

clare wood.

Journal

Prompts



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**Work through
these prompts
in your journal
to help resolve
subconscious
thoughts and
beliefs and
move through
challenges.**



How to use these prompts

Journalling is the process of opening up your mind through putting pen to paper. It isn't about writing lists, or documenting what you've been doing (like a diary), but more looking forward to your future... to dream, create and manifest.

A great way to get started is to use journaling prompts.

Buy yourself a beautiful journal and pen. Find yourself a quiet space with no distractions. It might help to do a meditation before you get started.

Then allow yourself to free write to any of these prompts. You might find that subconscious beliefs pop up, or that the process of writing allows you to work through any limiting beliefs.

Happy journalling,

Clare Wood x

Write down everything you currently believe to be true about money, including the reasons why you aren't rich.

Where have these beliefs come from?

If I were to hold zero judgement of myself, what are my deepest desires?

What are the reasons I don't have this life now?

How do you benefit from staying where you are financially? *(i.e. if my business stays small, so will my profile and I will end up with less online haters)*

What stories do I need to let go of to shift into my next level?

What am I scared will happen?

What is the best possible outcome?

What does the next level version of me need to stop?

What does the next level version of me need to start doing?

If I felt safe, what would I do to move closer to my dreams?

What are the next aligned steps that could move me closer to what I want?

Hi I'm Clare – your mindful Money Mentor!

Come connect on **Instagram** at [@clare_wood_coach](https://www.instagram.com/clare_wood_coach) as I share plenty of daily money tips and inspiration. And make sure you check out **The Clare Wood Podcast**.

Great to be connected.

Clare Wood x