

SELF LOVE

SCHOOL SOPHOMORE

WEEK 5 WORKBOOK

JOURNAL:

If you got your money (or other desire) 1 second ago- how would you be feeling right now?

What would you DO if you got it? How does this FEEL???

You have an endless supply of money. How would this affect your life? What would it provide for you and others?

(Use back if needed)

Why are you worthy of wealth + Abundance? List 10 reasons or more

DAILY MANIFESTING RITUAL:

Palms together in prayer position in front of your heart AND
Touching your chest.- this connection balances masculine/
femenine energies in your body and puts them in front of your heart
energy

1. SAY I AM ____ or I Have ____ (Ex: I AM at my perfect body
weight OR I have a ticket to Hawaii, I have the money for ____)

Close Eyes, Repeat 3 times.

2. Take 3 deep breaths feeling like this is already yours.

3. It's here! It's mine. Thank you! (Say 3 times)

4. 3 Deep breaths- allow the feeling of relief and satisfaction to flow
through you.

Begin each day with this ritual.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

RAMPAGE OF APPRECIATION:

Speak out loud what is going right, what you love, what you appreciate. Go on and on and on about it! Use this when you are feeling good to bring you more of what feels good. You can also use this to lift yourself up when feeling low. Use it anytime to bring more of what feels good to you.