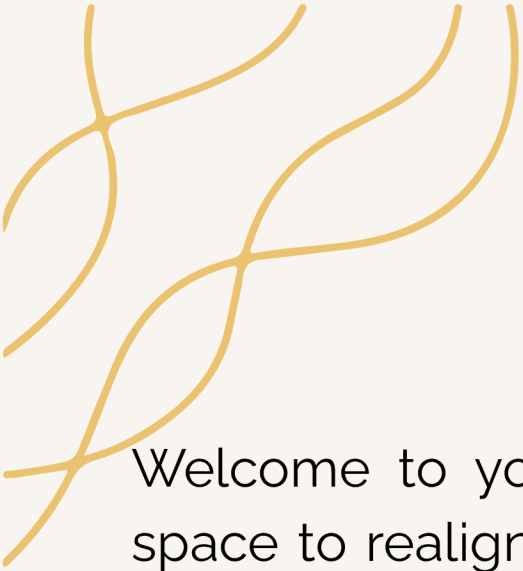




7-DAY ABUNDANCE JOURNAL

Practical manifestation for ambitious women seeking money,
balance, and freedom



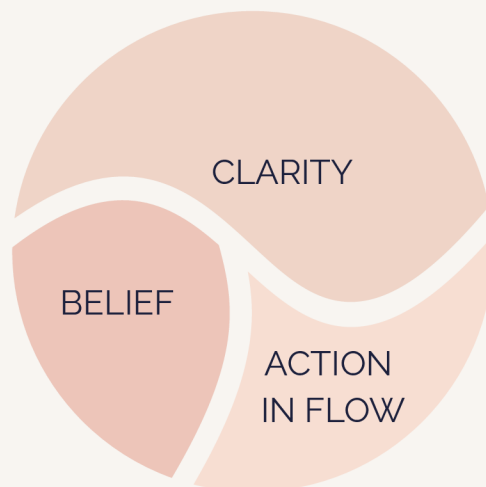
Welcome

Welcome to your 7-day reset. This journal is your space to realign your mind, money, and energy with flow. Spend just 10 minutes a day with these prompts and watch your perspective shift. By the end of 7 days, you'll feel more abundant, clear, and confident about your independence. Remember: Abundance isn't just about money. It's about balance, freedom, and flow.

The Fortune Flow Framework

3 Steps to Align With Abundance:

1. Clarity – Define what you truly want.
2. Belief – Reframe limiting thoughts into expansive ones.
3. Action in Flow – Take simple, aligned action.



Day 1

Daily Intention: I am committed to my goals.

Belief Reframe: “My mind is constantly circulating.”

Action Challenge: Write for 1 week (beyond your salary).

Reflection:

- What emotions come up?
- Where in my life am I stuck?

Daily Intention: I am open to new ways abundance can flow into my life.

Belief Reframe: "Money is scarce" → "Money is abundant and constantly circulating."

Action Challenge: Write down 3 ways money could come to you this week (beyond your salary/job).

Reflection:

- What emotions come up when I think of money as abundant?
- Where in my life am I already supported?



Day 2 - Releasing Resistance

Daily Intention: I release what no longer serves my abundance.

Belief Reframe: "I have to work harder than everyone else to earn" → "I can create wealth with ease and balance."

Action Challenge: List 2 money habits or beliefs you're ready to let go of. Cross them out boldly.

Reflection:

- What's one situation where money came to me easier than expected?
- Where in my life am I already supported?

[illegible]

Day 3 - Defining Freedom

Daily Intention: Abundance supports my independence and choices.

Belief Reframe: "Money limits me" → "Money expands my freedom."

Action Challenge: Imagine your ideal independent life. Write 3 details about what freedom looks like for you.

Reflection:

- How would financial independence change my daily life?
- What's one small step I can take toward that today?

[illegible]

Day

Daily Intention: Gratitude

Belief Reframe: “I’ll not
enough.”

Action Challenge: Write
(or small).

Reflection:

- How does focusing
- Where do I already

Daily Intention: Gratitude amplifies my abundance.

Belief Reframe: "I'll never have enough" → "I always have more than enough."

Action Challenge: Write down 5 things you're grateful for right now (big or small).

Reflection:

- How does focusing on gratitude shift my energy?
- Where do I already see evidence of abundance?



Daily Intention: I am w

Belief Reframe: "I don

opportunities now."

Action Challenge: W

create value for others

Reflection:

- How does owning
- What opportunities

Belief Reframe: "I don't deserve wealth" → "I am worthy of money and opportunities now."

Reflection:

- How does owning my worth feel in my body?
- What opportunities could flow from my unique skills?

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Daily Intention: I take

Belief Reframe: “Money is good with alignment.”

Action Challenge: Identify ways to achieve financial independence (e.g., selling items etc.).

Reflection:

- What action felt like



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Day 7 - Expanding the Vision

Daily Intention: Abundance flows to me, through me, and multiplies.

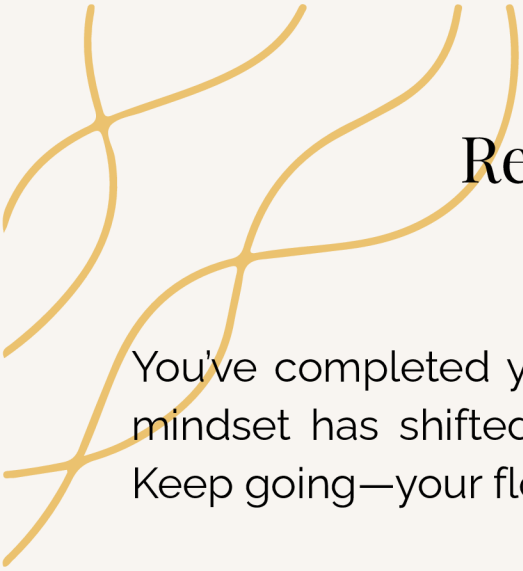
Belief Reframe: "Money stops with me" → "Money multiplies and creates impact."

Action Challenge: Write down 3 ways you'd use extra money to expand your life or help others.

Reflection:

- What excites me most about my abundant future?
- What's one daily habit I'll carry forward beyond these 7 days?

[illegible]



Reflection & Next Step

You've completed your 7-day abundance reset! Notice how your mindset has shifted and what new possibilities are opening up. Keep going—your flow grows with consistency.

Ready for the next step? Continue your journey with the 21-Day Fortune Flow System, where we dive deeper into money mindset, energy rituals, and practical strategies for financial independence.

- Follow on Instagram: [@fortuneflow.method](#)
- Subscribe on YouTube: [@FortuneFlowMethod](#)

