



30 JOURNAL

Prompts

TO MOVE YOU FROM
FEAR TO FREEDOM

MANIFESTATION MASTERY CLUB
- MODULE 1 -

WELCOME!

Hi, I'm thrilled you're here, ready to embark on an exciting journey of self-discovery and inspired action. This journal is your personal space, a sanctuary where you can explore your deepest thoughts, desires, and aspirations.

Each day, you'll find a prompt waiting for you – think of these as little nudges or whispers to guide you along your path.

How to Use This Journal:

- **One Prompt a Day:** Each day, choose one prompt from this journal. You can go in order or simply flip to a page that speaks to you at that moment.
- **Feel and Reflect:** Take a moment to really feel into the prompt. What emotions or thoughts does it bring up? This is your time to be honest and raw with yourself.
- **Write Freely:** There's no right or wrong way to do this. Just let your pen flow. Write whatever comes to mind, whether it's a few sentences or several pages.
- **Take Your Time:** This is your journey, and there's no rush. Spend as much time as you need with each prompt.

Remember: This journal is a safe space for you. It's about your growth, your dreams, and your actions. Some days, the words might pour out of you; other days, it might just be a trickle. Some days journaling might not be for you, but another action might. And that's perfectly okay.

Every word you write here is a step towards understanding yourself better and aligning your actions with your truest desires. So, embrace this journey, one prompt, one day, one insight at a time.

Ready to uncover the magic within? Let's dive in!



Rebecca
xx
Happy Manifesting!



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1. Describe the most fulfilling day in your dream life. How does it differ from your current routine?
2. What beliefs about success and abundance am I holding onto that might not be true?
3. How do I feel when I think about living my dream life? What emotions come to the surface?
4. Envision achieving your biggest goal. What steps did you take to get there?
5. What does 'taking a leap of faith' mean in the context of my aspirations?
6. How can I gently push my boundaries today in a way that supports my dreams?
7. Reflect on a past success. What did it teach you about your capabilities and potential?
8. Imagine your life five years from now, having pursued your dreams. What does it look like?
9. What small action can I take today that my future self will thank me for?
10. How does the idea of change inspire my thoughts and actions towards my dream life?
11. What would I do differently if I knew I had the full support of the universe in my endeavors?
12. What brings me the most joy and satisfaction in life, and how can I incorporate more of that into my daily life?
13. Reflect on a quote that inspires you to move towards your dream life. Why does it resonate with you?
14. What does living authentically mean to me, and how does it relate to my dream life?
15. What does personal freedom look like in my life, and how can I start living it today?



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16. How can embracing uncertainty lead to growth and fulfillment in my journey?
17. What are some of the things I would pursue if societal expectations weren't a barrier?
18. How can I redefine my understanding of success to better align with my personal values and dreams?
19. What does courage look like in the pursuit of my dreams, and how can I embody it more?
20. How can I nurture a mindset of abundance and possibility starting today?
21. What are the things I'm most grateful for, and how do they inspire me to pursue my dream life?
22. What activities make me lose track of time, and how can they be integrated into my dream life?
23. How can I turn feelings of doubt into opportunities for learning and growth?
24. What does it mean to me to live a life of purpose and passion?
25. How can letting go of control lead to more fulfilling experiences in my journey?
26. What self-care practices help me feel more connected to my aspirations?
27. How can I practice being present while still aiming for a better future?
28. What would I do today if I fully believed in my dreams and abilities?
29. Reflect on a time you overcame a challenge. How did it bring you closer to your goals?
30. How can daily affirmations shift my mindset towards positivity and empowerment in my pursuit of a dream life?

01



Describe the most fulfilling day in your dream life.
How does it differ from your current routine?

02



What beliefs about success and abundance am I holding onto that might not be true?

03

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How do I feel when I think about living my dream life?
What emotions come to the surface?

04



Envision achieving your biggest goal. What steps did you take to get there?

05



What does 'taking a leap of faith' mean in the context of my aspirations?

06



How can I gently push my boundaries today in a way that supports my dreams?

07



Reflect on a past success. What did it teach you about your capabilities and potential?

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Imagine your life five years from now, having pursued your dreams. What does it look like?

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What small action can I take today that my future self
will thank me for?

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How does the idea of change inspire my thoughts and actions towards my dream life?

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What would I do differently if I knew I had the full support of the universe in my endeavors?

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What brings me the most joy and satisfaction in life,
and how can I incorporate more of that into my daily
life?

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What does living authentically mean to me, and how
does it relate to my dream life?

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How can I redefine my understanding of success to better align with my personal values and dreams?

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What does courage look like in the pursuit of my dreams, and how can I embody it more?

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How can I nurture a mindset of abundance and possibility starting today?

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What are the things I'm most grateful for, and how do they inspire me to pursue my dream life?

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What activities make me lose track of time, and how can they be integrated into my dream life?

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How can I turn feelings of doubt into opportunities for learning and growth?

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What does it mean to me to live a life of purpose and passion?

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How can letting go of control lead to more fulfilling experiences in my journey?

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What self-care practices help me feel more connected to my aspirations?

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How can I practice being present while still aiming for a better future?

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Reflect on a time you overcame a challenge. How did it bring you closer to your goals?

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How can daily affirmations shift my mindset towards positivity and empowerment in my pursuit of a dream life?
