

Prosperity Journal Prompts & Affirmation Guide

Use these prompts and affirmations daily to shift your mindset, release limiting beliefs, and welcome prosperity into your life.

by
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Welcome to Your Prosperity Journaling Practice!

Journaling and affirmations are powerful tools for rewiring your subconscious mind and aligning your energy with financial abundance. Use these prompts and affirmations daily to shift your mindset, release limiting beliefs, and welcome prosperity into your life.

How to Use This Guide

- **Journaling:** Set aside 10-15 minutes daily or weekly to answer a prompt and reflect.
- **Affirmations:** Repeat these affirmations aloud or write them daily in your journal.
- **Embodiment:** Visualize yourself living out your new financial reality as you practice these.

Commit to this practice, and watch as your money mindset shifts, opening doors to new opportunities and abundance!

Part 1: Prosperity Journal Prompts Awareness & Healing Money Blocks

1. What are my earliest memories around money, and how did they shape my current beliefs?
2. What money stories have I inherited from my family, and which ones no longer serve me?
3. What fears or anxieties do I have around money, and where do they stem from?
4. How do I feel when I receive money? How do I feel when I spend money?
5. What are three self-sabotaging behaviors I have when it comes to money, and how can I shift them?

Expanding Into Abundance

1. If money were a person, what kind of relationship would we have? How can I make it more loving?
2. What does financial freedom look and feel like for me?
3. How would I show up differently in life if I fully trusted in my ability to generate wealth?
4. What are three empowering money beliefs I want to adopt?
5. How can I create a sense of financial safety and abundance today, even before my circumstances change?

Embodying Wealth & Prosperity

1. What are five things I am grateful for that money has allowed me to experience?
2. How can I celebrate and appreciate money flowing into my life, no matter how small?
3. If I were already financially abundant, how would I think, feel, and act differently?
4. What steps can I take today to align with my wealthiest, most prosperous self?
5. What is my new, empowering money story? Write it as if it's already happening.

Part 2: Affirmations for Abundance & Prosperity Releasing Scarcity & Fear

- I release all fear and resistance around money.
- Money is a neutral energy, and I choose to welcome it with love and gratitude.
- I am safe to receive, hold, and grow wealth.
- I forgive my past financial mistakes and embrace new opportunities for abundance.
- My self-worth is not defined by my bank account.

Opening to Abundance

- I am a magnet for prosperity, wealth, and financial success.
- Money flows to me in expected and unexpected ways.
- I am worthy of unlimited abundance and financial ease.
- I joyfully welcome more money into my life.
- My income expands in ways that bring me joy and alignment.

Embodying Wealth Consciousness

- I trust in my ability to create and sustain wealth.
- I manage my money with wisdom, clarity, and confidence.
- Every dollar I spend returns to me multiplied.
- I am aligned with the energy of wealth and prosperity.
- Financial success is my natural state of being.



READY FOR MORE?

*Attract and create the
life you desire.*

What began as a journey of self exploration and healing from a difficult divorce has now boomed to a growing and flourishing lifestyle brand created to empower women with tools, books, courses and products that will encourage growth in all the key areas of life.

Fueled by Gratitude's mission is to help women discover a life in which they are not just surviving but a life in which they are thriving in.

RETREATS

COACHING

COURSES

If you are interested in working with Victoria one on one or in one of her group coaching programs use the QR code to sign up or send an inquiry on the many programs offered!

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