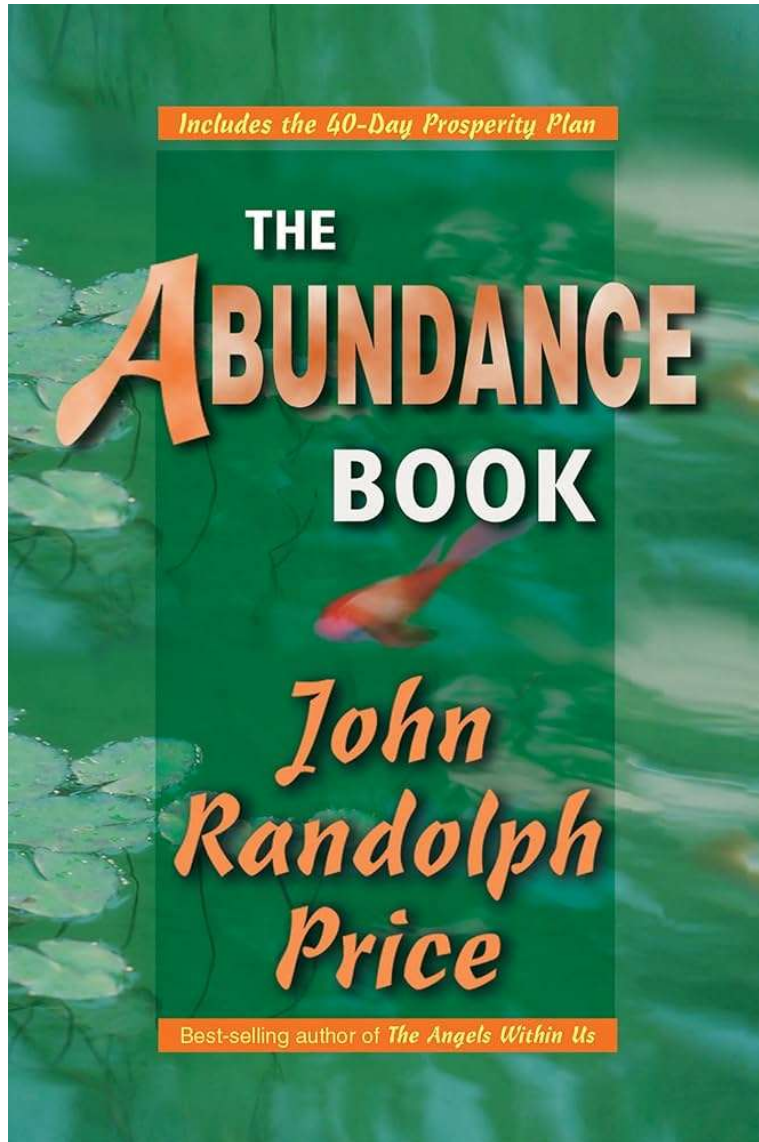


OUR ABUNDANCE JOURNEY

A Study Guide & Journal for Financial Well-Being

February 18 – April 3



Opening Intention & Prayer

I, _____ enter this journey with willingness rather than perfection. I choose awareness over avoidance, compassion over judgment, and faithful action over fear.

Spirit of Life, guide my thoughts, words, and actions as I cultivate a healthy relationship with abundance.

And so it is.

Prosperity Prayer
by Ernest Holmes

Divine abundance is forever manifesting in my affairs.

Today I expect every good thing to come to me, for I know that Divine abundance is forever manifesting itself in my affairs.

I am keeping my whole mind and thought and expectation open to new experiences, to happier events, to a more complete self-expression.

Everything that belongs to Spirit, I accept. Everything that partakes of the nature of Divine Reality, I claim as my own. I identify with success, and I prosper in everything I do.

As I give thanks for the good now flowing into my life, I gladly share that good with others. The more I give, the more I receive. I experience a deeper consciousness of peace and security, for I know that I am in the embrace of a warm, loving Presence forever seeking an outlet through me.

My cup runneth over! I exist in limitless possibility.

-- from *A Holmes Reader on Practical Wisdom*

Wednesday, February 18

Affirmation:

I am willing to see my relationship with money through new, compassionate eyes.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Thursday, February 19

Affirmation:

I release shame and welcome clarity around my finances.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Friday, February 20

Affirmation:

Awareness is the first act of prosperity.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Saturday, February 21

Affirmation:

I honor my progress, no matter how small it may seem.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Sunday, February 22

Affirmation:

I set intentions that align Spirit, action, and prosperity.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Monday, February 23

Affirmation:

I am open to new ideas about earning, saving, and giving.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Tuesday, February 24

Affirmation:

My thoughts about money are becoming more loving and truthful.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Wednesday, February 25

Affirmation:

I pause, assess, and choose again.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Thursday, February 26

Affirmation:

I trust myself to make wise and loving financial decisions.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Friday, February 27

Affirmation:

I am learning to respond rather than react to money matters.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Saturday, February 28

Affirmation:

Completion builds confidence and trust.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Sunday, March 01

Affirmation:

I consciously choose goals that support my financial wholeness.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Monday, March 02

Affirmation:

I am worthy of financial stability, dignity, and ease.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Tuesday, March 03

Affirmation:

Money responds to clarity, intention, and loving action.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Wednesday, March 04

Affirmation:

I am willing to course-correct without judgment.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Thursday, March 05

Affirmation:

I can learn new financial habits at any stage of life.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Friday, March 06

Affirmation:

I bless every dollar that comes to me and flows from me.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Saturday, March 07

Affirmation:

Completion builds trust within me.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Sunday, March 08

Affirmation:

I choose a financial goal aligned with wisdom and self-respect.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Monday, March 09

Affirmation:

I am becoming a thoughtful steward of my resources.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Tuesday, March 10

Affirmation:

My financial life reflects my values more clearly each day.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Wednesday, March 11

Affirmation:

I pause and choose intention over impulse.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Thursday, March 12

Affirmation:

I trust myself to ask for help when I need it.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Friday, March 13

Affirmation:

My relationship with money is healing.

Journal Reflection:

- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Saturday, March 14

Affirmation:

I honor effort, not perfection.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Sunday, March 15

Affirmation:

I set goals that support both peace and progress.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Monday, March 16

Affirmation:

I release fear and welcome informed action.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Tuesday, March 17

Affirmation:

I am allowed to grow beyond old financial stories.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Wednesday, March 18

Affirmation:

Awareness empowers me to change.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Thursday, March 19

Affirmation:

I act in alignment with my highest good.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Friday, March 20

Affirmation:

I celebrate honest effort.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Saturday, March 21

Affirmation:

I choose goals that reflect self-trust.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Sunday, March 22

Affirmation:

I am supported as I learn new ways of being prosperous.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Monday, March 23

Affirmation:

I practice patience with myself and my process.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Tuesday, March 24

Affirmation:

I notice where abundance already exists in my life.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Wednesday, March 25

Affirmation:

I am capable of adjusting without self-criticism.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Thursday, March 26

Affirmation:

I take responsibility with compassion.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Friday, March 27

Affirmation:

I acknowledge growth, even when it feels subtle.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Saturday, March 28

Affirmation:

I set intentions rooted in hope and realism.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Sunday, March 29

Affirmation:

I release outdated beliefs about scarcity.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Monday, March 30

Affirmation:

I forgive myself for past financial choices.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Tuesday, March 31

Affirmation:

I choose wisdom over worry.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Wednesday, April 01

Affirmation:

I trust Spirit as my source and guide.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

Thursday, April 02

Affirmation:

I rise into a renewed, faithful, and empowered relationship with abundance.

Journal Reflection:

- ☐ Daily read in The Abundance Book
- ☐ Read the Prosperity Prayer aloud
- ☐ Checked in with someone to offer support
- ☐ Took steps toward my weekly goal
- ☐ Financially supported my Center

All Affirmations Used

February

- **Feb 18:** I am willing to see my relationship with money through new, compassionate eyes.
 - **Feb 19:** I release shame and welcome clarity around my finances.
 - **Feb 20:** Awareness is the first act of prosperity.
 - **Feb 21:** I honor my progress, no matter how small it may seem.
 - **Feb 22:** I set intentions that align Spirit, action, and prosperity.
 - **Feb 23:** I am open to new ideas about earning, saving, and giving.
 - **Feb 24:** My thoughts about money are becoming more loving and truthful.
 - **Feb 25:** I pause, assess, and choose again.
 - **Feb 26:** I trust myself to make wise and loving financial decisions.
 - **Feb 27:** I am learning to respond rather than react to money matters.
 - **Feb 28:** Completion builds confidence and trust.
-

March

- **Mar 1:** I consciously choose goals that support my financial wholeness.
- **Mar 2:** I am worthy of financial stability, dignity, and ease.
- **Mar 3:** Money responds to clarity, intention, and loving action.
- **Mar 4:** I am willing to course-correct without judgment.
- **Mar 5:** I can learn new financial habits at any stage of life.
- **Mar 6:** I bless every dollar that comes to me and flows from me.
- **Mar 7:** Completion builds trust within me.
- **Mar 8:** I choose a financial goal aligned with wisdom and self-respect.
- **Mar 9:** I am becoming a thoughtful steward of my resources.
- **Mar 10:** My financial life reflects my values more clearly each day.
- **Mar 11:** I pause and choose intention over impulse.
- **Mar 12:** I trust myself to ask for help when I need it.
- **Mar 13:** My relationship with money is healing.
- **Mar 14:** I honor effort, not perfection.
- **Mar 15:** I set goals that support both peace and progress.
- **Mar 16:** I release fear and welcome informed action.
- **Mar 17:** I am allowed to grow beyond old financial stories.
- **Mar 18:** Awareness empowers me to change.
- **Mar 19:** I am learning to respond, not react, to money matters.
- **Mar 20:** I act in alignment with my highest good.
- **Mar 21:** I celebrate honest effort.
- **Mar 22:** I choose goals that reflect self-trust.
- **Mar 23:** I am supported as I learn new ways of being prosperous.
- **Mar 24:** I practice patience with myself and my process.
- **Mar 25:** I notice where abundance already exists in my life.

- **Mar 26:** I am capable of adjusting without self-criticism.
 - **Mar 27:** I take responsibility with compassion.
 - **Mar 28:** I acknowledge growth, even when it feels subtle.
 - **Mar 29:** I set intentions rooted in hope and realism.
 - **Mar 30:** I release outdated beliefs about scarcity.
 - **Mar 31:** I forgive myself for past financial choices.
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April

- **Apr 1:** I choose wisdom over worry.
- **Apr 2:** I trust Spirit as my source and guide.
- **Apr 3 (Easter Sunday):** I rise into a renewed, faithful, and empowered relationship with abundance.