



WEALTH

with Ease

30 DAY AFFIRMATION JOURNAL

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VISION & MIND-MASTERY





Hello!

I am Tasha, co-founder of the Science of Getting Rich Academy and a Master Manifestor.

Journaling has been my go to tool and what I teach my clients to use when they want **to manifest more money with ease.**



WHY THIS WORKS : The seemingly simple act of writing unlocks all sorts of psychological and personal dynamics which translate to real tangible results. Writing out a desire or an affirmation by hand could increase your chance of achieving it by as much as 100% . That's because science proves that using your hand to write out a desire activates many neural pathways in your brain which helps you to successfully load information into your memory.

By giving attention to making positive affirmations about money every day you tell your Reticular Activating System (RAS) in your brain this is important to me, and it begins the subconscious work of bringing circumstances that match your desired manifestation.

THIS WORKS!

It's Science, It's proven and it feels REALLY good to spend time every day thinking about a life of financial abundance and the changes that will bring to your life.

Have fun manifesting lots of money!

Tasha Chen



INSTRUCTIONS FOR *using this journal*

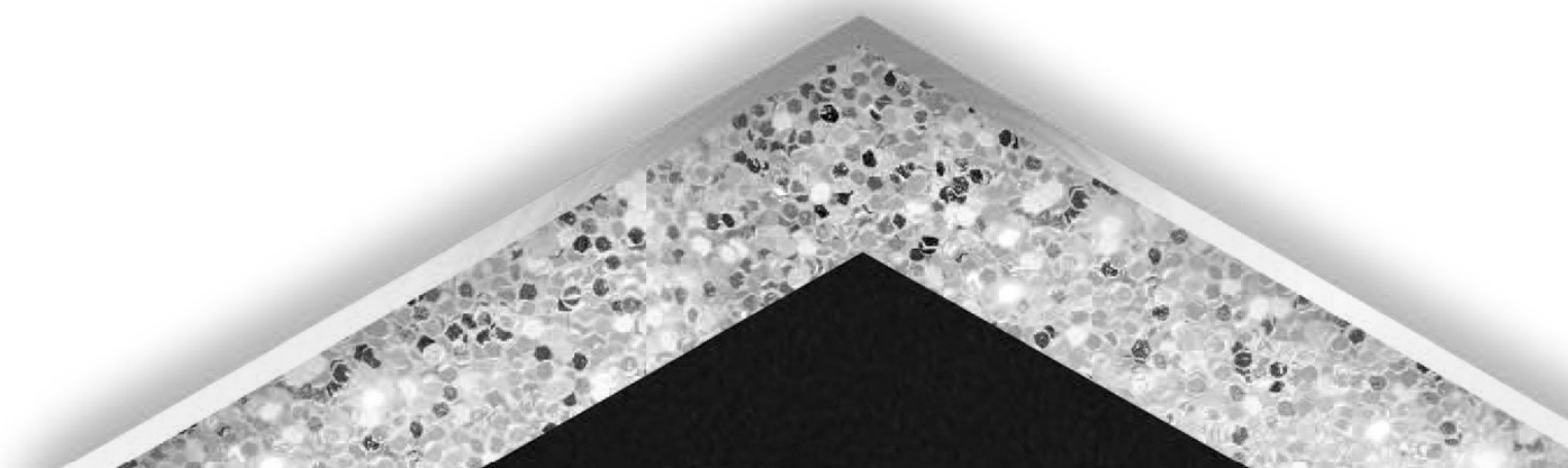
- 1.** Commit to completing this journal in 30 Days
- 2.** Each day write out the assigned affirmation 8 times
- 3.** Write out the amount you desire to attract in the next 12 months

(e.g. I am grateful I manifested \$200,000 this year
OR I am grateful I now have \$20,000 in my bank account)



5 MONEY

Journal Tips

- 1.** Decide on what you want the money for. (For example a trip, a gift, a bill paid in full, down payment on a house)
 - 2.** Imagine how it would feel to have the thing or experience money will bring you.
 - 3.** Decide on a dollar amount: \$_____ or more.
 - 4.** Feel gratitude now that once this desire is written it is done and on its way to you.
 - 5.** Write a thank you journal entry as if you received your desires, including that the money came easily.
- 

DAY 1

DAILY AFFIRMATION

I deserve financial abundance.

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this amount in my bank account:

\$

DAY 2

DAILY AFFIRMATION

Being wealthy and financially
free is possible for me.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 3
DAILY AFFIRMATION
I am grateful for money.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

**I am so grateful that I have this
amount in my bank account:**

\$

DAY 4

DAILY AFFIRMATION

I am a magnet of lots of money.

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$

DAY 5

DAILY AFFIRMATION

I love how easily money comes to me.

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$

DAY 6

DAILY AFFIRMATION

I am a vibrational match to wealth.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 7

DAILY AFFIRMATION

I am happy, healthy and wealthy.

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$

DAY 8

DAILY AFFIRMATION

I love my life of financial abundance.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 9

DAILY AFFIRMATION

I am a vibrational match to wealth.

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$

DAY 10
DAILY AFFIRMATION
I love watching my money multiply.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 11

DAILY AFFIRMATION

I am always attracting lots of money.

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$

DAY 12

DAILY AFFIRMATION

I love how money comes to me
with ease and joy.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 13
DAILY AFFIRMATION

I am open to receiving lots of money.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 14

DAILY AFFIRMATION

I have enjoyed my money.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 15
DAILY AFFIRMATION
I love having multiple
sources of income.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 16
DAILY AFFIRMATION

I am great at receiving money.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 17

DAILY AFFIRMATION

Large sums of money comes
easily to me all the time.

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$

DAY 18

DAILY AFFIRMATION

I am a great money manager.

1.
2.
3.
4.
5.
6.
7.
8.

I am so grateful that I have this amount in my bank account:

\$

DAY 19
DAILY AFFIRMATION

I am grateful for all the money I have.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 20
DAILY AFFIRMATION

I am creating wealth and
success in my life.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 21

DAILY AFFIRMATION

I am grateful to receive
unexpected money.

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$

DAY 22

DAILY AFFIRMATION

Wealth constantly flows into my life.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 23

DAILY AFFIRMATION

I am grateful my money
makes more money.

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$

DAY 24

DAILY AFFIRMATION

I am grateful for the money
I receive and circulate.

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$

DAY 25

DAILY AFFIRMATION

I am grateful financial
freedom is my reality.

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$

DAILY AFFIRMATION

I am abundant and generous
with my money.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 27

DAILY AFFIRMATION

My money makes my life
and others better!

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$

DAY 28
DAILY AFFIRMATION

I am having fun with my
financial abundance.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

I am so grateful that I have this
amount in my bank account:

\$

DAY 29

DAILY AFFIRMATION

I am feeling so good
about being WEALTHY!

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$

DAY 30

DAILY AFFIRMATION

I am truly grateful for my wealth!

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$

DAY 31

BONUS AFFIRMATION

I am now a happy wealthy person.

1.

2.

3.

4.

5.

6.

7.

8.

I am so grateful that I have this
amount in my bank account:

\$



Manifest your greatest desires.

TASHACHEN.COM