

# SELF LOVE

# SCHOOL SOPHOMORE

## WEEK 1 WORKBOOK

If you could have **anything** at all, what would it be? Be as specific as possible. Brain dump it all right here.

---

---

---

---

---

---

---

---

---

---

List the reasons why you want these things. Be really honest without judgement, just write what's in your heart/on your mind.

---

---

---

---

---

---

---

---

---

---

When you make a decision, the Universe conspires to make it happen. Decide on a specific amount of money you want to manifest over the next 6 weeks. Make it a goal that's a stretch, but not such a stretch you think it's impossible.

---

---

Why do you want this money? What will you do with it? How will you FEEL when you have your goal?

---

---

---

How is this of service to others? Who else wins when you win?

---

---

---

**TRACKING-** Now that you've decided on an amount, let's track it and see what manifests. Everything Counts- gifts, sales, money saved, discounts, found money, coins, unexpected checks, refunds, rebates, anything of value.

I use *The Secret* app, or Notes App on my iPhone. You can also use your journal or the back of this paper. Just track in the same spot each time.

# AFFIRMATIONS

- I am worthy of my every desire
- I am enough. My desires are enough. My actions are enough
- What I need is always given to me
- The Universe loves to support me
- The Universe has my back
- I am always being guided to what I asked for
- I love myself and I approve of myself
- I am an excellent money manager
- I trust myself with money
- My desires are meant for ME!
- Money comes easily to me
- I allow money in easily. I allow love in easily. I allow all the best to come to me
- I am a magnet for money
- I have more to give to others when I feel abundant.
- I cannot possibly spend more than I make. There is always more coming in than going out.

Highlight the affirmations that speak to you