



# 2022

JOURNAL & PLANNER

*for manifesting your dream life*



CREATE A LIFE THAT FEELS ALIGNED & ABUNDANT BY  
GAINING CLARITY AND DIRECTION ON THE MONTH AHEAD



*on a more serious note*

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# Note To Self

*Dear,*

YOU DON'T NEED TO WAIT FOR A NEW MONTH,  
A NEW WEEK OR A NEW DAY TO MAKE A  
POSITIVE CHANGE IN YOUR LIFE. THE UNIVERSE  
IS WAITING RIGHT NOW TO CO-CREATE AN  
AMAZING FUTURE. SIGN THIS PAGE IF YOU ARE  
READY TO TAKE THE LEAP AND HAVE FULL  
TRUST THAT WHAT IS MEANT TO BE YOURS WILL  
NOT PASS YOU BY. EVERYTHING IS HAPPENING  
FOR YOU, IN DIVINE TIMING. IT 'S TIME TO ASK ,  
BELIEVE, RECEIVE.

*love you always,*

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sign your name here

# monthly intentions

MONTH OF:

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## OPEN PROJECTS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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## MONTHLY INTENTIONS

01:

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02:

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03:

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04:

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05:

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06:

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07:

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*affirmations*

I AM

# monthly intentions

5 WORDS THAT YOU WANT TO EMBODY THIS MONTH

3 SMALL MANIFESTATIONS

01:

02:

03:

3 BIG MANIFESTATIONS

01:

02:

03:

4 WAYS YOU WILL PUSH PAST YOUR COMFORT ZONE THIS MONTH

01:

02:

03:

04:

PICK ONE WORD FROM ABOVE AN DESCRIBE HOW YOU CAN EMBODY IT

# *past month reflections*

WHAT MOTIVATED YOU?

YOUR BIGGEST STRUGGLE?

TOP 3 ACCOMPLISHMENTS MADE THIS MONTH

01:

02:

03:

3 LESSONS LEARNED

01:

02:

03:

3 STRONGEST EMOTIONS

01:

02:

03:

WHAT WILL YOU TAKE WITH YOU INTO NEXT MONTH & WHAT WILL YOU LEAVE BEHIND?

# gratitude reflection

## GRATITUDE LIST:

01:

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02:

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03:

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04:

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05:

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06:

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07:

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08:

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09:

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10:

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11:

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## PEOPLE I'M THANKFUL FOR:

01:

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02:

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03:

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04:

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05:

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*favorite memories*

# abundance journal

5 WORDS THAT DESCRIBE CURRENT BELIEFS TOWARDS MONEY

## MONEY MANIFESTATIONS

01:

02:

03:

04:

05:

06:

07:

NEW OPPORTUNITIES TO  
MANIFEST MORE ABUNDANCE

MY ABUNDANCE MINDSET  
ALLOWS ME TO...

CURRENT RELATIONSHIP TO  
ABUNDANCE IN MY BUSINESS

ABUNDANCE AFFIRMATIONS

I AM



# goal setting planner

START DATE:

DEADLINE:

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MY BRILLIANT GOAL:

MY BIG WHY BEHIND THIS:

GOAL ACTION STEPS:	DEADLINE:
01:	
02:	
03:	
04:	
05:	
06:	
07:	
08:	
09:	

# Income & Expenses

*monthly breakdown*

INCOME GOAL:	
SAVINGS GOAL:	

GROSS MONTHLY INCOME	AMOUNT

BILLS & EXPENSES	AMOUNT	DUE

TOTAL INCOME	
TOTAL EXPENSES	
TOTAL PROFIT/LOSS	

