



Hey Sensational Soul!

If you are ever wondering how I perform my **Mastering Your Mindset** journaling in order to CALL IN and manifest my wants and desires into my physical realm, well, I'm in a sharing mood! These will help you, as well, during YOUR Mastering Your Mindset journaling.

Here are some affirmations I use on a daily basis (or for however long it pumps up my soul and feels great to journal out with true conviction):

I am more than enough.

I have a purpose in this world.

I am definitely worthy and deserving of my wants and desires.

I am relaxed, calm, and trusting the process.

The Universe is ALWAYS working FOR me.

The Universe loves me every moment of the day.

I am (insert manifestation)!

My income is always increasing!

When I say yes, the Universe says yes back to me!

I trust in the Divine timing and the “how”.

I am going forward because it feels good to my soul.

When I follow my soul’s wants, I know I am living in my purpose.

I am perfectly allowed to live in my purpose.

Money flows to me in total ease when I live in my purpose.

Money always flows to me in total ease!

It is so easy to live by my soul’s purpose and receive my blessings.

Whenever I do follow my soul’s guidance blessings flow into my life.

Whenever I do follow my soul’s purpose blessings easily flow into my life.

When I live my life by following my soul financial abundance starts flowing into my life.

When I live by my soul's calling financial abundance easily flows into my bank account.

My imperfections are not imperfections at all, I was created by the Universe and I'm always loved.

I am a child of the Universe and I'm worthy of being happy.

It is never too late to choose to allow in ANY and EVERY type of abundance into my life, NOW!

Each time I choose to follow my soul, life chooses to bless me.

Each time I choose to follow my soul, the Universe chooses to work FOR me.

Each time I choose to follow my soul I am a total badass and rockstar at life!

Now it's YOUR turn to finish this sentence stem and fully write out this sentence 20 times:

Each time I choose to follow my soul, I feel...(x 20)!

It feels SO GOOD to empower yourself and open up in order to ALLOW in all of your manifestations! You are here on this earth for a purpose and you are meant to share your gifts to the world. You DO matter, so start sharing your gifts because NO ONE ELSE on this planet has them in the same way YOU have them. You've totally got this!

Carpe Diem!
Journal Girl Jaclyn

Jaclyn Nicole Johnston



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