

THE abundance JOURNAL

I hear the birds chirping while being wrapped in silence. It is early morning and I am walking barefoot outside through the soil that is still cold from the night.

I look at the growth in our vegetable garden beets, pick some fresh strawberries and smell the orange blossoms on our tree.

Once I sipped my first tea in silence and took some time to journal, I hear my beloved getting ready and we take the 5-minute walk through a small nature path to the beach.

There are only really few people in the early morning and the air is still fresh. We enjoy the dip into the cold sea, swim through the crystal clear water, and warm ourselves in the morning sun.

When we moved here years ago, I couldn't yet imagine that my days would start like this before I am sitting down and doing client work.

I dreamt of freedom, space, and alignment.

I called this life in and took the necessary action steps into my desired direction, but my imagination of how it would feel was way smaller than the reality I am living in now.

Living sustainably and aligned with our values.
We do have only a small tiny 55 square meter home that is for us as a family of 4 and we have a garden that we love.

It feels like such an intentional creation process that brought us here.

It was the connection to the question of how success looks and feels like to us as a family.

The courage to change the things that once felt right.

The trust in the journey and ourselves.

To me, creating a business is not only about creating a business.

I want my business to be the roots of my life. It is the place where we absorb all the nutrients through the rich soil and where we nourish the life we desire.

I love what I do.
My business and the beautiful connections I have with my clients nourish me and fill me up.

I love my life.
I love the time I spend with my beloved and our daughters. Enjoying time in the sea, sharing delicious meals, and seeing my daughters believe in their dreams.

Do you know those moments where you encounter a situation in your created reality that you once held in your heart as a future vision?

For me, those moments are created in my journal. This is where I put the seed into the soil.

My journal is my tool for magical creation.
My journal is at the roots of the live I am living now.

On the next pages you find questions to reflect and dive deep into the layers of your soul to inspire you to embody the energy of abundance.



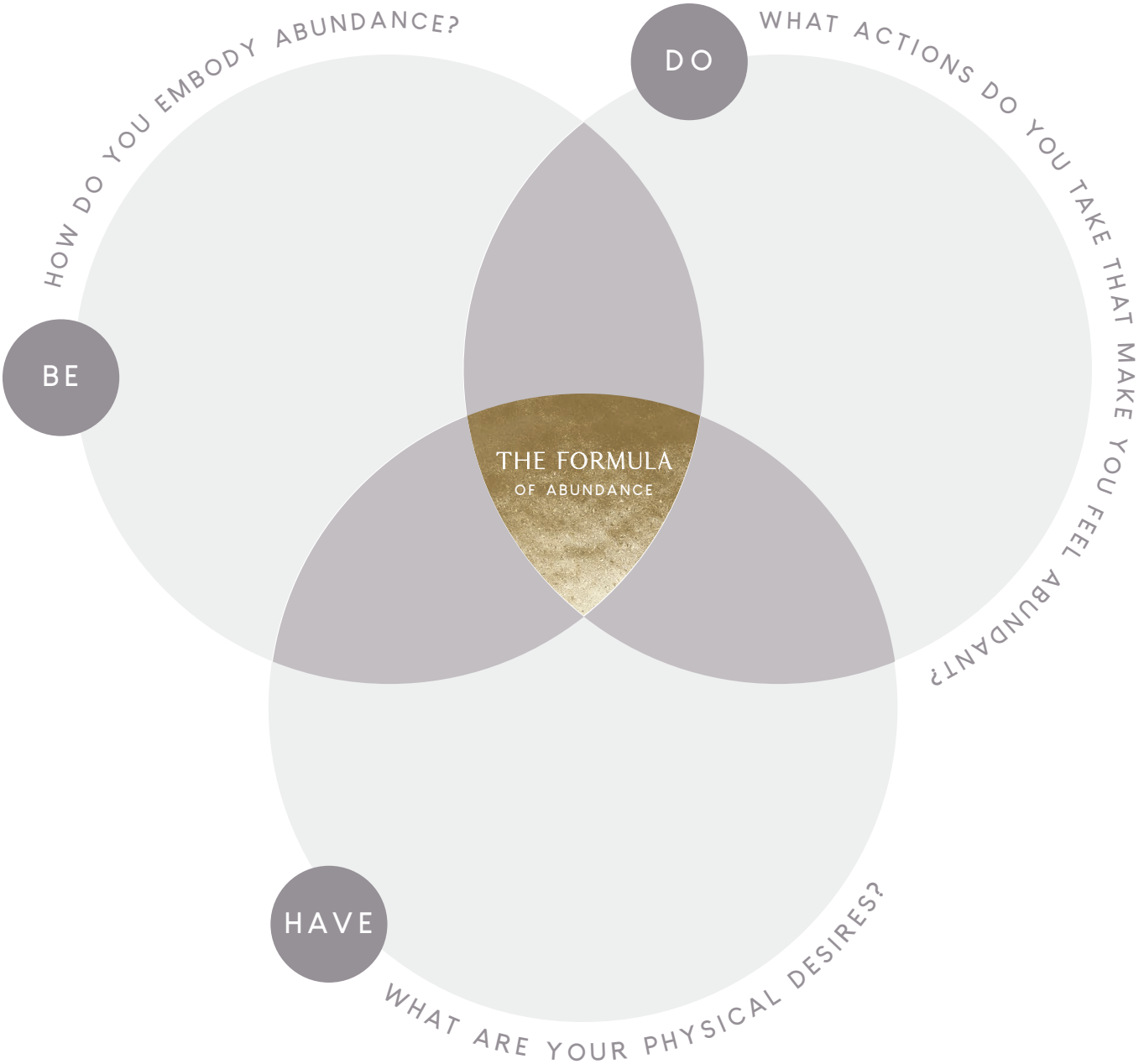


BE GENTLE AND KIND WITH YOURSELF.

START FROM WHERE YOU ARE, WITH WHAT YOU HAVE AND WHAT YOU CAN.

THE FORMULA OF *abundance*

BE → DO → HAVE



Who are you?

Whom do you desire to become?

What do you desire to have?

THE ENERGY OF *abundance*



How does abundance feel to you?

Where in your body do you feel it? How does it feel?

If abundance would be a color, which color would it be for you?

If abundance would be a place, what place is it?

If abundance would be a plant, what plant would it be?

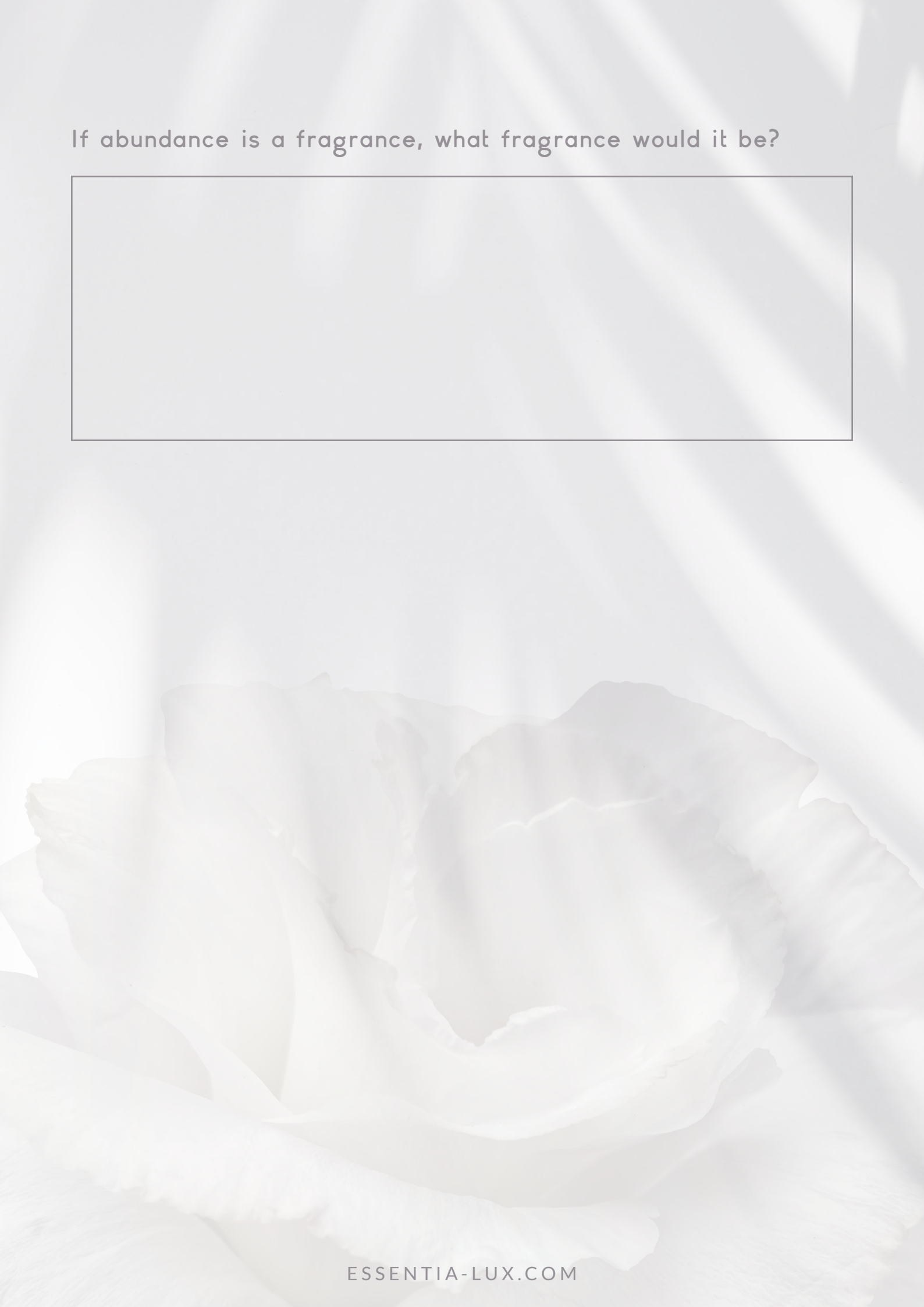
If abundance would be an animal, what animal would it be and why?

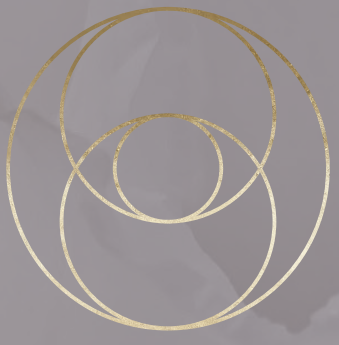
If abundance would be an emotion, what emotion would it be?

If abundance would be a recipe, what would be in it?

If abundance would be a song, which song would it be?

If abundance is a fragrance, what fragrance would it be?





GROUNDING IT INTO REALITY

Where in your life do you already feel abundant?

What in your life represents abundance?

Where in your life do you feel scarcity?

What creates the energy of lack in your life?

What would need to change and shift?

What is one step that you can start doing today?



COMMITMENT CREATES MOMENTUM.

What is the commitment you make to yourself?

Being in the present moment connects you to prosperity.

The root of having and earning more money is our thinking and mental beliefs that shift from a place of scarcity, lack, and fear towards abundance, overflow, and love.

When we are in the present moment we practice holding ourselves in a frequency of expansion and leaving our hearts wide open.

Money is a representation of our energy.

How our money flows is how we direct our energy.

How our money grows is a representation of how much energy we can hold and how many good things we allow into our life.

What we earn is a reflection of the capacity we hold in us to give and receive. The capacity of divine flow.

On the contrary, hoarding has its roots in scarcity. It comes from a place of not enough, therefore we have to hold onto it.

So non-attachment and living in the present moment without fear is a form of abundance vibrations and frequency.

Attachment comes from a place of fear and lack. The fear of losing what we have or that there isn't enough and therefore we attach to it.

If we let go of attachment and drop into love, we are at a place of unconditional love which has the same vibration as infinite abundance. It is one with source.

Unconditional love and infinite abundance are who you are in your essence.