

Intensify Your Purpose & Your Wealth Signature System Create & Recreate Mastermind Program

Intensify Your Spiritual Gift & Your Life Purpose

Healing & Coaching Online Business Program



Mindset Journal

Who are you?
Tell me your name?
Do you know you?
Do you know who you want to be?

Use the power of I AM...

I am...

Today is...

WHEN YOU WANT TO CHANGE YOUR SITUATION.
YOU MUST FIRST CHANGE YOUR THINKING.-Jenny Umali

What do YOU WANT?

Write ONE thing that you truly want to have in your life and write it 5 times.

1. _____
2. _____
3. _____
4. _____
5. _____

IF YOU CAN PICTURE YOURSELF DOING ALL THESE...
THERE IS NO WAY THAT YOU CAN'T ACHIEVE IT...Jenny Umali

Paste pictures of what you want here:

Things.Ideal person.Relationship.Yourself.

Write your own check with your name, date, amount of money & sign it.

REPETITION IS LEARNING.

Daily Affirmation

1. _____
2. _____
3. _____
4. _____
5. _____

OUR ENERGIES LIES BENEATH OUR FEELINGS.-Jenny Umali

How do you feel about it?

Close your eyes. Take your time to Vision yourself Being In that Moment.
Bring your Visions & your Feelings into Reality.

1. _____
2. _____
3. _____
4. _____
5. _____

CREATE YOUR LIFE WITH YOUR THOUGHTS & YOUR FEELINGS.

Who are you Grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

What are you Grateful for?

GRATITUDE MAKES YOU APPRECIATE WHAT YOU HAVE.
NOT WHAT YOU DON'T HAVE.

1. _____
2. _____
3. _____
4. _____
5. _____

Manifestations

Write down all your manifestations big or small.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

How are you going to pay it forward?

1. _____
2. _____
3. _____
4. _____
5. _____

