Abundance Mindset
30 day
Journal Guide

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As you work on self improvement, one powerful tool you can use is to journal (or write) daily about your thoughts, feelings, challenges, celebrations, or just whatever is in your current awareness.

The following 30 days of thoughts are intended for use as a focus to journal about. It’s to help get your own juices flowing about where you are, where you want to be and find some answers from within.

Commit to a certain time of day to do this so you will be more likely to continue doing it.

Sit in a quiet place and think about how the thought, saying or question applies to you and your current life. Start writing what comes to mind without judgment or expectation.

All it takes is courage and the desire to change. Open your mind and heart and begin…

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30 Days To Greater Awareness

Day 1

All healing is at the mind level. This applies to all areas of your life. If you want to change your results, you HAVE to change your thoughts. It really is a choice, and you can choose to change. Start by reaching for just one thought better than where you find yourself.

Day 2

What does it mean when people say "thoughts are things?" Your thoughts create mind images that are like faith magnets that will attract you to things that correspond with your beliefs. Thinking about good things and what you do want (not what you don't want) can direct your thoughts in the same way you steer a car.

Day 3

It doesn't matter if your belief is real or not...if you believe it, it is real to you. What belief do you have that it's time to let go of so you can move forward? Do it with love of self and it will be much easier.
Day 4

"You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice. What you do comes from what you think." ACIM  
Look at what you are doing that does not serve you, then search for the thought that created it & change it from there.

Day 5

Trust your inner knowing...it is there for a reason. If something doesn't ring true for you think about whether it is because it threatens you, it challenges you, or it just isn't your truth at this moment. If you discover you need to change something then do it, if not just move on and let it go.

Day 6

One of the greatest gifts God gave us is the gift of choice. If you have results in your life you don't like, you can always change your thoughts and thereby change the actions that are causing it. Remember, no matter what, you CAN always choose again.
Day 7

God will reveal to you what you need to know as you need to know it. It is also a matter of being able to accept what you are being shown and being in a place to embrace it.

Day 8

Since the only thing constant is change, we need to embrace this idea. We are in control of how we view the world. If you can choose, why would you not choose peace and allow the ebb and flow of life (change) without resistance?

Day 9

You cannot deny part of truth." ACIM - Just like you can't be a little bit pregnant...you either are or are not, you either accept (want) truth or you don't.
Day 10

Do you think you can control someone else and make choices for them? Consider this...would you want someone else to control you and make choices on your behalf? Stop worrying about others and focus on you, loving you, and being the best you that you can be.

Day 11

"I have no neutral thoughts" ACIM - You must embrace the fact your thoughts create everything you see. You judge whether something is good or bad and with that judgment you choose whether it is worthy of love or not. Everything of God is worthy of love.

Day 12

Think about this...if you're worrying about what others think about you, those same people are just worrying about what you think of them. Don't ever let the fear of what other's think stop you.
Day 13

"When a mind has only light, it knows only light. Its own radiance shines all around it, & extends into the darkness of other minds, transforming them into majesty." ACIM - When you hear someone say, “As you heal yourself, you heal the world,” this explains how it works. Notice that when you change on the mind level, you feel better, act better, and the people around you respond to this. It's because your light is the spark that ignites theirs.

Day 14

Sometimes the hardest thing to do when making a decision is to get out of our heads and into our hearts. Decisions made from the heart acknowledge your feelings and you can’t "feel" with your head.

Day 15

What would you change if you could? You can change anything you want by first making the decision you want to. Our free will gives us this wonderful thing called choice, so if you want to change something, decide you want to, choose again and you've put the Universal wheels in motion.
Day 16

Are you content with littleness? What scares you about playing big? It's as if you're settling for crumbs when the Universe has prepared a banquet table for you.

Day 17

If you know you're not doing something out of fear, ask yourself “What's the worst thing that could happen?” Now, ask yourself what would your reward be for doing it? See if that helps you put it in perspective.

Day 18

When an opportunity comes your way, if your mind starts racing with all the "stuff" it may take to make it happen, remind yourself to stay in the moment. Take the first step in faith and allow the rest to unfold.
Day 19

When you are exploring new options some things will flow freely and you may also experience some obstacles. You will have to consider is it worth the cost? The Universe will lead you, but the choice is yours. Only you can answer the question because one of the powers you have is the power of choice.

Day 20

There are no endings, only transitions. Embrace the feeling of excitement about what's coming next when something has ended to make room for the new!

Day 21

Ask yourself if you're really playing full out. If not, why not? If you sit with it awhile, what you come up with may surprise you.
Day 22

By being the best you can be, you are helping make this world a better place. Successful people recognize that when they become more successful and at peace with who they are and want to be, the end result is - it always helps others as well. People want to be around others who emulate success and happiness, and it does rub off.

Day 23

If you never try, you are guaranteed to fail.

Day 24

If you are waiting for perfection before you put something out there, you're probably avoiding something else such as fear of rejection. What's the worse that can happen if someone judges you? You are not perfect, should you care?
Day 25

As you continue to persistently pursue your desires, the way to succeed will be revealed step by step. It is a process. If you are going to wash your face, you can't put soap on the rag if you don't get the rag first. Your answers will come in the order necessary... take the first step in faith when you are divinely inspired and the rest will come as needed.

Day 26

While embracing your greatness, don't worry about others loving you and the idea of what you are doing. When you love yourself enough it won't matter what others think, and then it will naturally overflow to them. Yes, we are all capable of that much love.

Day 27

If you think stepping into your greatness is scary for you, it's just as scary to the others in your life. They fear they are losing the person they know, so be aware of this, do it anyway and be patient because as you grow so will they.
Day 28

What are you waiting for? Whatever it is, when "it" happens, will you replace it with something else? Own your greatness now and start living the life you desire. It's a choice, so if you've chosen wrongly...choose again.

Day 29

Do you fear the unknown, the unfamiliar? Once you've done something, been somewhere, or had an experience, it is no longer unfamiliar to you. Did you fear the first time you drove a car? Now you don't give it a second thought.

Day 30

Love yourself and don't think you need someone or something else to make you whole. Recognize the whole, complete, wonderful person you are. Stop trying to write the script - the Universe is ready, willing and able to lift you higher than you can imagine.
Now that you enjoy journaling and have learned how much it can help you on your life’s journey, I hope you will continue. Your inner wisdom is always available.

Blessings,

Sharon Hess