

## **Journal Prompts: Financial Wellness/Abundance**

### **1. Exploring My Relationship with Money**

1. How do I feel about money? What emotions arise when I think about my financial situation?
2. What messages about money did I receive growing up? How have these beliefs influenced my relationship with money today?
3. How does my current financial situation affect my sense of security and well-being?
4. What is my first memory of money? How did that experience shape my view of finances?
5. How do I currently manage my money? What habits or routines do I have around spending, saving, and investing?

### **2. Identifying Limiting Beliefs About Money**

1. What negative beliefs or thoughts do I have about money (e.g., "There's never enough," or "I don't deserve wealth")? How can I reframe these into more empowering beliefs?
2. What fears about money do I carry with me? How do these fears impact my financial decisions?
3. How do I feel about asking for financial help or support? What prevents me from seeking assistance when needed?
4. How do I react when I think about abundance and wealth? Do I feel deserving of financial success?
5. What is my "money story," and how does it influence the way I interact with wealth and abundance?

### **3. Cultivating an Abundance Mindset**

1. How can I shift my mindset from scarcity to abundance? What small steps can I take today to begin seeing more opportunities for wealth in my life?
2. What are the ways I currently experience abundance (e.g., love, health, opportunities)? How can I apply these experiences to my financial life?
3. What are three things I am grateful for when it comes to my financial situation, no matter how small they seem?
4. What does abundance mean to me beyond just money? How can I embrace abundance in all areas of my life?
5. How can I use positive affirmations or mantras to encourage a mindset of financial abundance?

### **4. Setting Financial Goals**

1. What are my short-term financial goals, and how can I take practical steps to achieve them?
2. What are my long-term financial dreams, and how can I start building toward them today?
3. How do I define financial freedom or financial wellness for myself? What does it look like to me?

4. What financial habits or actions would help me feel more in control of my finances? How can I begin implementing them today?
5. How can I break down my financial goals into smaller, manageable steps that are easier to work toward?

## **5. Money Mindfulness and Awareness**

1. How aware am I of where my money is going? How can I improve my spending habits to align with my values and goals?
2. What is one area of my finances that I tend to avoid or ignore? How can I confront it and take steps to improve it?
3. How do I feel about budgeting or tracking my spending? How can I make this process feel more empowering and less stressful?
4. How can I create a more intentional approach to my financial decisions, focusing on long-term gains rather than short-term gratification?
5. How can I celebrate small financial wins along the way to keep me motivated on my financial journey?

## **6. Gratitude and Financial Abundance**

1. What financial blessings have I already experienced in my life, and how can I express gratitude for them?
2. How can I create a gratitude practice focused on financial abundance, even when things feel tight or uncertain?
3. What do I appreciate most about my ability to earn, save, or invest money? How can I build on these strengths?
4. How can I be more mindful of the ways money flows in and out of my life, and express gratitude for both?
5. How can I give back or share my financial abundance with others in meaningful ways?

## **7. Money and Self-Worth**

1. How do I link my sense of self-worth to my financial situation? How can I separate my identity from my finances?
2. What would it look like if I believed that I am deserving of financial abundance, regardless of my current circumstances?
3. How does my relationship with money impact my sense of confidence or security in other areas of life?
4. How can I practice self-compassion when I make financial mistakes or face setbacks?
5. How can I remind myself that my value is not determined by the amount of money I have or make?

## **8. Overcoming Financial Setbacks**

1. When I think about past financial setbacks, how do I feel? How can I use those experiences to learn and grow financially?
2. What lessons have I learned from previous financial challenges that can help me make better decisions moving forward?

3. How can I take responsibility for my financial situation while also being kind to myself during tough times?
4. What steps can I take today to begin moving past financial setbacks and rebuilding my financial confidence?
5. How can I reframe financial challenges as opportunities for growth, rather than failures?

## **9. Money and Relationships**

1. How do I communicate about money with my partner, family, or friends? How can I improve those conversations to be more open and supportive?
2. What financial boundaries do I need to set in my relationships to ensure my financial wellness and peace of mind?
3. How does my relationship with money impact my relationships with others? What can I do to create healthier financial dynamics?
4. How can I collaborate with others in managing money, whether in a partnership, family, or community, to create mutual financial support?
5. How can I support my loved ones in developing healthier relationships with money?

## **10. Visualizing Financial Abundance**

1. What does my ideal financial future look like? Can I visualize a day in my life when I have achieved my financial goals?
2. How would I feel if I had the financial freedom to do everything I've ever dreamed of? What would my day-to-day life look like?
3. How can I create a vision board or other visual reminders to keep me motivated and focused on my financial goals?
4. How would my life change if I achieved my financial goals and felt abundant in every way? What new opportunities would open up for me?
5. What are three actions I can take this week to move closer to manifesting my financial abundance?