

*Manifesting with Flow and Ease*

## JOURNAL PROMPTS

PART TWO



# Diamond Heart

## *Clearing Hidden Blocks & Strengthening Your Alignment*

*As we deepen this process, it's time to bring clarity to any remaining hidden blocks that may be lingering beneath the surface. I'll guide you through recognising them and releasing them for good.*

### **Identifying Lingering Money Blocks**

Take a moment to reflect deeply - are there any last “funky” beliefs you’ve uncovered about having more money? (Example: “Rich people are \_\_\_\_\_,” or “Making more money will negatively affect my relationship with X, Y, or Z.”) Write them down here so you can bring them into the light.

#### **Trigger Word: “Rich”**

For many people, the word “rich” stirs up deep-rooted feelings and beliefs. Other words like “wealth” or “abundance” don’t always trigger the same reaction.

- How does it feel when you say, “I want to be rich”?
- Do any doubts, resistance, or uncomfortable emotions come up?
- What do these feelings reveal about your mindset around wealth?

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**Strengthening Your Belief in Your Value**

What do you truly need to believe in - or reinforce your belief in - when it comes to what you have to offer the world?

- How do your skills, talents, and passions create value?
- What beliefs will best support you in stepping into the financial abundance you desire?

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# Designing Your Dream Life

- What kind of lifestyle aligns with your highest desires?
- What level of wealth would fully support your vision?
- What career, job, or business would make you feel deeply fulfilled?
- What do your ideal days look like?

Write out the details. The clearer you get, the easier it is to step into that reality.

This image shows a full page of blank, white-lined paper. The paper has horizontal ruling lines spaced evenly apart, typical of notebook paper. There are no margins, text, or other markings on the page.

## *Making the Decision to Receive with Ease*

### **Decide that abundance can be easy.**

No matter what your desires are, allow the most effortless, aligned solution to unfold. There is nothing spiritual about struggle or overworking without reward.

Decide to release negative money stories.

- Be the gentle observer of your thoughts.
- Acknowledge any discomfort, but don't attach to it.
- Question every limiting belief - is this actually true?
- Remember: The only problem is in your mind - and your mind can be changed.

Decide to welcome wealth.

- Choose to believe that money flows to you easily and naturally.
- Know that the universe is working with you, and all that is good desires your success.
- Trust that your desires are always supported.

## Affirmations to Integrate

- I am open to unlimited opportunities to create wealth.
- Inspired ideas for abundance flow to me effortlessly.
- I am ready and willing to receive more money than ever before.
- The Universe is always supporting me in co-creating my dream life.
- My next financial breakthrough is as close as my next breath - I am so ready.
- I release all resistance to wealth and allow money to flow freely into my life.
- I am worthy and deserving of infinite abundance.
- I pay my bills, team, and expenses with joy, knowing money is always flowing in.
- Prosperity circulates through me freely - I give and receive with ease.
- There is always more coming in than going out.
- I celebrate the consistent flow of abundance in my life.
- I welcome greater and greater financial prosperity every day.
- Life meets all my needs in generous and abundant ways - I trust in its support.
- The money I receive is a joy to handle, and I manage it wisely.
- I receive wealth with ease and confidence.

**Now, add your own empowering affirmations here:**

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

## Next Steps in Your Money Manifestation Journey

As you continue this journey, let's explore the next steps in deepening your manifestation practice. We'll also look at areas where resistance may still show up - and how to move through it with ease.

### Elevating Your Vibration

Manifestation works best when your energy is aligned with what you desire.

- What are some simple, practical ways you can (and will) raise your vibration?
- What activities, rituals, or habits make you feel abundant, joyful, and in flow?

Make a list of high-vibe actions you can integrate into your daily life.

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### Identifying & Protecting Your Energy Leaks

Where do you feel like your energy gets drained? (This could be through certain habits, people, thoughts, or environments.)

- What are some ways you can pull your energy back and feel more centered?
- How can you protect yourself from these leaks before they happen?

Jot down your action plan for keeping your energy strong and aligned.

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## Creating a Manifestation Altar

Consider setting up a small space dedicated to your manifestation practice. An altar is a physical representation of your desires and a sacred place to focus your energy.

### Purpose of an altar:

- Helps you stay connected to your goals and intentions.
- Serves as a visual reminder of what you are calling in.
- Creates a space for reflection, prayer, or meditation.

### How to create one:

1. Choose a small area (a shelf, table, or even a windowsill).
2. Add meaningful items, such as:
  - A candle (symbolising light and clarity).
  - Crystals or coins (representing abundance).
  - A journal or written affirmations.
  - A small plant or flowers (symbolising growth).
  - Anything else that resonates with your intentions.
3. Spend a few moments each day at your altar, setting your intentions, visualising, or meditating on your financial abundance.

What will you place on yours? How does it feel to imagine looking at it or meditating in front of it?

## **Speeding Up Your Manifestation Practice**

If the steps feel natural and your manifestations are flowing in quickly, challenge yourself to move through the process at a faster pace.

- Try completing the nine-step process in a focused 20-minute session and see how it feels (first workbook, page eight)
- Experiment with trusting your intuition and letting your energy shift faster.
- Most importantly - don't stress over it!

## **Continuing Your Manifestation Journey**

The work you've been doing doesn't stop here - it's an ongoing process. As you grow, you'll refine your approach, deepen your beliefs, and set new goals that align with your evolving desires.

You've been exploring and experimenting with these manifestation principles for a while now, and you have the power to shape them in a way that feels right for you.

### **Recap: The Core Manifestation Principles**

Here are the foundational beliefs that support this work:

- You can have whatever you desire.
- There are no limits or boundaries to what is possible.
- Nothing is predetermined to block your success - you are free to create the life you want, including wealth.
- The desires in your heart were placed there for a reason.
- Your dreams are divinely inspired and meant for you to pursue.
- Your desires, combined with faith and aligned action, allow you to co-create your ideal life.
- The Universe, God, or your chosen higher power fully supports you.

These are the guiding principles I believe in, but you get to decide your own!

### **Define Your Own Manifestation Rules**

Now, it's your turn.

- Which of these rules resonate with you the most?
- Do you want to adjust or rewrite them in a way that feels even more aligned?
- What new rules do you want to create for yourself?

Use the space on the next page to write your own personal rules for abundance and manifestation:

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Setting Your Energetic Minimums

Your energetic minimum is the baseline standard that you are no longer willing to dip below. When you set these standards, you create a firm foundation for abundance to flow to you.

Ask yourself:

- What is the lowest amount of income you are available for?
- What is the minimum standard of living you are willing to accept?
- What is the next level up from where you are now - without having to push or struggle for it?
- What is the big financial goal you are aiming for in the future?

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## Create Your Abundance Affirmations

Write affirmations that reinforce what you are available for:

- I always earn between \_\_\_\_\_ and \_\_\_\_\_.
- I continuously attract opportunities that feel \_\_\_\_\_.
- I effortlessly create a life filled with \_\_\_\_\_.

Use these statements as daily reminders of the abundance you are calling in.

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## Sleep Homework

What would you like to be resolved, sorted, or worked through while you sleep? Set an intention before bed and allow your subconscious to process solutions effortlessly.

### ✨ Recommended Nighttime Meditations:

- Brainwave Entrainment – Binaural beats or delta wave frequencies to support deep healing and manifestation.
- Guided Sleep Affirmations – Play positive affirmations overnight to rewire your beliefs while you rest.
- Future Self Visualisation – Meditations that guide you to connect with the version of you who already has everything you desire.

## Future Self & Quantum Leap Homework

What area of your life or business are you ready to quantum leap forward in right now?

- Where are you headed in life?
- Who is the future version of you? What does she know without a doubt?
- How does she feel daily? Confident? Secure? Joyful?
- What new energies do you want to embody moving forward?
- What kind of ease, flow, and abundance do you want to invite into your life?

This image shows a full page of blank handwriting practice paper. It features a light blue background with horizontal ruling lines. The top section has a solid blue header bar. Below it, there are two rows of dashed midlines for letter height guidance. The main body of the page consists of multiple sets of three-line guides (top solid line, middle dashed line, bottom solid line) for practicing letter formation. The bottom section includes another row of dashed midlines and a final set of three-line guides. The entire page is designed to help students learn proper letter size and placement on lined paper.

## Design & Rearrange Your Life

Take a step back and look at your current reality:

- What situations in your life feel stagnant or misaligned?
- Where could the energy be shifted, expanded, or rearranged?
- If you could completely transform one area of your life right now, what would it look like?

Now, imagine it already done.

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### Ask Yourself Again

If you could have everything you wanted right now, what would you choose?

(Take a moment to answer this without overthinking - it's powerful to check in with this question regularly!)

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**Affirmations to Integrate**

- 🌟 I allow everything to unfold in my favour. Life is always working for my highest good.
- 🌟 It is safe to expand, earn, and receive abundance with ease.
- 🌟 My heart’s desires are divinely timed, and my moment is always now.
- 🌟 The Universe responds to me and is constantly working with me to bring my desires into reality.

**Add your own affirmations here:**

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