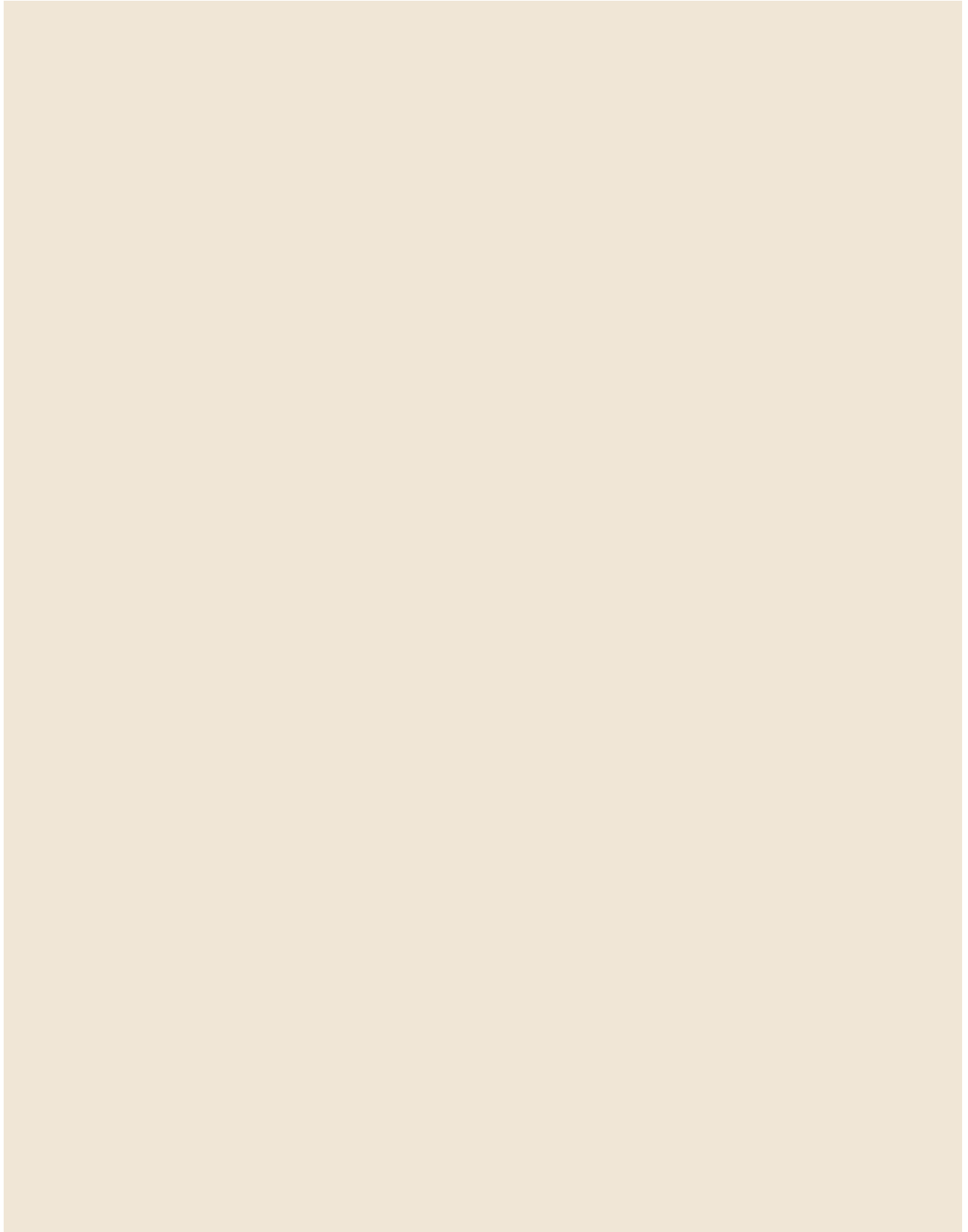
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DAY 24

ABUNDANCE

You're in the final week. Prove to yourself over and over that you are abundant and that abundance is always available to you.

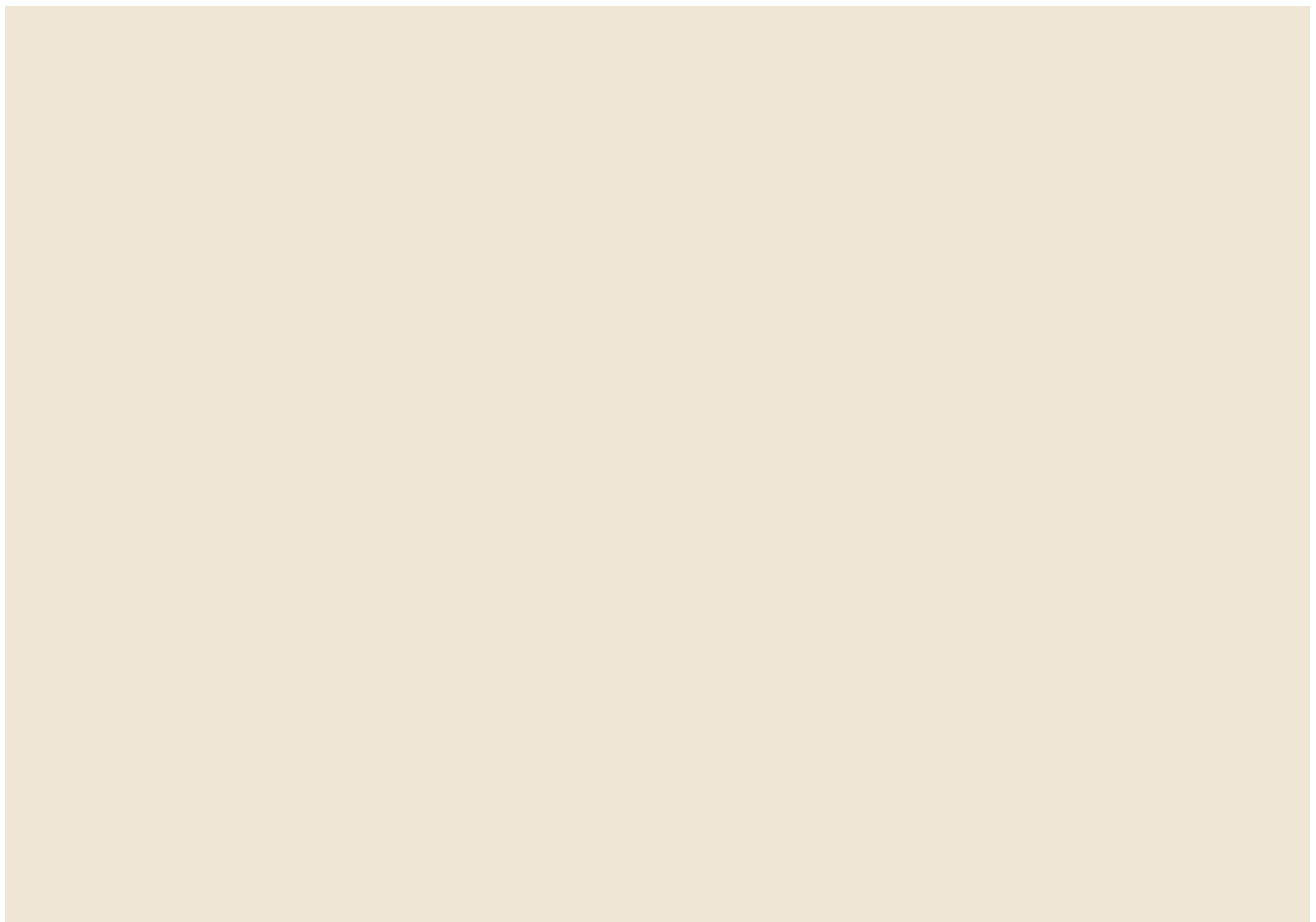


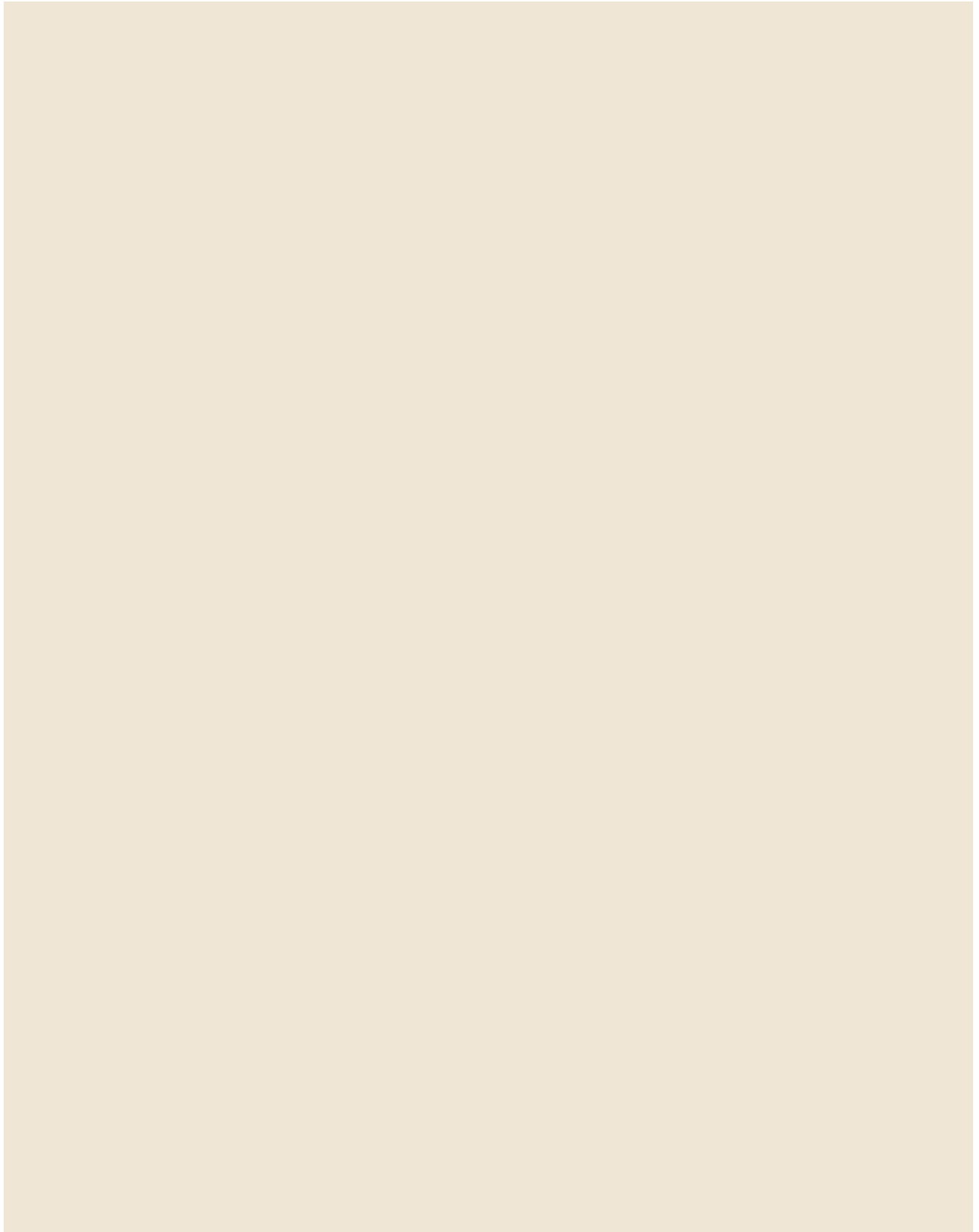


DAY 24

WHAT DO I APPRECIATE?

One of the quickest ways to allow things in is to appreciate what you have now. Write a list of all the things you have in your life now that you appreciate. How can you appreciate even more? Think about the mess in the kids' room and what that means - the abundance of toys, the memories made in there, the sweet moments of imagination and connection. The pile of unfolded clothes has an abundance of memories, of possibilities for amazing nights out, an abundance of compliments and laughs for example. Start looking around with more depth at everything you have with a deeper air of appreciation.





DAY 25

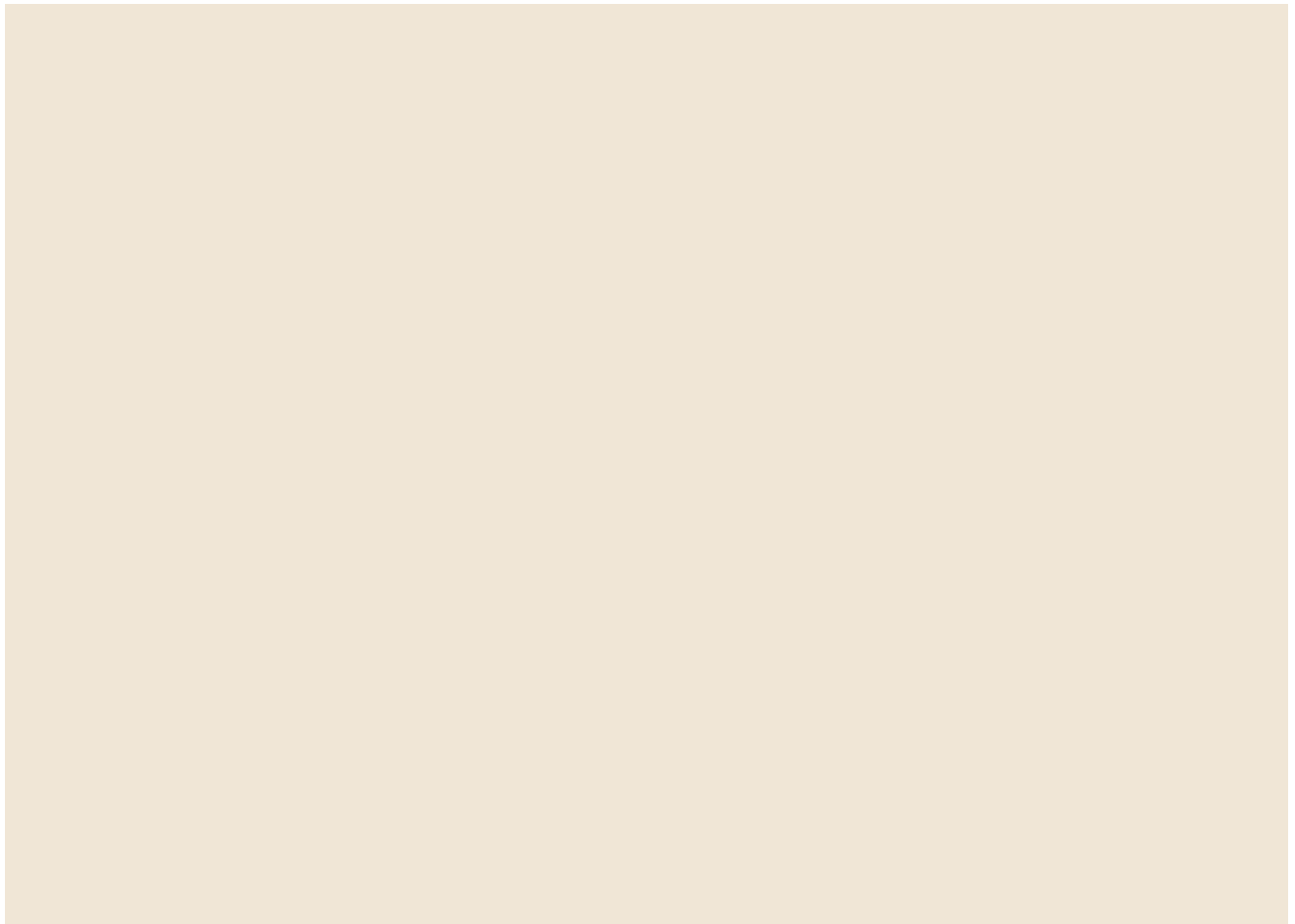
MANIFEST JOURNALING

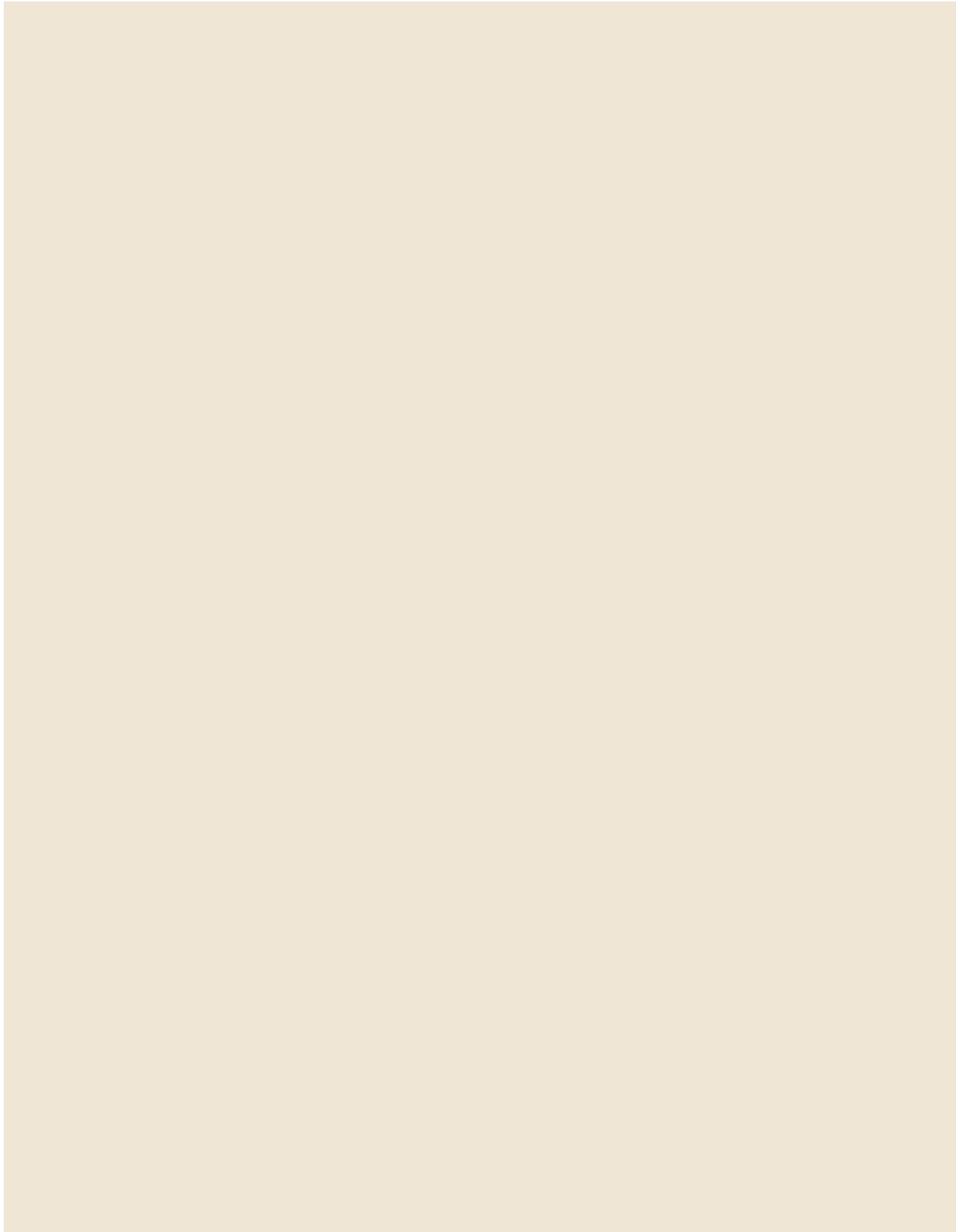
Just like when we did this before. You can create a new story or you can continue embellishing off the story you created before. Either way, you're adding fresh energy to this and making sure you're feeling into how it feels to have received your manifestation. Remember, what you feel you receive and you get to create your reality. Think of this as literally creating your future memory.

Have fun!

DATE:

DATE:

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DAY 25

MONEY EXPERIENCES

What money mistakes have you made?

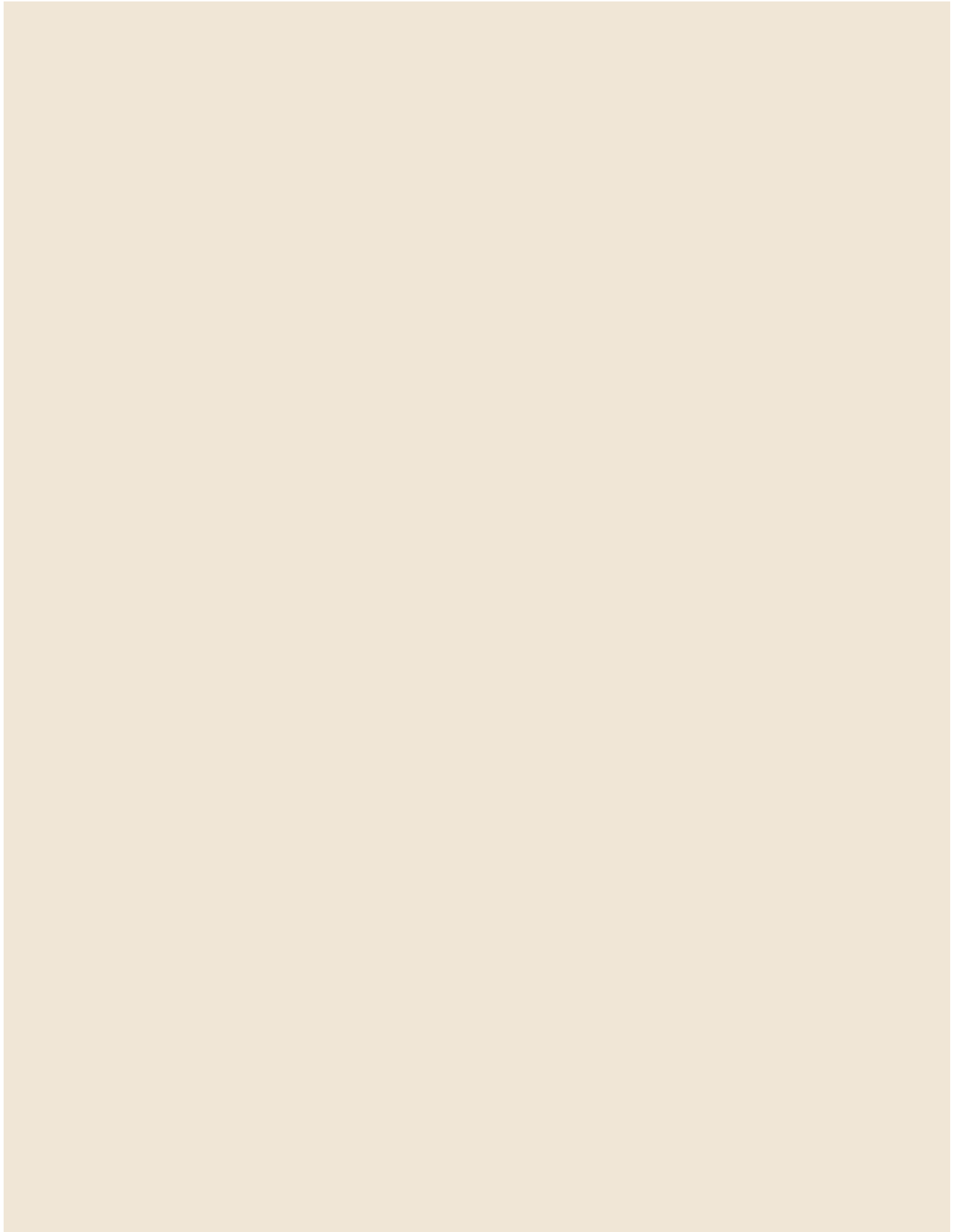
What beliefs/stories did you create as a result?

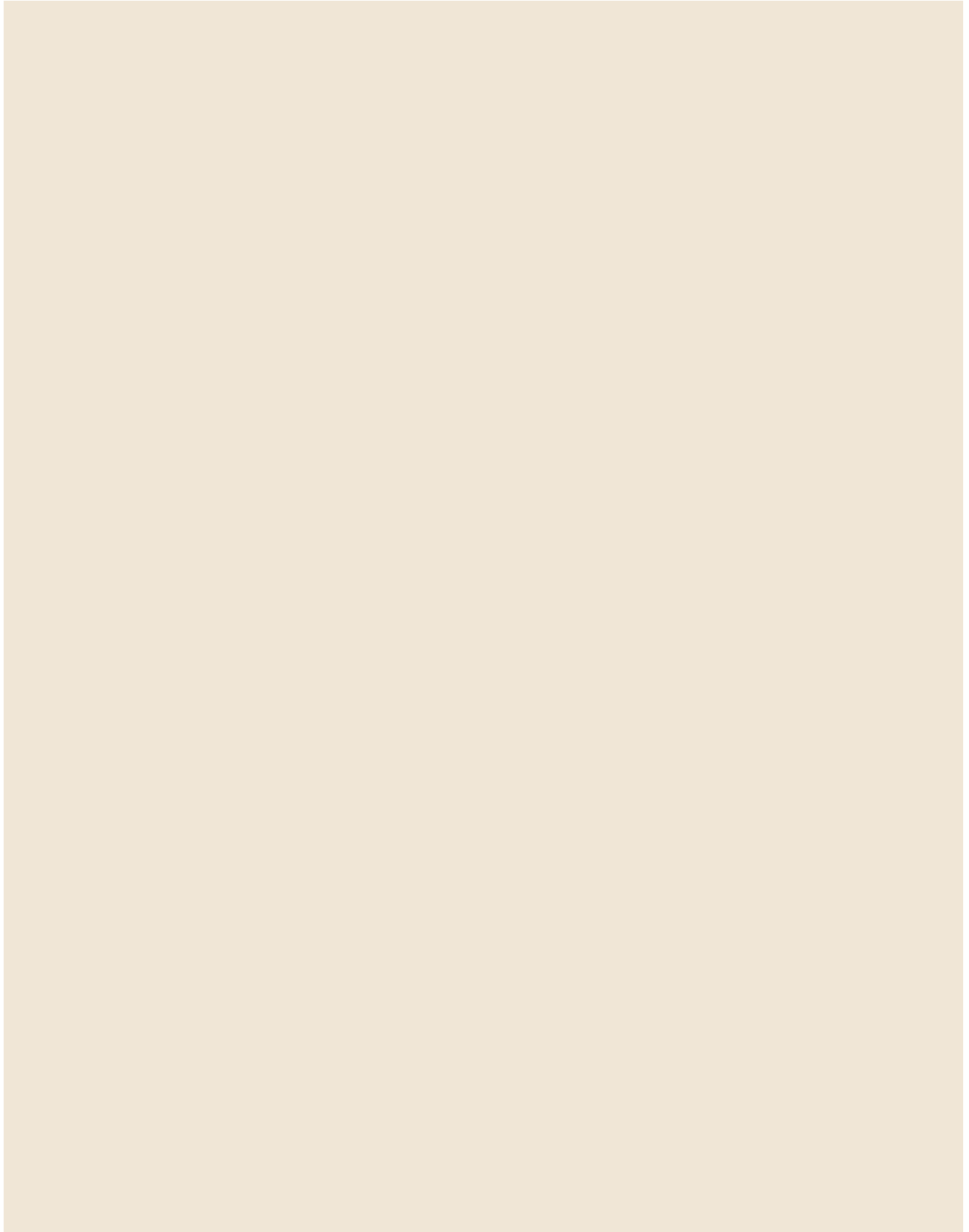
How have you allowed the mistakes you've made to determine what you can and cannot have in your life?

In the pages that follow, write a forgiveness letter to yourself or anyone else necessary.

Then, write about the financial experiences and opportunities you would like to have. Get creative and have fun! So much of your manifestations are going to come from having fun... so enjoy!







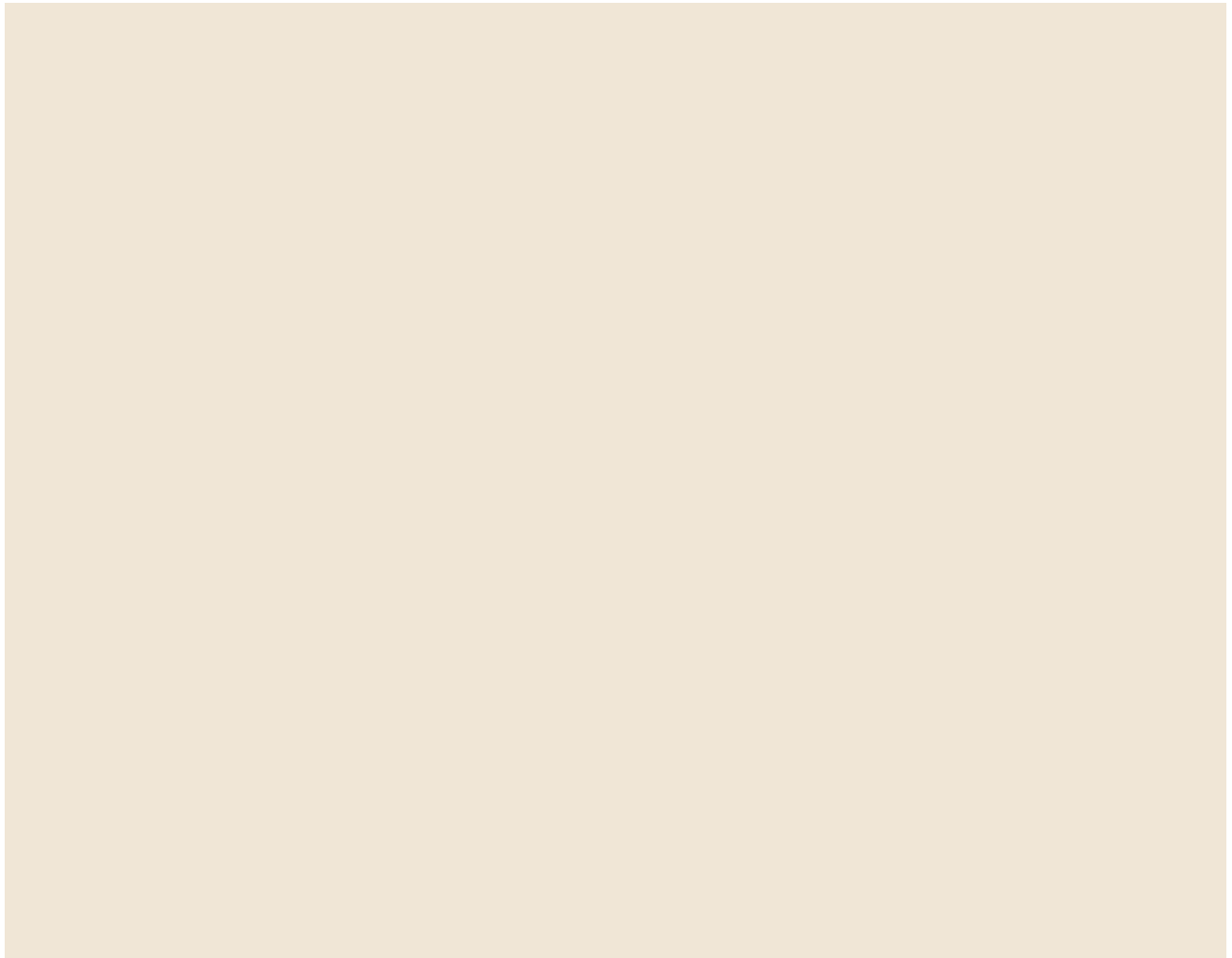
DAY 26

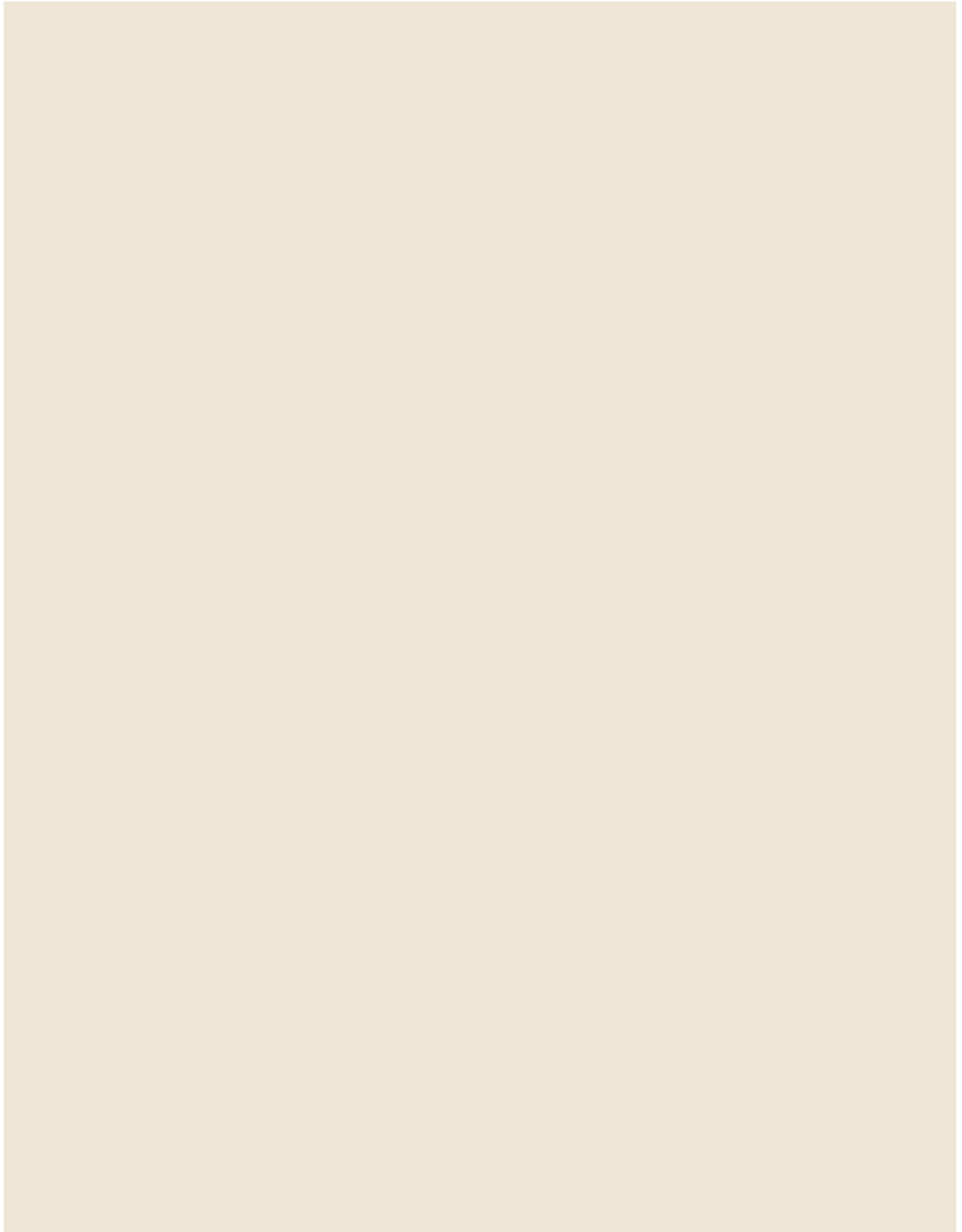
MANIFEST JOURNALING, CONT

Once again, you've had your manifested amount of money for a whole day already. It's sitting there in your bank account. How do you feel? What do you do? Create the day after you received this in your mind. When you write it down and embody that version of you, you attract it into your reality!

DATE:

DATE:

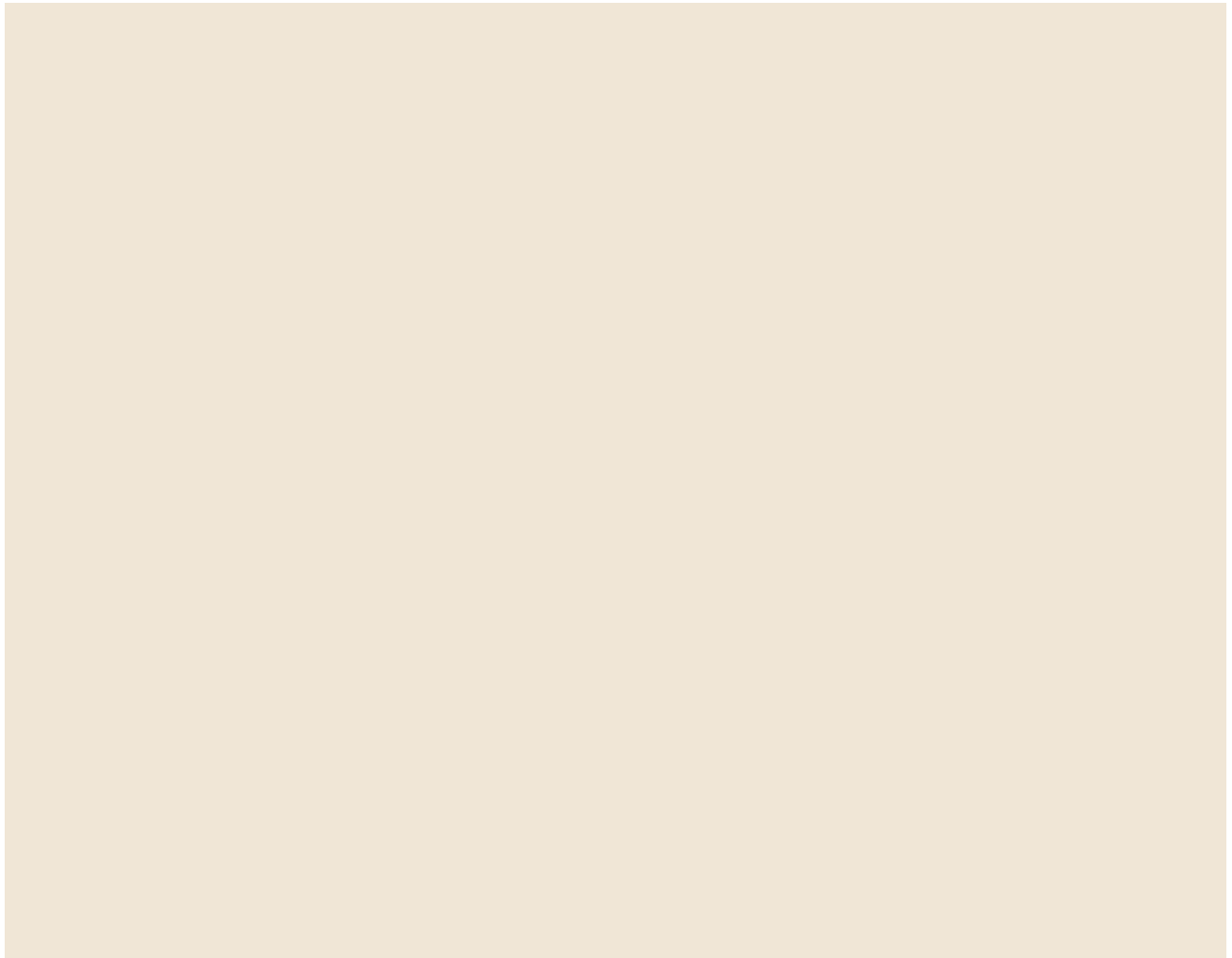
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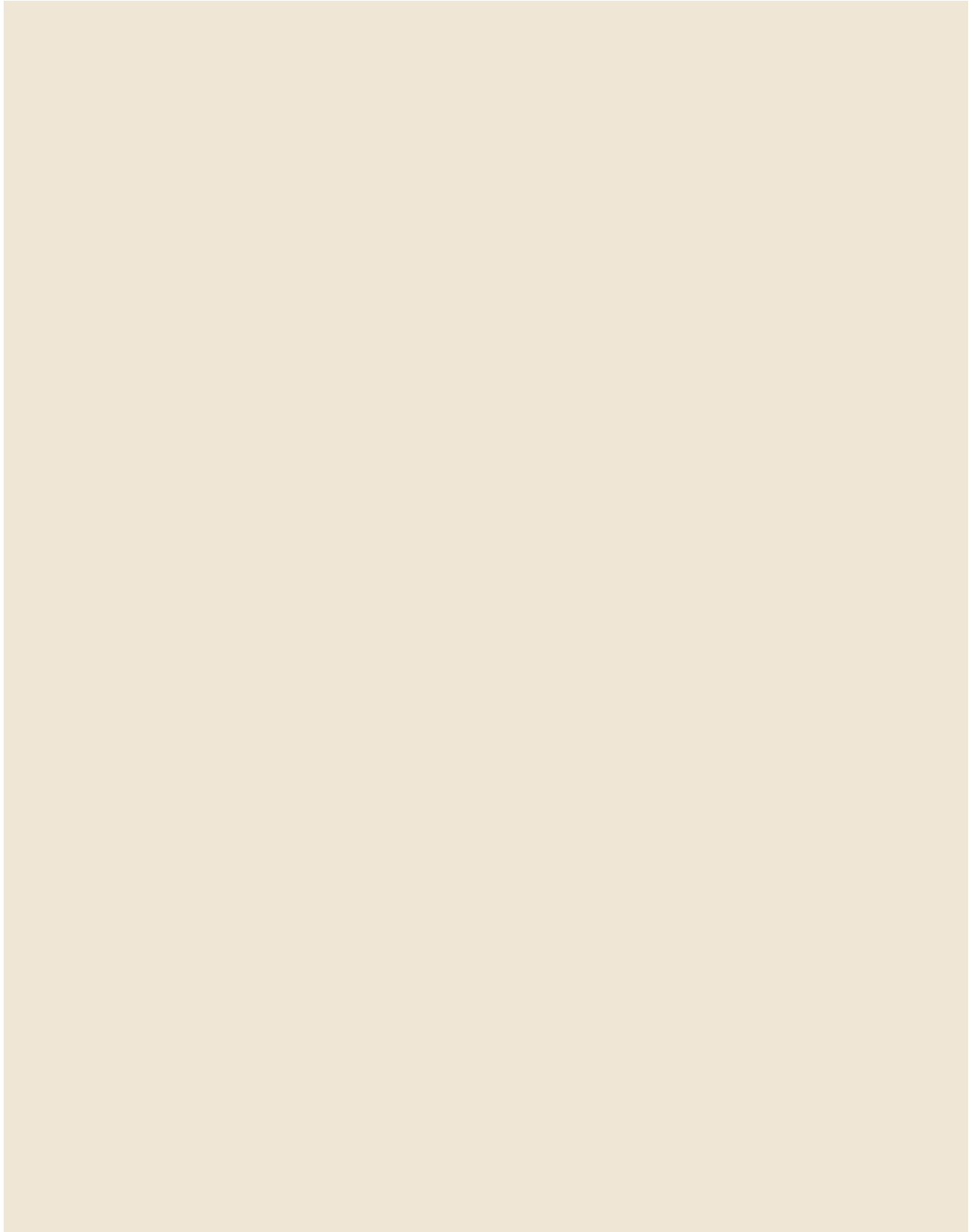


DAY 26

DEAR MONEY

Hopefully this is beginning to feel fun for you! It's that time to connect with your dear friend Money, let it know how you're feeling and what you'd like to experience. Think of Money as a friend (because it is!) and check in with money just like you would your long time bestie. Ask Money how it's doing and any other questions you may have, and allow money to write back as you. This is a conversational journaling experience that will provide profound insight if you allow your mind to relax and your pen to flow.

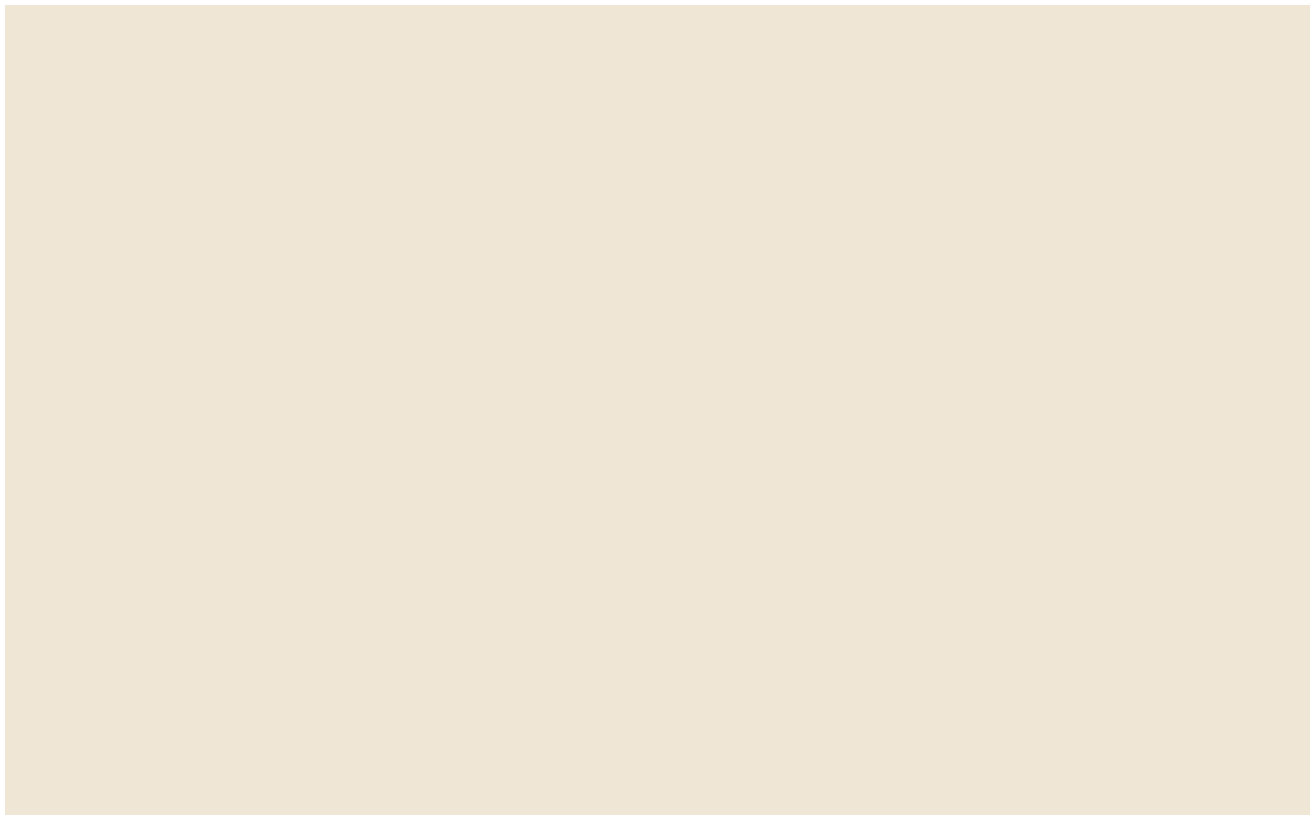
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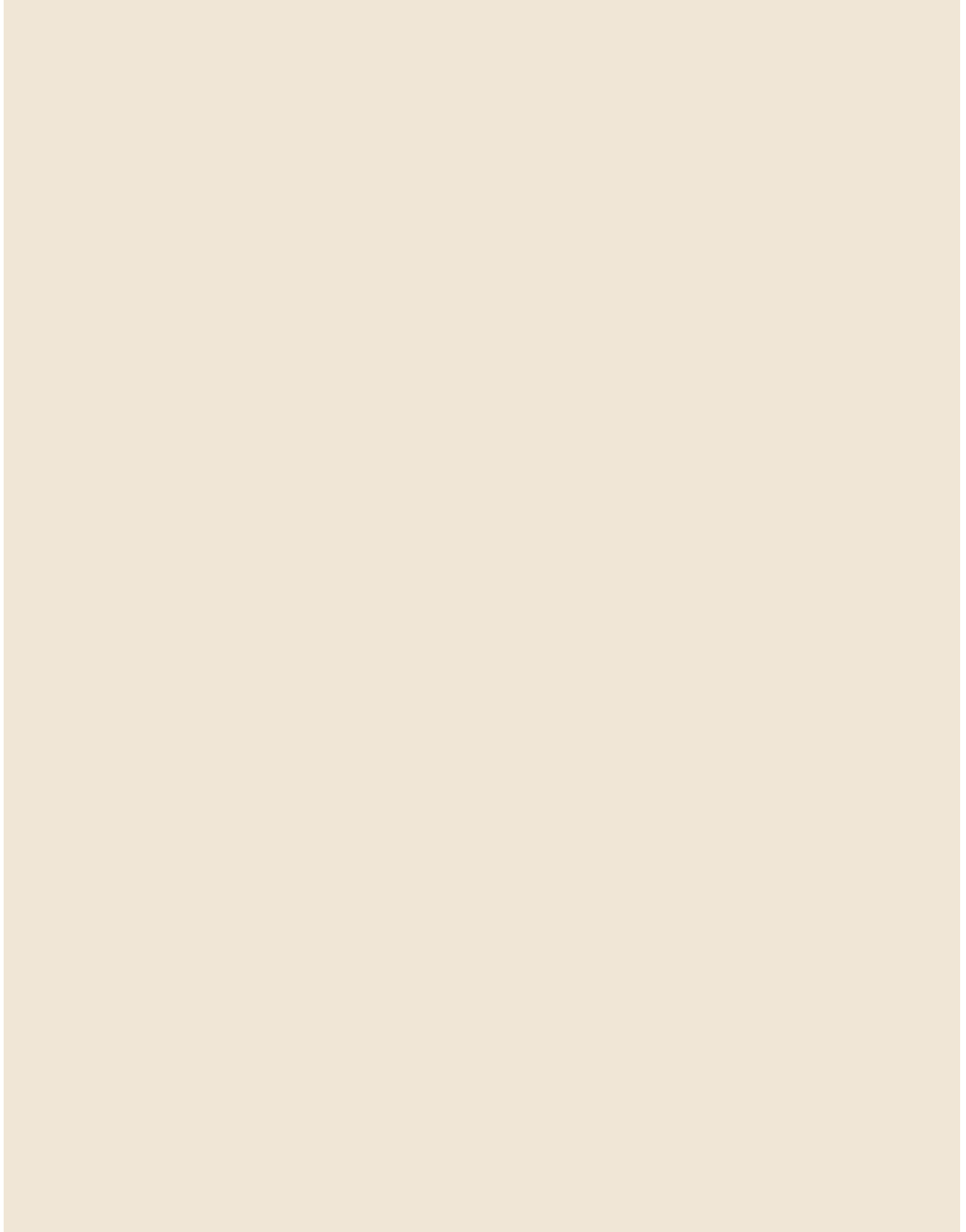


DAY 27

WHAT AM I AFRAID OF?

It's time to get really real with yourself here. What are you afraid of by truly having it all? What are you afraid of losing or sacrificing? Write out the prompt below and let your pen flow. Then, once you've uncovered it ask yourself if this is really a fear worth holding onto or how this fear is supporting you. Once you realize that holding onto it is actually more harmful than letting it go you're well on your way to being able to release it. After you have uncovered this, do a mental scan of your body and ask yourself where you hold this energy. Trust what comes up. After you have identified it use your hands and physically pull this energy out of you and release it to the floor trusting the universe and angels will carry it away and heal it. As you release this energy from your body repeat to yourself "thank you, I love you, I no longer need you, I release you".



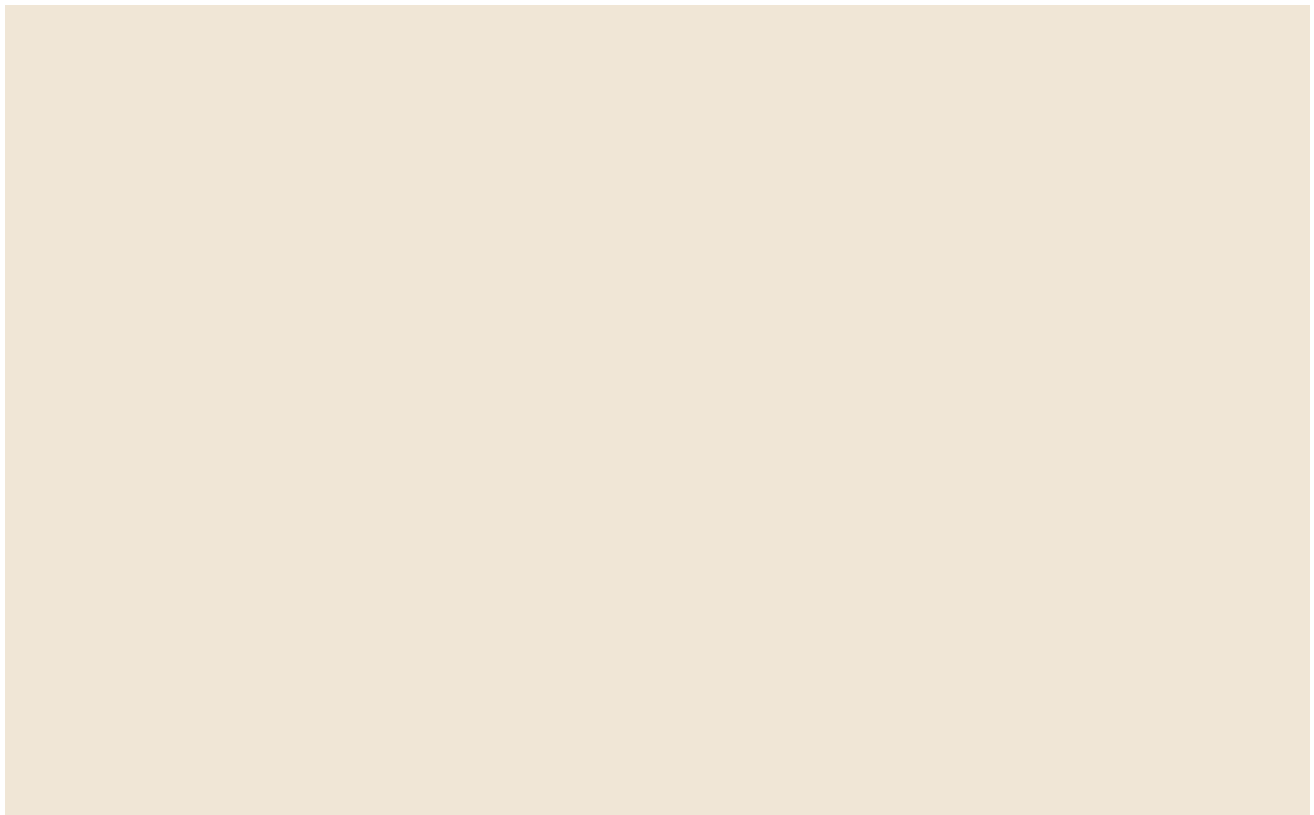


DAY 27

WHAT AM I LOOKING FORWARD TO?

Let's lighten it up a little bit shall we? In this exercise I give you full permission to take some deep breaths, spend a few minutes day dreaming and pondering... Imagine you already have the millions (or however much you desire) and you're living this life as if it's normal for you and has been for some time. What are the feelings, experiences and opportunities you're looking forward to? Are there trips you hope to go on? Bucket list experiences? Perhaps a non-profit you want to create to give back to the world or a community you love... whatever it is there is no thing to great...

Imagine you're living the life and have all the money you could ever want... as this version of you... what are you looking forward to?

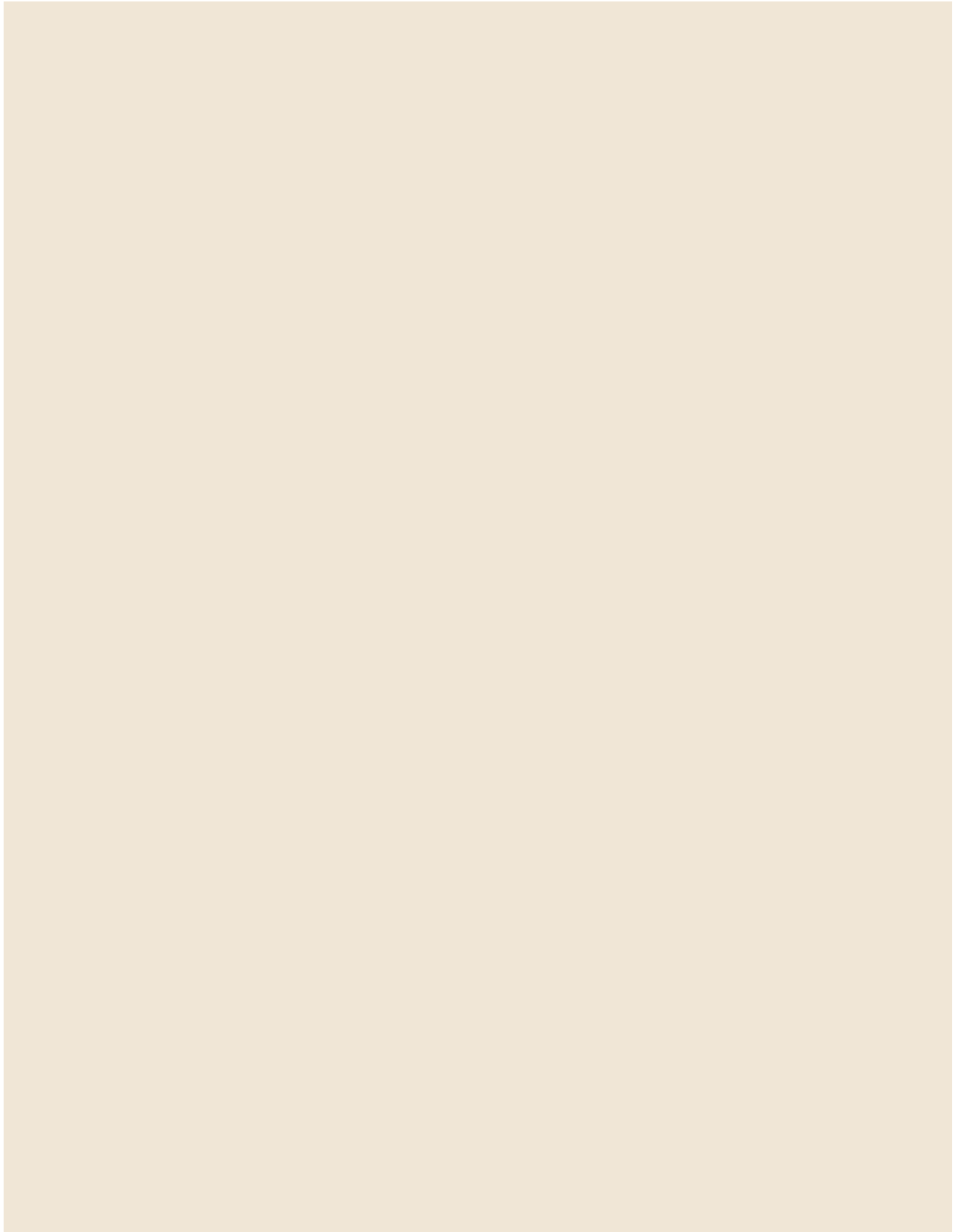


DAY 28

GRATITUDE

You're a pro at this! Write down all the things you are grateful for in your life now. Fill both pages for max oomph!

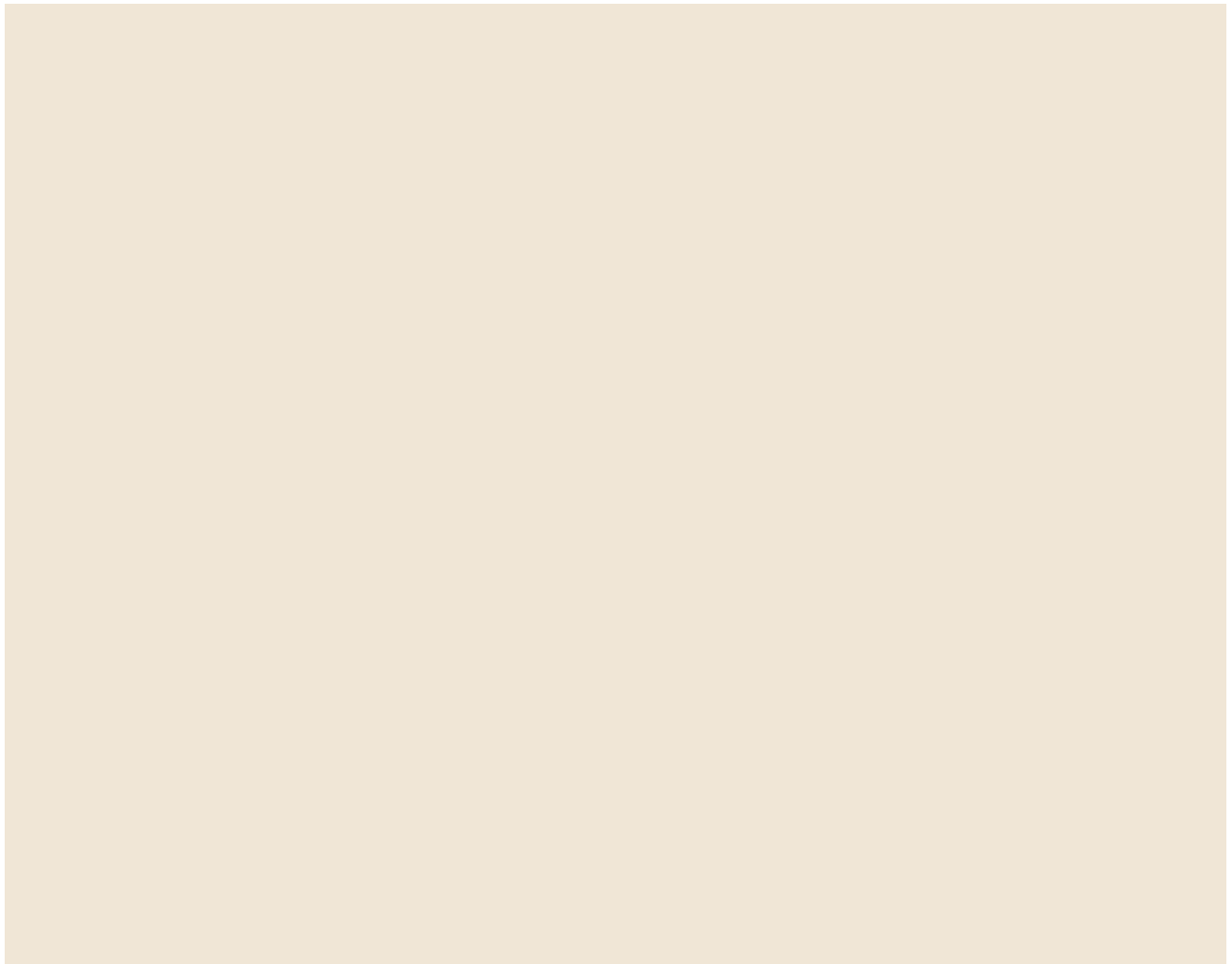
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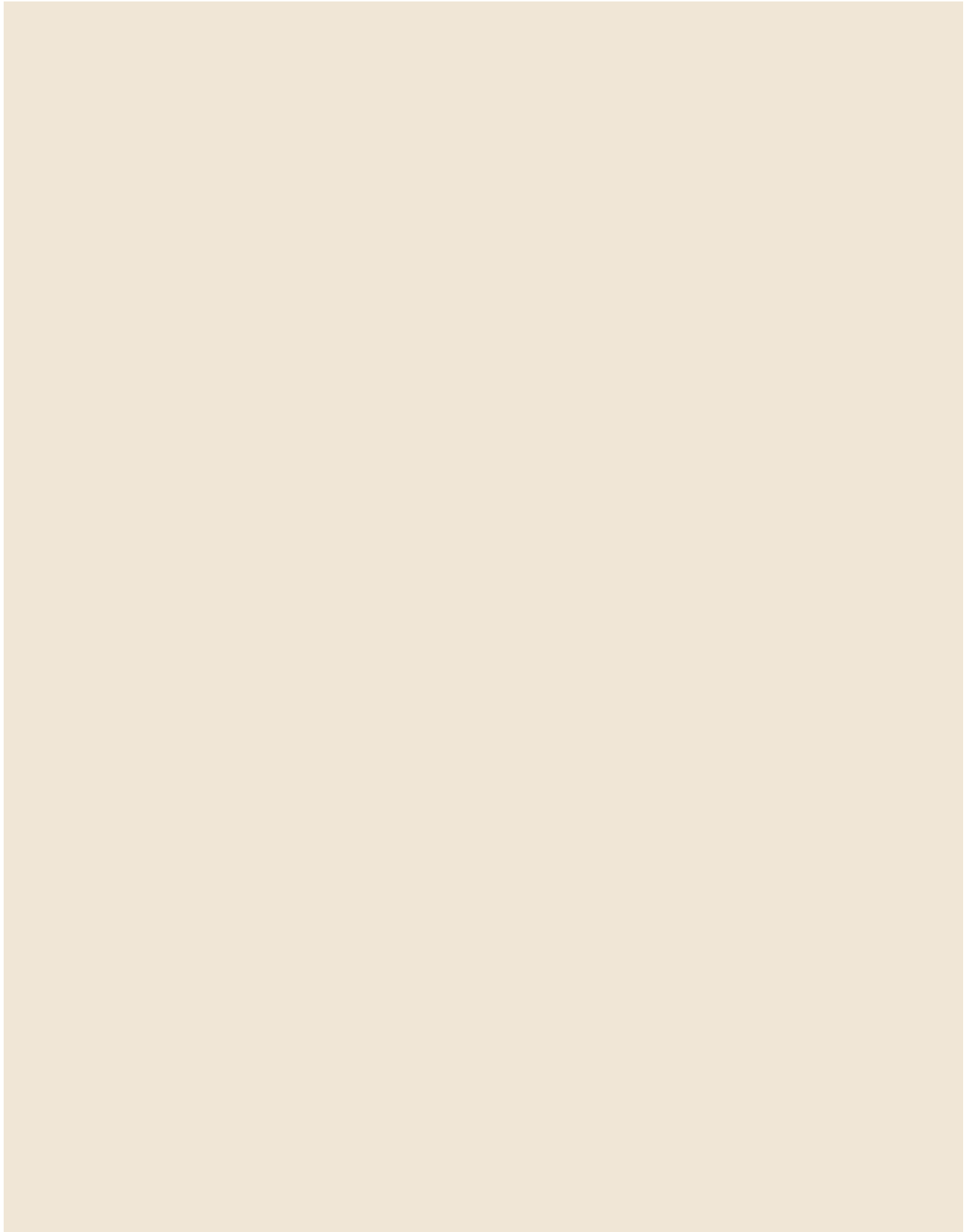


DAY 28

WHAT DO I HAVE THAT I LOVE?

This is an easy one.... and it feels so good to do! Look around at all you already have. What do you have that you love? Try to stretch yourself from all physical or material items...do you have a giving heart that you love? A silly sense of humor? A myriad of incredible experiences with amazing people you'll forever hold dear? Footprints from your grown child from their first days on this earth? What do you have that you LOVE?

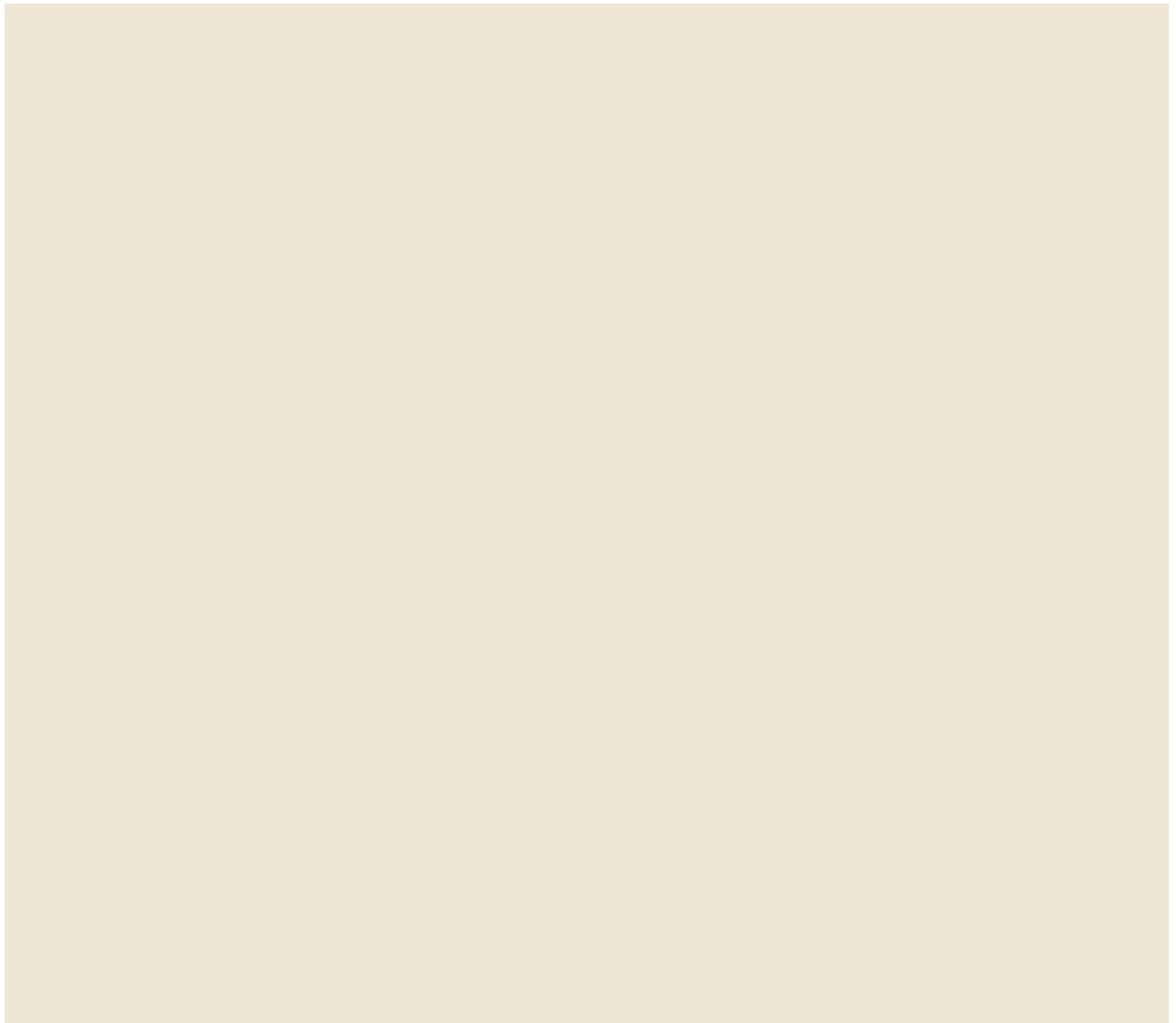
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DAY 29

ABUNDANCE

Once more!! What is all the evidence, right here and now that abundance is available to you and that you are already abundant. Notice how it feels to realize you have so much already and really let your body melt into it.

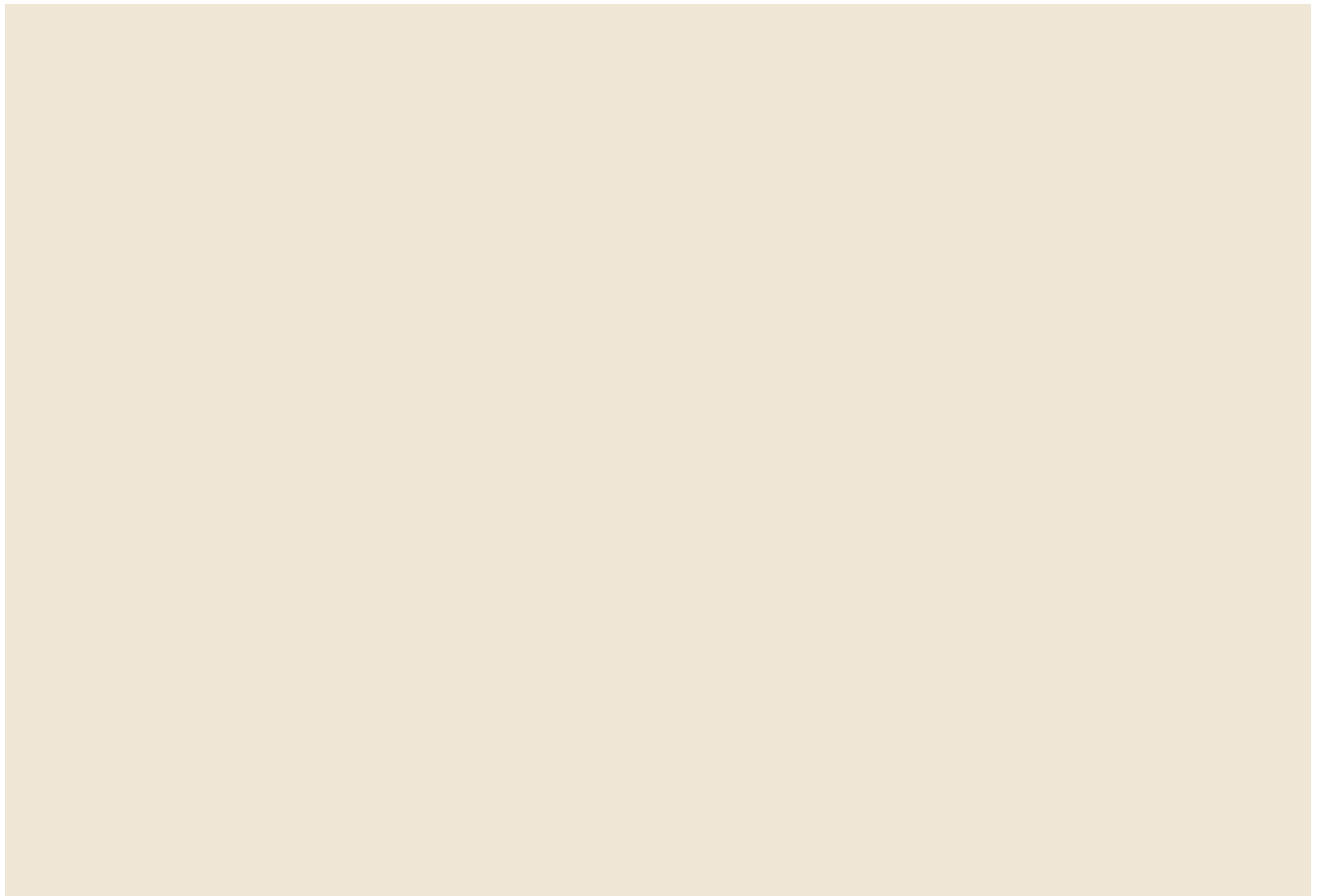


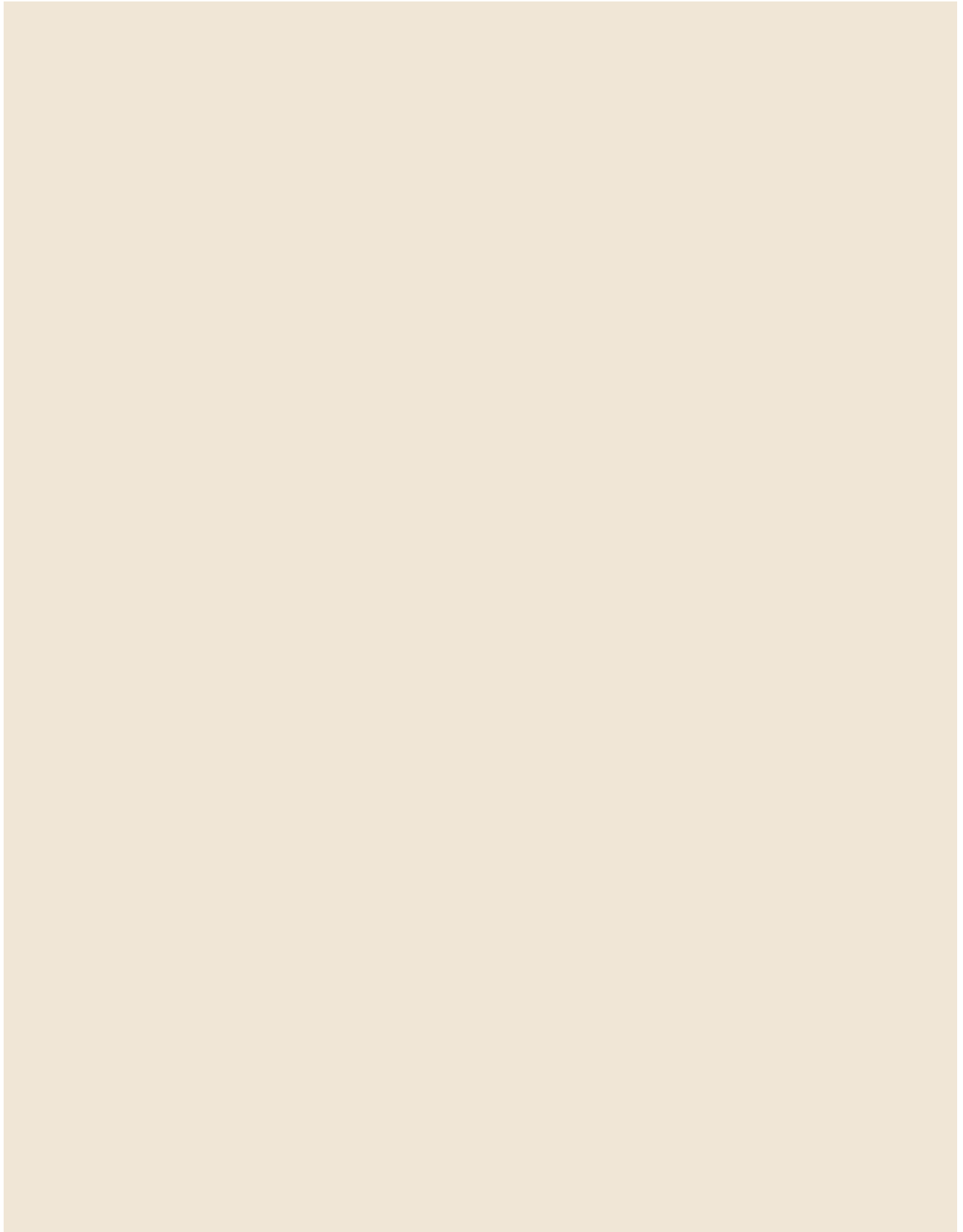
DAY 29

WHY DON'T I WANT THIS?

Yup, this again!! I know, I know you instantly want to say you DO want this. But let's be real... if you truly did you wouldn't be trying to manifest it! Chances are solid you've already manifested what you set out to at the beginning of this workbook.... and maybe you've doubled your desire... no matter what it is you're manifesting, if you fully wanted it you would already have it ALL. So let yourself explore those parts of you that fear, or doubt or don't feel safe and let them be heard. They are after all, a part of you and deserve to be seen and heard too :-)

After you witness them you can then decide if you want to continue holding onto these beliefs, fears, etc... or not.

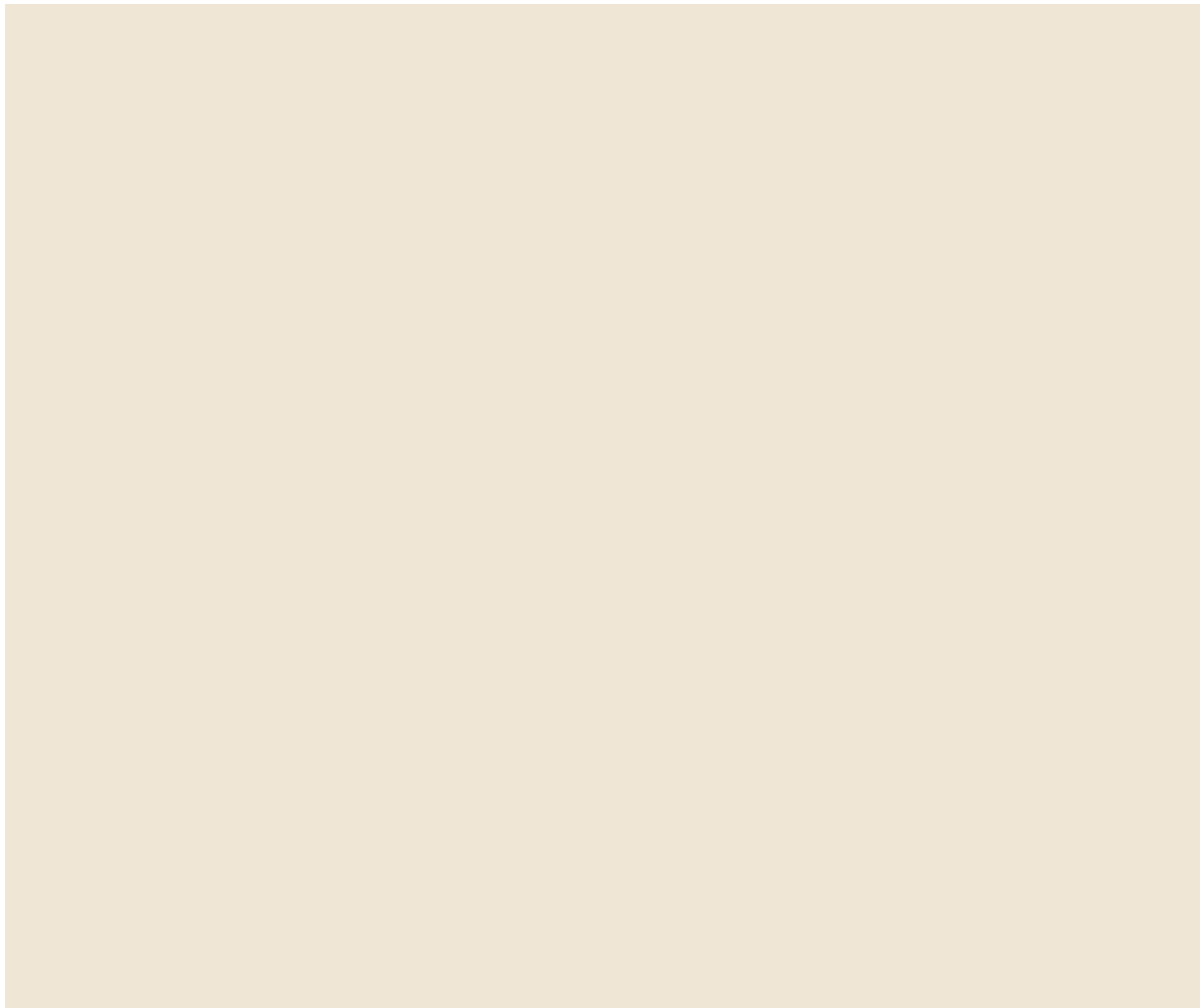


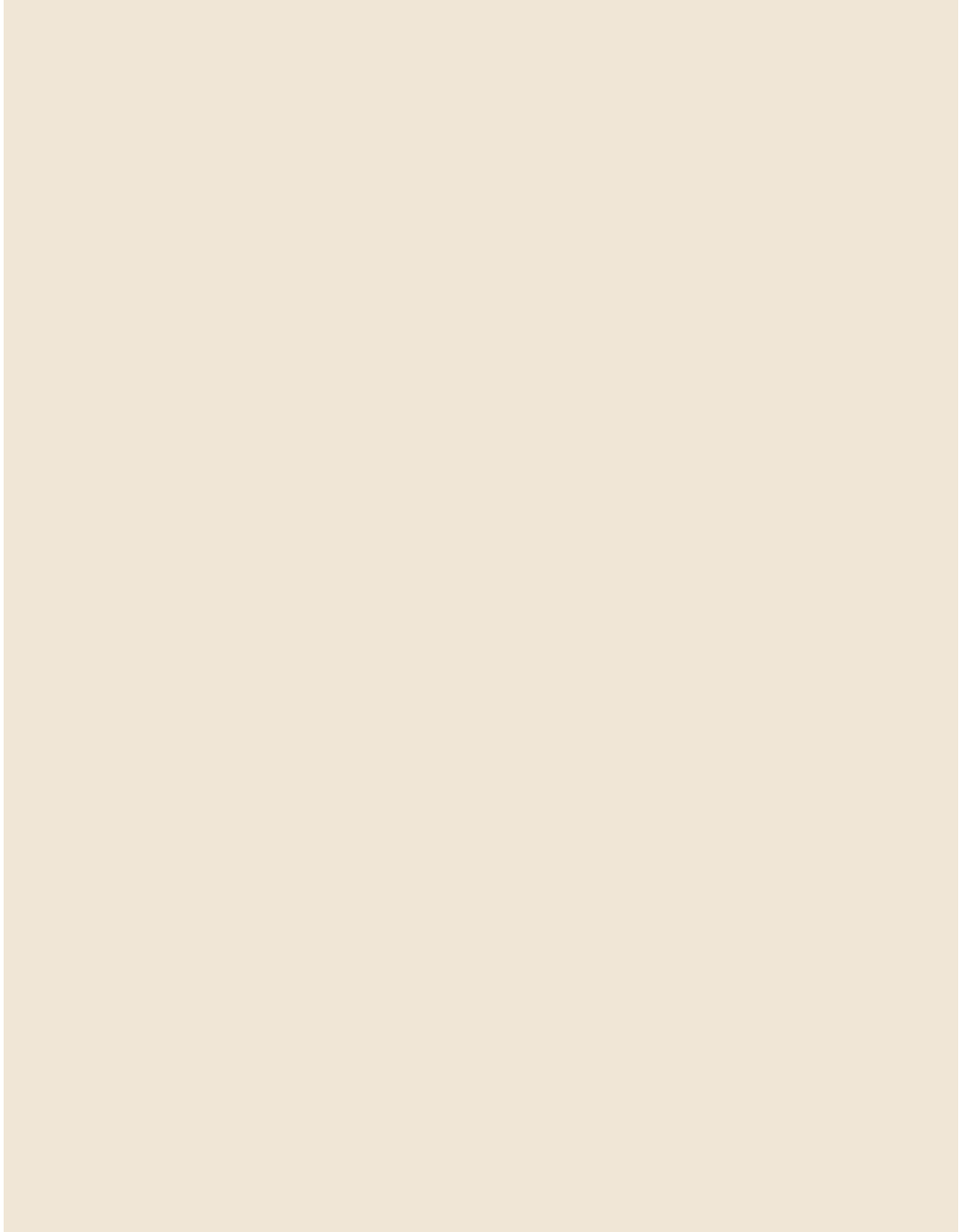


DAY 30

GRATITUDE MANIFESTING

You've done it!! You made it to day 30!!! You're going to wrap it up with a manifesting power boost! Write a list of all the things you are grateful for and every 5 lines or so you're going to write that you're grateful for your manifestation as if you've already received it. Let yourself really FEEL the gratitude for it!

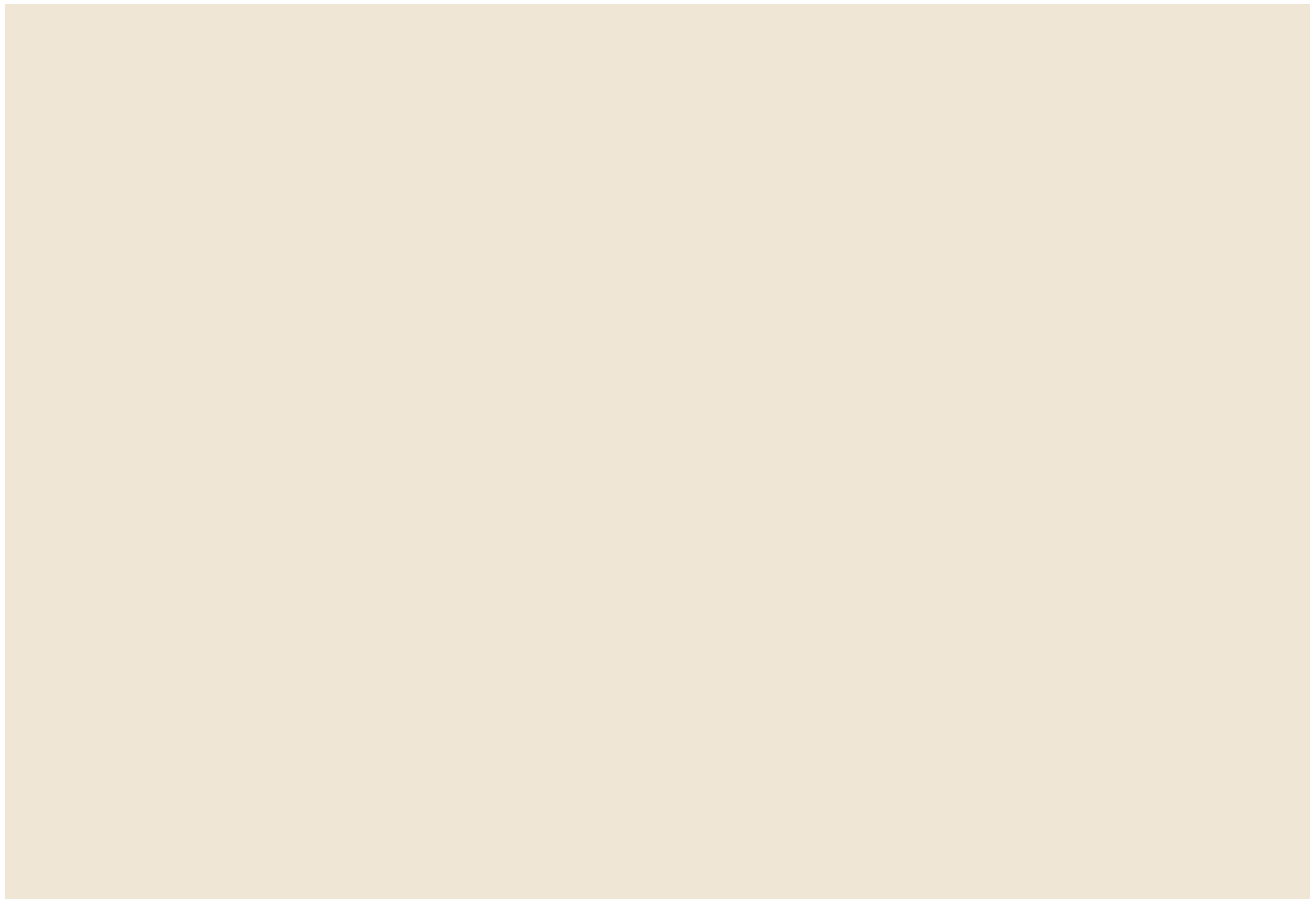
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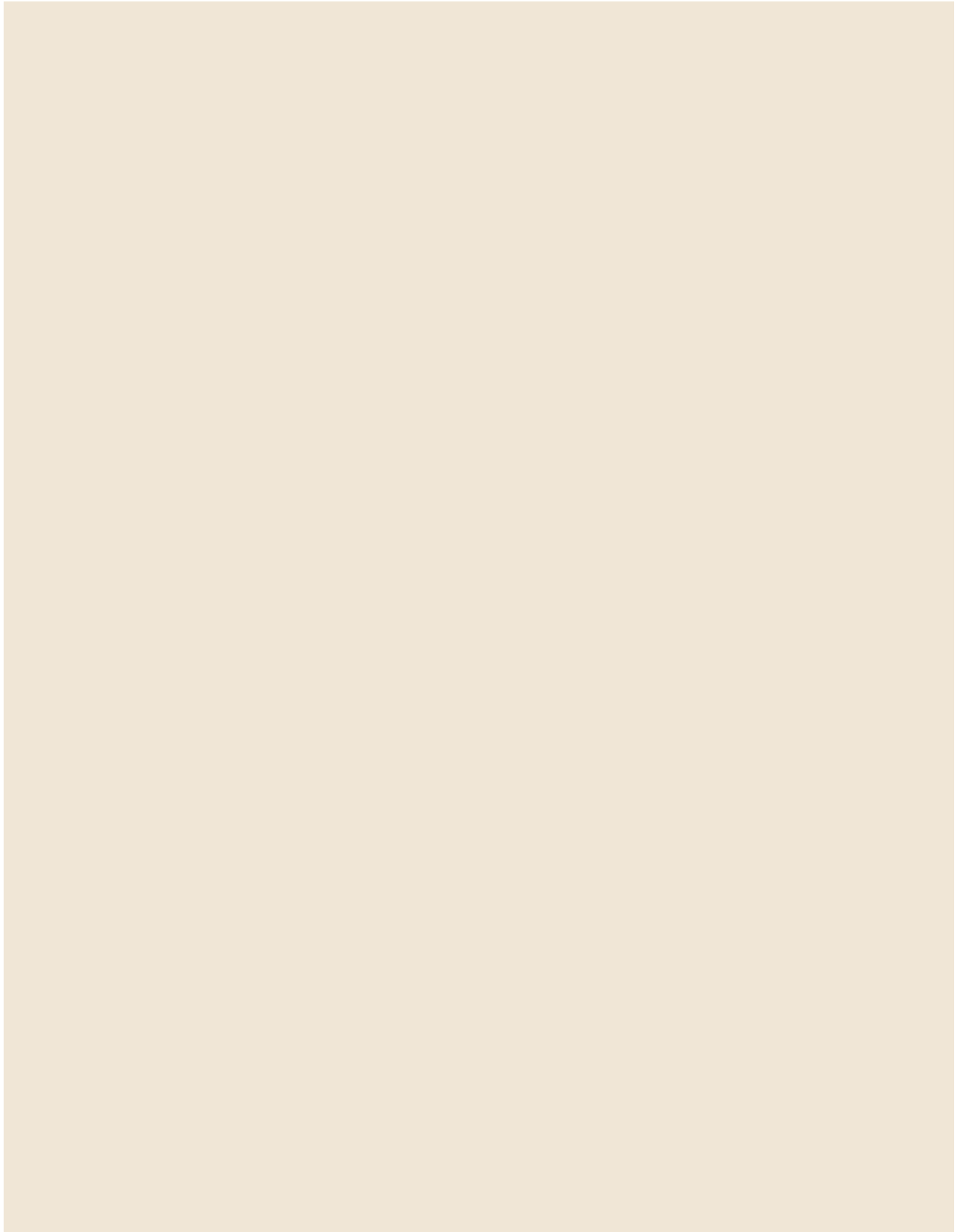


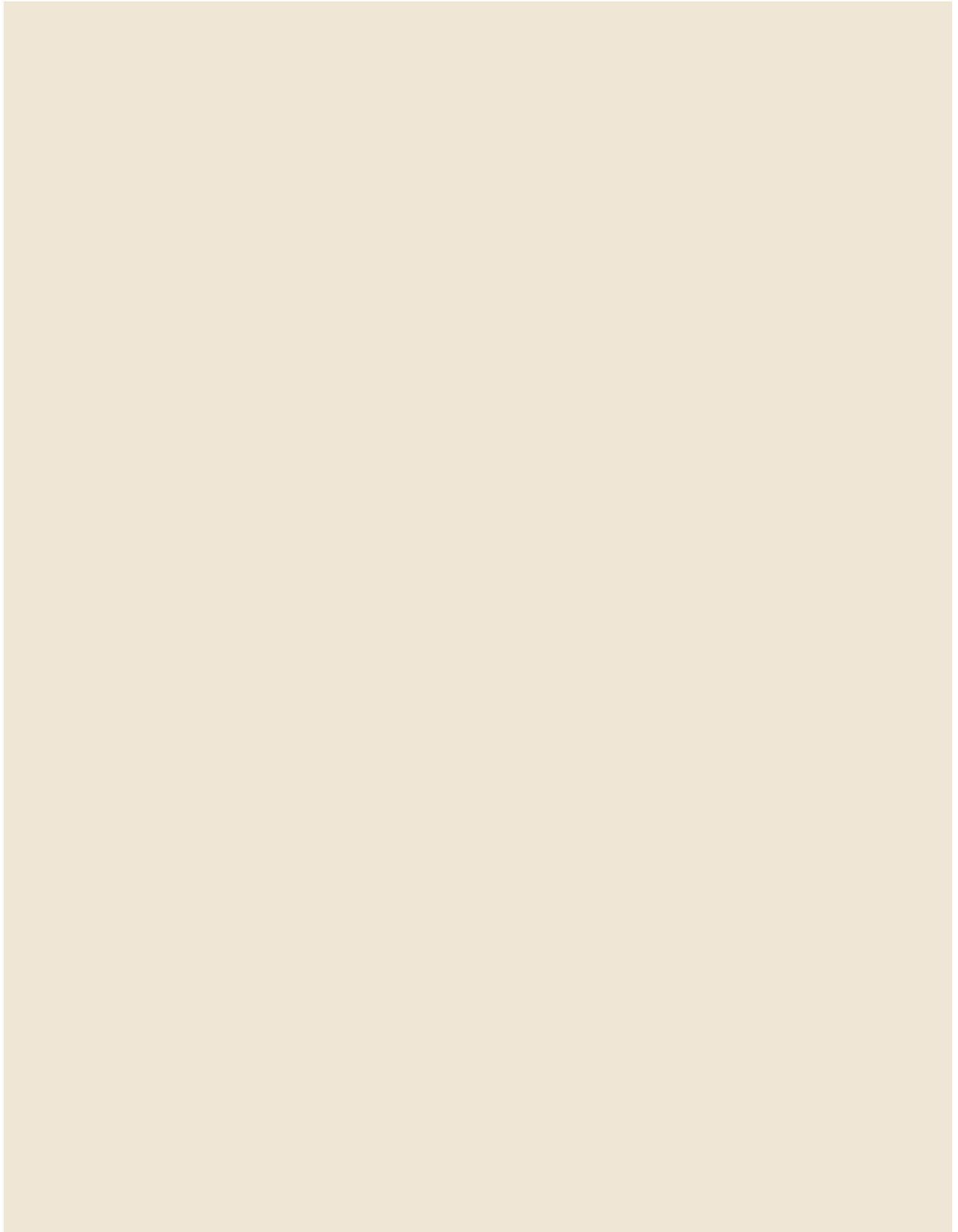
DAY 30

DEAR BANK ACCOUNT

You've done it with money, but now you're going to shift it to your bank account(s)! Is there a bank or an account you've neglected, talked poorly about, or have otherwise not been the greatest friend to? It's time to acknowledge your part in the relationship. Notice how your account doesn't serve you nearly as well when you haven't been the greatest steward? Everything in your outer world is a reflection of your inner world. Let's clean this part up a bit. Just like with money, if you need to ask forgiveness or write a letter also to yourself... you're going to want to do so to clear the energy and create a yummy place for money to flow to.







YOU DID IT!!

You can't see me right now but I am doing the biggest happy dance for you right now!!!

You just committed to and ROCKED 30 days of manifestation and Journaling Yourself Rich!! Woohoooo!!!

One thing's for sure, you're a manifesting superstar!

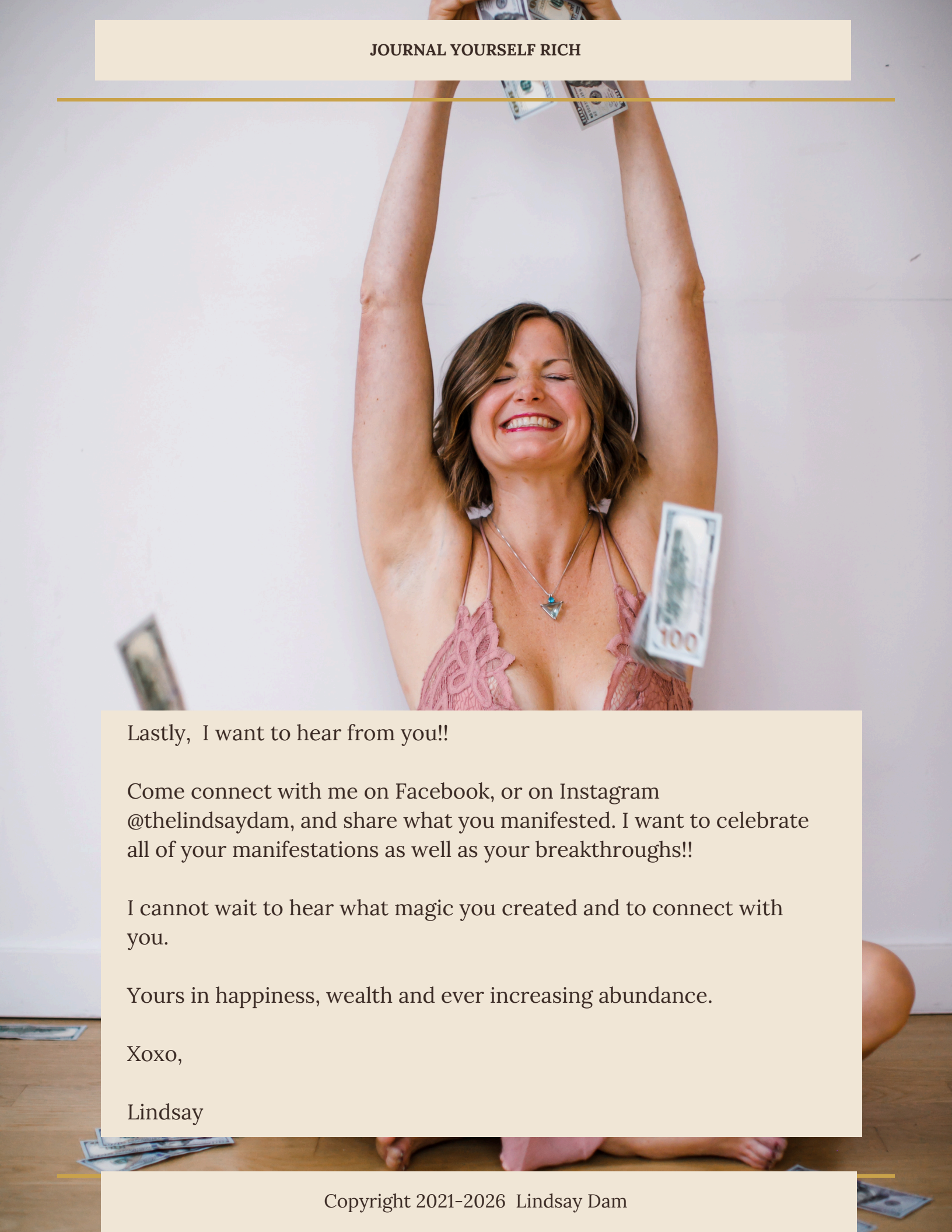
Your commitment to manifesting is amazing and I KNOW you've been experiencing miracles along the way!

What to do now?

Simple.... CELEBRATE YOU!!!
And then... KEEP GOING.

The biggest mistake people make is they stop doing the work that is making all the miracles happen and then wonder why the momentum stopped.

Start over at Day 1 and commit to it again.
Your life will look unrecognizable in the most magical way!



Lastly, I want to hear from you!!

Come connect with me on Facebook, or on Instagram @thelindsaydam, and share what you manifested. I want to celebrate all of your manifestations as well as your breakthroughs!!

I cannot wait to hear what magic you created and to connect with you.

Yours in happiness, wealth and ever increasing abundance.

Xoxo,

Lindsay