



The Abundant Mind Journal

Get Clarity of the Mind.

Over the next 29 pages you will begin to take notice of what clutter may be in your mind and what greatness you need to infuse in it. Take your time each day and get to know a stronger, wiser you.

Success, xoxo

This Book Belongs To

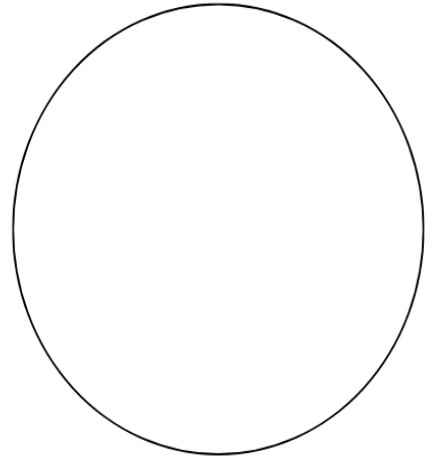
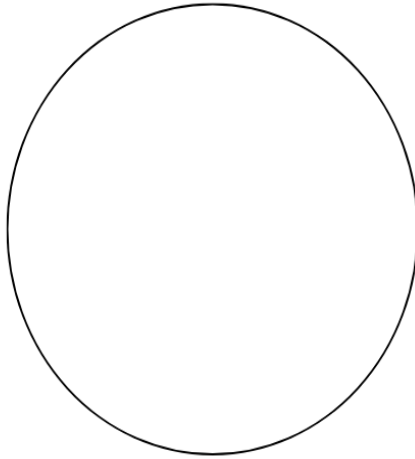
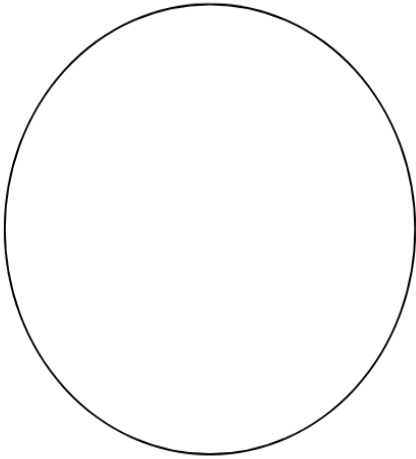
SELF CARE LOG

Week:

Selfcare Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Notes

POSITIVE AFFIRMATIONS



My Positive Affirmation Statement

[illegible]

REFRAME MY THOUGHTS

Negative Thought	Positive Thought
Negative Thought	Positive Thought
Negative Thought	Positive Thought
Negative Thought	Positive Thought

DAILY PLANNER

Date:

Daily Affirmation

I am Grateful For

Schedule

Top 3 Tasks

6 AM

7 AM

8 AM

9 AM

10 AM

11 AM

12 PM

1 PM

2 PM

3 PM

4 PM

5 PM

6 PM

7 PM

To-Do List

MY MANIFESTATIONS

[illegible]

INSPIRATIONS



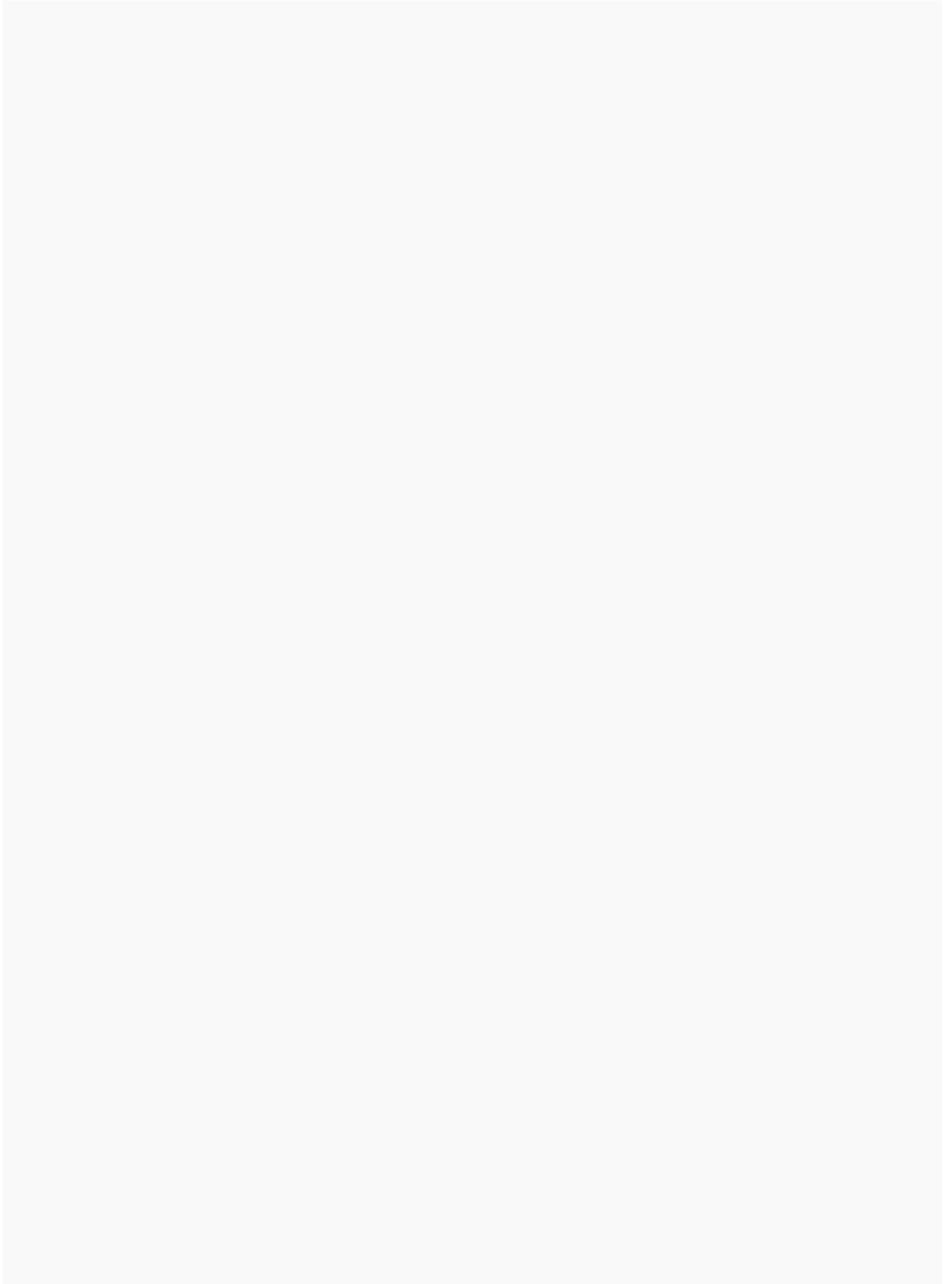
Case No. _____	
Date _____	
Patient Name _____	
Room No. _____	
Physician _____	
Nurse _____	
Diet _____	
Medication _____	
Vital Signs _____	
Physical Exam _____	
Laboratory Tests _____	
Imaging Studies _____	
Treatment Plan _____	
Progress Notes _____	
Discharge Summary _____	



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VISION BOARD



GRATITUDE LIST

Things In Life I Am Grateful Today

Family

Health

Relationships

Mental

Finance

Career

GRATITUDE LIST

Things In Life I Am Grateful Today

[illegible]

GOAL PLANNER

Start Date:**End Date:**

My Goal

Affirmation

Action Plans

☐☐☐

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CURRENT SITUATION

Date:

My Current Situation

Concerns About My Current Situation

Things I am grateful for Despite My Situation

What Is My Desired Outcome

BUDGET PLANNER

Start Date:

End Date:

Fixed Expenses	Amount	Due Date

Variable Expenses	Amount	Did It Add Value To My Life

Saving		How I can Improve My Finance Next Month
Starting Balance		
Deposit-Week 01		
Deposit-Week 02		
Deposit-Week 03		
Deposit-Week 04		
Saving Total		
Ending Balance		

SPENDING LOG

[illegible]

INCOME TRACKER

Month:[illegible]

ABUNDANCE TRACKER

Health

I am Grateful for

I Intend to Manifest

I Will Celebrate My Abundance by

ABUNDANCE TRACKER

Money

I am Grateful for

I Intend to Manifest

I Will Celebrate My Abundance by

ABUNDANCE TRACKER

I am Grateful for

I Intend to Manifest

I Will Celebrate My Abundance by

Date:

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

Notes

Date:

Handwriting practice lines consisting of 20 horizontal dotted lines.

Notes

Date:

[illegible]



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