

Season of Abundance

“November teaches us that when we give thanks for what is, we invite the universe to create what can be.” —A.M.

November is a powerful time in the Law of Attraction cycle—a bridge between the abundance of harvest and the renewal of the year ahead. Energetically, it invites reflection, gratitude, and intentional creation. Gratitude is one of the highest vibrational frequencies, and as many celebrate Thanksgiving, collective focus naturally shifts toward appreciation.

When we give thanks for what we already have, we open space for more blessings to flow. November reminds us that manifestation begins not in wanting, but in recognizing the abundance already present. As the days grow shorter, the quiet energy encourages alignment—time to visualize desires with clarity and trust the universe’s timing.

Use this month to release old doubts, affirm your worthiness, and nurture your dreams. Light candles, write gratitude lists, and speak affirmations daily. November whispers that what you appreciate appreciates—and by embracing its still, thankful energy, you set the stage for a radiant new year of manifestation.

— Marty

6 Ways to Strengthen Trust in Yourself — the LOA Way

Trusting yourself is one of the most powerful ways to align with the energy of the universe. When you believe in your own wisdom and intuition, you send a clear signal to the universe that you are ready to receive guidance, abundance, and opportunities that match your highest good.

Yet many people struggle with self-trust. Doubt, fear, and self-criticism create resistance that blocks the flow of positive energy. The Law of Attraction reminds us that what we focus on expands—so when we nurture trust and confidence, we attract more reasons to believe in ourselves.

Here are six ways to deepen that trust and align with your true power:

1. Get to Know Your True Self

Self-awareness is the foundation of attraction. The more you understand your values, dreams, and purpose, the easier it becomes to make decisions that resonate with your authentic vibration. Journaling is a powerful tool for self-discovery—ask yourself what lights you up, what you desire most, and what beliefs may be limiting your potential.

2. Be Honest with Your Vibration

Honesty with yourself raises your energetic frequency. Acknowledge both your strengths and areas for growth without judgment. When you own your truth, you release resistance and allow clarity and confidence to flow more freely.

3. Commit to Your Alignment

Commitment is an energetic declaration to the universe. When you set clear intentions and take inspired action, you affirm your belief in your own power. Even mistakes are part of the process—they show that you are willing to grow and trust the journey.

4. Be Patient with the Process

Manifestation and self-trust both unfold in divine timing. Be gentle with yourself and trust that each experience, even challenges, is guiding you toward your desired reality. Patience allows faith to replace fear.

5. Take Inspired Risks

Stepping beyond your comfort zone is a signal of expansion. When you follow inspired nudges, you show the universe that you believe in



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Trust Yourself

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your worthiness to receive more. Each leap builds confidence and magnetizes new opportunities.

6. Trust Your Intuition

Your intuition is your inner guidance system—your direct connection to universal intelligence. Listen closely to your inner voice, the gentle pull that feels right. The more you honor it, the louder and clearer it becomes.

When you trust yourself, you become a powerful attractor of all that aligns with your purpose and joy. These six practices help you strengthen that trust—and step into the flow of a life guided by faith, clarity, and abundance. ♦

Affirmations for Trusting Yourself

1. I am guided by wisdom within me; I always know what's right for me.
2. Every decision I make moves me closer to my highest good.
3. I release doubt and embrace confidence in my intuition.
4. I trust that I am exactly where I need to be.
5. My inner voice is clear, calm, and always leading me toward alignment.
6. I honor my instincts—they are the language of the universe speaking through me.
7. I am worthy of my own trust.
8. Each time I follow my intuition, my trust in myself grows stronger.
9. I attract clarity, confidence, and ease in every choice I make.
10. The universe supports me when I trust myself.
11. I believe in my ability to create the life I desire.
12. I am safe to be myself and to follow my truth.
13. My confidence radiates and magnetizes success and peace.
14. I listen, I trust, and I act with love and certainty.
15. Everything I need is already within me. ♦



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Why Guilt Blocks Your Energy and How to Release It



Guilt is an emotion that signals misalignment—when your thoughts and actions don't match your inner values. While guilt can sometimes guide you to make better choices, lingering guilt drains your energy, lowers your vibration, and blocks the flow of abundance into your life. The Law of Attraction teaches us that what we focus on expands, so holding onto guilt attracts more of what we don't want: stress, self-doubt, and stagnation.

Here's how to release guilt and realign with your highest vibration:

1. Acknowledge Your Role Without Judgment

Take an honest look at your actions, but avoid harsh self-criticism. Recognize your part in the situation and release the rest. Often, circumstances beyond your control contribute, and that's okay.

2. Forgive Yourself

Self-forgiveness raises your energetic frequency. Accept your mistakes, make amends if needed, and choose to release the guilt so you can move forward freely.

3. Learn and Grow

Every experience is a lesson from the universe. Ask yourself, "What can I learn from this?" Focus on solutions and growth rather than self-blame.

4. Let Go of the Past

The past cannot be changed, but your present and future can. Shift your focus to the now, where manifestation and conscious creation occur.

5. Focus on Positive Action

Instead of ruminating, take inspired action that aligns with your values. Helping others, correcting course, or creating something new channels your energy toward abundance.

6. Lighten Up

Remember: mistakes are part of being human. Accept imperfection and release rigidity. By letting go of guilt, you invite joy, clarity, and opportunities into your life.

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When you release guilt and align with self-compassion, you create space for positive energy, abundance, and the life you truly desire. ♦

6 Ways to Declutter Your Life and Raise Your Vibration

A cluttered life can block the flow of positive energy and keep you from attracting the life you desire. Clutter isn't just physical—it can be mental, emotional, and even spiritual. When your energy is scattered, it's harder to manifest abundance, joy, and clarity. Decluttering, from a Law of Attraction perspective, is about creating space for what truly aligns with your highest self.

1. Identify the Source of Your Clutter

Start by noticing what drains your energy. Is it a chaotic schedule, excess possessions, or unresolved emotions? Awareness is the first step to conscious creation—once you identify what's blocking your flow, you can begin to release it.

2. Simplify Your Schedule

Your time is your most valuable resource. Let go of commitments that don't uplift you and prioritize what truly matters. A streamlined schedule raises your vibration, making it easier to attract opportunities that match your energy.

3. Release Physical Clutter

Objects hold energy, and clutter can create energetic blocks. Donate, recycle, or let go of items that no longer serve you. By clearing your space, you create room for abundance, inspiration, and positive experiences to enter.

4. Let Go of Emotional Baggage

Negative emotions like resentment, guilt, and anger weigh you down energetically. Forgive yourself and others, and release the past. When you let go of emotional clutter, you raise your vibration and align with the energy of joy, peace, and manifestation.

5. Cultivate a Healthy Lifestyle

Your physical, mental, and spiritual health affect your energetic flow. Nourish your body, practice self-care, and create routines that support relaxation and clarity. A healthy lifestyle



enhances your ability to attract the life you desire.

6. Enjoy the Present Moment

Decluttering isn't just about removing—it's about embracing. Celebrate the simplicity and clarity you've created. Spend time with loved ones, pursue joyful activities, and focus on the abundance already present. When you

appreciate what you have, you magnetize more of it into your life.

By decluttering your life—physically, emotionally, and mentally—you create space for energy, abundance, and joy to flow freely. The universe responds to clarity and alignment, so as you simplify, you naturally attract more of what resonates with your highest self. ♦

Daily Guided Practice for Decluttering and Raising Your Vibration

Step 1: Ground Yourself (30 seconds)

Sit or stand comfortably. Close your eyes and take three deep, slow breaths. As you inhale, imagine drawing in positive energy. As you exhale, release tension, stress, and clutter—both physical and emotional.

Step 2: Visualize Clarity (30 seconds)

Picture your life as a clean, open space. See your home, mind, and heart free of clutter. Imagine this space glowing with light and energy, inviting abundance, joy, and inspiration.

Step 3: Speak Your Affirmations (1–2 minutes)

Slowly and confidently say each affirmation, either aloud or silently:

- I release all that no longer serves my highest good.
- My space, mind, and heart are clear, open, and inviting abundance.
- Every item, thought, and emotion I let go creates room for joy and clarity.
- I attract experiences, people, and opportunities that uplift my vibration.
- I am aligned with ease, simplicity, and the flow of the universe.
- Letting go of clutter empowers me to live my most vibrant life.
- My energy is focused, calm, and full of positive potential.
- I honor my journey by creating a space that reflects my true self.
- I forgive the past and release all emotional baggage effortlessly.
- Each day, I create a life of simplicity, clarity, and inspired abundance.

Step 4: Close with Gratitude (20–30 seconds)

Take a final deep breath and say:

"I am grateful for the clarity, energy, and abundance flowing into my life today."

Open your eyes and carry this aligned energy into your day.

Why You Shouldn't Feel Guilty About Prioritizing Yourself

Putting yourself first isn't selfish—it's an essential act of aligning with your highest vibration. When you prioritize your own well-being, you raise your energy, which not only attracts more positivity into your life but also allows you to show up fully for others. Feeling guilty for self-care only lowers your frequency and blocks the abundance and joy the universe wants to give you. Here's why it's vital—and aligned—to put yourself first:

Your Family Loves You

Your loved ones want to see you happy and vibrant. By taking time to care for yourself—whether it's 15 minutes or an hour—they'll ultimately respect your boundaries. Remember, you teach people how to treat you. When your energy is high and aligned, you naturally attract healthier, more supportive interactions.

Your Friends Care About You

Setting boundaries isn't rejection; it's clarity. Saying "no" when needed allows your energy to stay balanced and attracts friends who respect and honor your time.

You'll Enjoy Life More

When you nurture yourself—through meditation, reading, walking, or creative pursuits—you elevate your vibration. High-frequency energy draws joyful experiences, positive people, and more reasons to celebrate life.

Self-Care Is a Requirement, Not an Option

Taking care of yourself is a fundamental law of energy. If you're depleted, you can't give, create, or manifest effectively. Prioritizing yourself aligns you with flow and abundance.

Prevent Illness and Burnout

Ignoring your needs lowers your vibration and can manifest physical or emotional setbacks. By caring for yourself first, you strengthen your energy, resilience, and immunity—keeping your life flowing effortlessly.



Your Energy Affects Everyone Around You

Your vibration influences your environment. When you're stressed, tired, or depleted, it affects how others feel. By maintaining high-energy alignment, you radiate positivity, inspiring and uplifting those around you.

You Can Only Control Yourself

You cannot control how others act, only how you respond. Prioritizing yourself keeps your energy balanced, helping you attract cooperation, harmony, and respect without overextending.

Prioritizing Yourself Doesn't Mean Neglecting Others

Self-care is not about neglect—it's about aligning your energy first. When your needs are met, your capacity to contribute to others flows naturally. You operate from fullness, not depletion, and the universe mirrors this abundance back to you.

By putting yourself first, you raise your vibration, attract positivity, and create the life you truly desire. No one else can do it for you—it's your energy, your alignment, and your choice. ♦

Affirmations for Prioritizing Yourself Without Guilt

1. I honor my needs and trust that caring for myself benefits everyone around me.
2. Prioritizing my well-being raises my energy and attracts positivity.
3. I release all guilt and allow myself to put myself first without apology.
4. Every act of self-care aligns me with abundance, joy, and clarity.
5. I am worthy of love, respect, and time devoted to myself.
6. By nurturing myself, I naturally inspire and uplift others.
7. I attract supportive relationships that honor my boundaries.
8. I am in alignment with my highest vibration when I prioritize my health and happiness.
9. Saying "no" when needed strengthens my energy and attracts respect.
10. I am deserving of rest, joy, and peace, and I allow myself these freely.
11. Letting go of guilt clears space for abundance and positive experiences in my life.
12. I trust that the universe supports me when I honor myself first.

Navigating the Ebbs and Flows of Motivation Through the Law of Attraction



Motivation is the energy that propels you toward your goals, but like all energy, it ebbs and flows. Some days you'll feel a surge of inspiration, while other days, even small tasks may feel heavy and exhausting. The key is not to fight these natural rhythms but to learn how to work with them, understanding that your energy, thoughts, and focus are powerful tools for manifestation.

Motivation dips do not signal failure—they are opportunities to realign your energy and reconnect with your intentions. Here's how to navigate the highs and lows while keeping your vibration high and your goals in focus:

1. Clear Distractions and Obstacles

Distractions drain your energy and dilute your focus, lowering your vibrational frequency. Remove anything that pulls you away from your aligned path. For example, if unhealthy temptations or clutter interfere with your goals, eliminate them. A clear environment fosters a clear, high-vibration mindset.

2. Observe What Pulls You Off Track

Notice the triggers that lead to dips in motivation. Is it negative self-talk, fatigue, or external circumstances? Awareness allows you to consciously shift your energy and redirect it toward positive, productive actions.

3. Visualize Your End Result

Visualization is a Law of Attraction superpower. See yourself living the success you desire in vivid detail. Imagine every step, every scene, and the emotions of achieving your goal. Visualization raises your vibration and strengthens your belief that your goal is already on its way to you.

4. Replace Negative Thoughts with Positive Ones

Every thought is a signal to the universe. When doubt or self-criticism arises, consciously replace it with empowering affirmations. For example: "I am capable," "I attract success," or "Every step I take brings me closer to my goal." Positive thoughts align your energy with your desired outcome.

5. Reignite Your Excitement

Reconnect with why the goal inspired you in the first place. What about it lights you up? Focusing on that excitement shifts your energy and helps you manifest momentum even during low-motivation periods.

6. Learn from Others

Reading about, watching, or speaking to people who have achieved similar goals raises your vibration by showing what is possible. Their energy, enthusiasm, and success can serve as a magnet for your own manifestation.

7. Connect with Supportive People

Seek mentors, friends, or accounta-

bility partners who cheer you on. The energy of encouragement and positivity supports your alignment and keeps your focus on what you want to attract.

8. Celebrate Past Successes

Each milestone you've reached is proof that you are capable of creating results. Reflecting on past achievements strengthens your belief in your abilities, a key factor in the Law of Attraction.

9. Track Your Progress

Seeing tangible progress reinforces your vibration and keeps your energy aligned with success. Use journals, charts, or notes to remind yourself how far you've come.

10. Plan Ahead for Challenges

Anticipate obstacles and visualize yourself overcoming them with ease. Knowing your "why" and your plan ensures that setbacks do not throw off your energy or focus.

11. Explore New Approaches

When energy dips, brainstorm fresh ways to approach your goal. Creativity raises your vibration and opens you to new solutions and opportunities. Coaches or accountability partners can help you see possibilities you may have overlooked.

12. Reward Yourself Along the Way

Celebrate mini-goals and milestones. Gratitude and celebration amplify your energy and magnetize more success. Rewards, no matter how small, create positive momentum and maintain a high vibrational flow.

Motivation is a natural rhythm that ebbs and flows, but your energy, focus, and thoughts are always within your control. By using these strategies through the lens of the Law of Attraction, you can navigate low-energy periods with grace, amplify your high-energy periods, and maintain alignment with the life and goals you desire. ♦

How Successful People Use the Law of Attraction in Their Everyday Lives

Have you ever noticed someone, for example in the world of business, who just seems to have everything? Moreover, have you noticed how he or she seems to get everything with such an ease and a grace that you have to admit you are little bit envious?

Those individuals are probably the ones who use the law of attraction everyday and use it to maximize success. If you think that these individuals sit back and let things come to them, rather than chase things, you are probably correct in that assumption. What you do not know or see, however, is that those very same individuals are most likely to use the law of attraction on a daily basis.

Sitting Back and Waiting Rather than Chasing

Successful individuals know a few things more than the average person about the law of attraction does. Sometimes when you want something so badly and you pursue overzealously, it runs away from you rather than toward you.

Successful people know that once they are clear about their intention, set it, visualize upon it, then the only next logical step is to wait for it to come.

Most every individual you ask has clear and specific dreams and goals; however, we all want it now. Successful people know to wait for their desired outcome and are that confident that it will arrive.

Abundance Blocks

Part of making the law of attraction work for successful people is the fact that they know and are aware of their abundance blocks. This knowledge helps successful people plow through those abundance blocks. For example, most successful people are aware that they may have an abundance block around money such as money is the root of all evil.

Once they are able to clear away that blockage, the abundance of money using the law of attraction flows freely to those individuals.

The Power of Believing

Successful individuals also know a secret. They know unequivocally that the power of belief is integral to manifesting their desires. Believing that they are good individuals who deserve

nothing less than the best outcome is the power of using the law of attraction for successful individuals.

If you walk around with a mindset of woe is me, then that is what your life will deliver to you. However, if you walk around expecting and believing that you will receive blessings in abundance; your wish will be the universe's command. ♦



How to Program Your Conscious Mind for Alignment and Abundance

Your subconscious mind stores past experiences and beliefs, often shaping your thoughts and behaviors without your awareness. While it once helped you survive, today it can hold limiting patterns that block your ability to manifest what you truly desire. The conscious mind, however, is fully present, awake, and capable of directing your energy toward your highest vibration.

To harness the power of your conscious mind and align with the Law of Attraction:

1. Live in the Moment

Presence raises your energy and clears resistance. Whether you're talking with a loved one or washing dishes, fully engage with the experience. Notice details, sensations, and emotions. When you are present, you send out a high-vibration signal to the universe, attracting positive experiences.

2. Practice Meditation

Meditation helps you observe your subconscious without judgment and strengthens conscious control over your thoughts. It quiets limiting patterns, aligns your energy, and enhances clarity, making it easier to focus on intentions and manifest desired outcomes.

3. Choose Your Thoughts

You always have the power to decide how you respond to situations. Shift perspectives—see endings as beginnings, challenges as opportunities. By consciously choosing empowering thoughts, you program your mind to attract abundance, joy, and success.

Your conscious mind is the tool for creating the life you want. By staying present, meditating, and choosing your thoughts intentionally, you align with your highest potential and the universe's flow. ♦

November Law of Attraction Journal Prompts

Week 1 – Gratitude & Alignment

1. What am I most grateful for right now, and how does that gratitude raise my vibration?
2. When was the last time I felt deeply aligned with the Universe? What was happening then?
3. What small blessings have shown up recently that I might have overlooked?
4. How does my body feel when I'm in a state of appreciation versus resistance?
5. What are five things that always make me feel abundant—no matter what?
6. What limiting belief am I ready to release this month to make room for better energy?
7. How can I invite more joy into my daily routine?

Week 2 – Self-Concept & Worthiness

8. What does my highest self believe about what's possible for me?
9. How can I show the Universe that I am ready to receive my desires?
10. Write about a time you manifested something easily — what energy were you in?
11. What affirmations feel powerful and true for me right now?
12. If I fully believed I was worthy of all good things, how would I act today?
13. What version of me do I need to become to match the vibration of my biggest goal?
14. What old story about myself am I rewriting this month?

Week 3 – Manifestation in Motion

15. Describe your dream life in vivid detail — what does a perfect day look like?



How can I embody gratitude for things that haven't yet manifested, as if they already have?

16. What is one manifestation that already feels “on its way”?
17. How can I practice trusting divine timing instead of forcing outcomes?
18. What signs or synchronicities have shown up lately, and what might they mean?
19. What emotion do I want to feel most often, and how can I generate it now?
20. How can I make my environment (home, workspace, etc.) more magnetic to abundance?
21. What would it look like if I fully surrendered and let the Universe handle the “how”?

Week 4 – Receiving & Reflecting

22. What manifestations have already come true that I once wished for?
23. How has my mindset or energy shifted since the beginning of the month?
24. What unexpected good has shown up recently?

25. How can I celebrate my growth, no matter how small?
26. What does “receiving” feel like for me — am I open or resistant?
27. What's one action I can take today that aligns me with my biggest dream?
28. How can I embody gratitude for things that haven't yet manifested, as if they already have?
29. What's the most empowering belief I can carry into the final month of the year?
30. What lessons did November teach me about alignment, trust, and manifestation?

Bonus Prompts (for extra reflection or expansion)

31. What would I manifest if I knew I couldn't fail?
32. Write a letter to the Universe expressing thanks for all that's unfolding.
33. How can I make the act of manifesting feel playful and lighthearted?
34. What does abundance mean to me beyond money?
35. What am I ready to let go of before the new year begins? ♦

November Law of Attraction Affirmations

Gratitude & Alignment

1. I am deeply thankful for the abundance that flows into my life each day.
2. Gratitude opens the door for even more blessings to enter my world.
3. I am aligned with the energy of love, joy, and appreciation.
4. Each moment offers me another reason to feel grateful.
5. The more I focus on what I love, the more I attract what I desire.
6. My gratitude is a magnet for miracles.
7. I attract experiences that make my heart overflow with appreciation.

Self-Worth & Belief

8. I am worthy of every beautiful thing I desire.
9. I trust that everything I want is already on its way to me.
10. The Universe always supports my highest good.
11. I am a powerful creator, and my thoughts shape my reality.
12. I fully believe in my ability to attract abundance, love, and joy.
13. My energy is magnetic to opportunities that match my worth.
14. I am enough, and that truth attracts everything I need.

Manifestation & Momentum

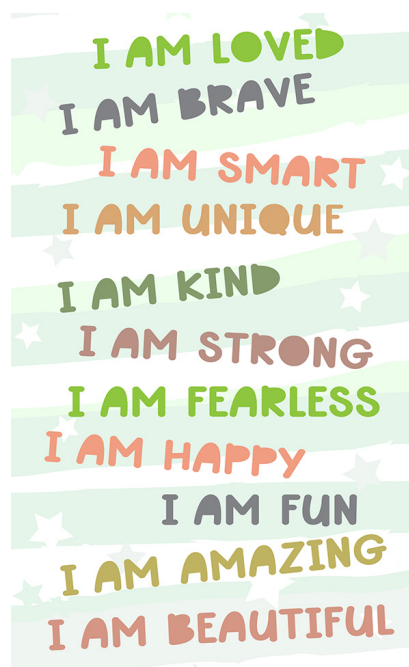
15. Everything I desire is flowing to me with ease and perfect timing.
16. I am open to receiving miracles in unexpected ways.
17. I attract positive energy effortlessly.
18. The Universe conspires in my favor every single day.
19. My dreams are becoming my reality one inspired action at a time.
20. I am a vibrational match for my highest desires.
21. I radiate confidence, clarity, and calm — the energy of manifestation.

Abundance & Flow

22. Money, success, and joy flow to me naturally and continuously.
23. I am surrounded by endless possibilities and infinite abundance.
24. Prosperity is drawn to me because I am open and receptive to it.
25. Every day, I attract people, opportunities, and resources that align with my goals.
26. I celebrate abundance in all its forms — health, love, creativity, and wealth.
27. I release resistance and allow abundance to flow freely into my life.
28. My life is a reflection of the positive energy I put into the world.

Peace, Trust, and Reflection

29. I trust the timing of my life completely.
30. I am at peace knowing that everything is unfolding perfectly for me.
31. I honor how far I've come and welcome what's next with excitement.
32. I choose to end this year in gratitude, power, and alignment.
33. The Universe and I are co-creating something truly magical this month. ♦



November Reflection

My journal teaches me about myself.

My journal helps me to develop self-knowledge and awareness. I become happier and more productive by writing and meditating about my life. I gain deeper insights into the reasons for my actions.

I sort out my emotions. My feelings are less confused when I put them down on paper. **I acknowledge my anger or sadness without letting them take over.** I treat myself with compassion while I take constructive action.

I reflect on how I arrived at where I am today. I notice recurring patterns in my relationships and career.

I identify what I really want out of life. My priorities become clear. I revise my to-do list so I can focus on the things that really matter to me. I figure out where to devote my time and energy.

I evaluate my progress and congratulate myself on my victories. I reach out to others for support in areas where I am struggling.

I create my own healing process. I come to terms with the past and forgive those who have disappointed me. As I write about stressful experiences, my anxiety fades away. **I find solutions and alternatives.** I feel lighter and more energetic.

I celebrate my strengths. I think about how I can leverage my skills as I focus on the projects that I want to work on. I am confident that I can rise to any challenge.

Today, I use my journal to connect with my authentic self. Writing down my thoughts and feelings helps me to relax, learn, and grow.

Self-Reflection Questions:

1. Why is it important to know my own mind?
2. How would I describe my relationship with myself?
3. How can journaling help me to make a sound decision? ♦

Solve Life's Challenges With Your Journal

Your journal is more than a record of your days — it's a powerful energetic tool for shifting your vibration, aligning with your desires, and attracting positive outcomes into your life.

While many think of journaling as simply writing about daily events, a *manifestation journal* is something deeper. It's a sacred space for your *thoughts, emotions, intentions, and energetic alignment* — the essence of how you attract experiences.

This difference can be life-changing.

The Vibrational Benefits of Keeping a Journal

1. A Journal Creates Focus and Alignment: Writing in your journal tunes your energy toward clarity and intention. Most people move through life reacting to circumstances rather than consciously creating them.

When you set aside time each day to write about your desires, feelings, and inspired ideas, you *focus your vibration* on what you want — and the Law of Attraction responds to that focus.

2. A Journal Reveals Your Energy and Beliefs: The words you write show you exactly what energy you've been sending into the Universe. When you see your thoughts on paper, it becomes easier to recognize limiting beliefs or resistance that may be blocking your manifestations.

Awareness is the first step to shifting your vibration toward alignment and allowing your desires to flow in.

3. A Journal Releases Resistance and Restores Flow: Putting your worries and fears on paper helps you *release stuck energy*.

The act of writing transforms stress into clarity — and clarity into calm.

When your energy is clear and relaxed, you're in a powerful state to attract.

4. A Journal Tracks Your Growth and Manifestations: Just as you might not notice a child growing day by day, it's easy to overlook your own energetic progress.

Consistency builds momentum. When you write each day, you stay consciously connected to your intentions and your highest vibration.

Looking back through your journal allows you to see just how much you've expanded — in mindset, emotion, and vibration.

This reinforces the belief that the Law of Attraction is always working in your favor.

Use Your Journal to Manifest Solutions

1. Record Your Thoughts About the Challenge: Find a peaceful space and write freely about what's happening.

What emotions are you feeling? What belief or vibration might be attracting this situation?

Then, ask yourself: *How would my energy feel if this situation were already resolved?*

By focusing on that feeling, you begin aligning with the solution instead of the problem.

2. List Possible Inspired Actions: As you stay in a receptive mindset, new ideas will flow.

Write them all down — no judgment, no limits.

These insights are often *divine nudges* from the Universe guiding you toward your next inspired step.

3. Create an Aligned Action Plan: Eventually, one idea will feel light, exciting, or peaceful — that's your sign of alignment.

Follow that energy. Start small if you

need to; inspired momentum grows quickly when your actions match your vibration.

Even one aligned step can open doors to new opportunities.

4. Record Your Progress and Celebrate Alignment: Each day, write down the actions you took, how you felt, and any positive synchronicities that appeared.

Feeling good about the process raises your vibration even higher — magnetizing more success.

Acknowledge and appreciate every sign of improvement, no matter how small. The Universe responds to your gratitude.

5. Identify Resistance and Realign: Notice where your thoughts or behaviors contradict your desires.

If you say you want abundance but often think, *"I never have enough,"* that's vibrational resistance.

Write down these patterns and lovingly shift them by affirming new beliefs that align with what you truly want.

6. Make Journaling a Daily Energy Practice: Consistency builds momentum.

When you write each day, you stay consciously connected to your intentions and your highest vibration.

Over time, this becomes a sacred daily ritual — a moment of gratitude, alignment, and creation.

The Power of Journaling as a Manifestation Tool

Your journal is your **manifestation mirror** — reflecting your energy, guiding your focus, and helping you co-create the life you desire.

Even if you're new to the Law of Attraction, give yourself a few months to practice.

You'll begin to notice synchronicities, inspired ideas, and subtle shifts in how you think and feel. With steady attention and belief, your journal becomes a bridge between thought and reality — a space where energy transforms into experience. ♦

10 Money Principles That Never Go Out of Alignment

Money is more than paper and numbers — it's *energy*.

And just like all energy, it flows where it's welcomed, appreciated, and respected.

While financial trends shift and investment fads come and go, there are certain *timeless truths* that never lose their power. These principles blend practical financial wisdom with the *energetic laws of attraction* — the same universal principles that govern growth, opportunity, and wealth.

When you align your beliefs, emotions, and actions with abundance, money becomes not a struggle, but a natural extension of your vibration.

Here are **10 Law of Attraction–inspired money rules** that will never steer you wrong:

1. Balance Energy With Intelligent Risk Management: The Law of Attraction thrives on belief, trust, and inspired action — not fear.

Putting every penny into “safe” places like a basic savings account may feel secure, but it often stems from a scarcity mindset. Playing too small sends a message to the Universe that you don't trust yourself or your ability to create more.

Be smart, not reckless. Take inspired risks that feel aligned — investments that excite you rather than scare you. Over time, the energy of courage and expansion attracts greater returns, both financially and energetically.

Trust that the Universe rewards confident, informed action.

2. Have an Energetic and Financial Safety Net: An emergency fund isn't just about money — it's about *peace of mind*.

When you know you're supported, you emit an energy of security and abundance rather than anxiety. That vibration keeps more abundance flowing to you.

Your emergency savings represent faith in your ability to handle life's surprises. *It says, I'm prepared, I'm responsible, and I'm aligned with stability.*”

The Universe mirrors that preparedness by sending you even more reasons to feel secure.

3. Diversify Your Energy and Your Assets: Just as you wouldn't put all your emotional energy into one dream, relationship, or job, you shouldn't put all your money into one place.

Diversity is both an energetic and financial principle of flow. When your money circulates through multiple channels — investments, savings, skills, and opportunities — the Universe has more pathways to bring prosperity to you.

Think of it as *creating multiple streams for abundance to flow through*.

4. Be Patient — Abundance Blossoms in Divine Timing: The Law of Attraction teaches that everything unfolds in perfect timing.

Wealth creation works the same way. Impatience, worry, and desperation create energetic resistance, while patience and faith create flow.

Let your investments — and your mindset — mature naturally. When you trust the process, the energy of that trust multiplies your returns.

Even small, consistent actions like investing a few hundred dollars a month can grow into something extraordinary when fueled by positive belief.

5. Avoid “Timing” the Universe — Stay in the Energy of Now: Trying to time the market is like trying to time the Universe — it never works.

The best time to invest, to act, or to believe in your abundance is *always now*.

When you wait for the “perfect” time, you send out a signal of hesitation and doubt. But when you act now, with inspired confidence, the Universe responds by meeting you halfway.

Remember: *Aligned action taken now* is far more powerful than perfect action taken someday.

6. Be Wise With Where Your Energy (and Money) Goes: In the

physical world, this means watching fees, expenses, and waste. In the energetic world, it means noticing where your focus and emotions go.

Are you investing in things — and thoughts — that uplift you?

When you choose financial products, mentors, or ventures, make sure they align with your values and long-term vibration of abundance.

You don't have to be “cheap” — you just need to be *conscious*. Energy leaks, whether through unnecessary spending or negative thought, slow your manifestation momentum.

7. Buy Low — Align High: On a practical level, buying undervalued assets makes financial sense.

On a vibrational level, it represents *seeing potential before it's visible* — one of the purest forms of faith.

When you invest in something (or someone, or yourself) before the world fully recognizes its value, you're exercising the energy of vision.

That same vision is what the Law of Attraction amplifies. It rewards those who believe in value — even when it hasn't yet materialized.

8. Take Inspired Action: Thinking, visualizing, and affirming are powerful — but the Law of Attraction isn't about wishing alone. It's about *aligned doing*.

Energy moves through action. When you take even one small, inspired step toward your financial goals — setting up automatic savings, creating a new income stream, paying off a debt — you tell the Universe, *“I'm serious about abundance.”*

Momentum builds quickly once the energy is in motion.

9. Avoid Debt That Drains Your Energy: Debt can carry heavy energy. While a home loan or business investment may be expansive, unnecessary or emotional spending creates resistance.

When you owe money, you may subconsciously emit feelings of guilt, burden, or lack — which blocks new

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abundance from flowing in.

Whenever possible, make debt decisions from a calm, empowered place rather than from fear or impulse.

When your financial energy feels light and clear, you attract more of what supports your freedom.

10. Let Less Energy Go to Taxes and More Flow Toward Purpose:

Energy conservation applies to money, too.

While paying your fair share is responsible, being intentional about tax strategies keeps more of your energy in motion — serving your goals, your dreams, and your impact.

Use the tools and knowledge available to legally minimize taxes. The more abundance you retain, the more you can circulate into things that matter — generosity, investment, and conscious living.

Remember: *The more you bless your money, the more it blesses you.*

The Universal Laws of Wealth

Every game has rules — and money is simply a reflection of how we play the energetic game of abundance.

When you follow these principles with belief and consistency, you'll notice something profound:

Money begins to respond to your energy. Opportunities appear more easily. Challenges resolve faster. You begin to feel *wealthy* long before the numbers show it — and that feeling is what attracts the numbers.

So ask yourself:

- Which of these money rules am I already living by?
- Which ones could I align with more fully?

The Law of Attraction isn't just about visualizing wealth — it's about *becoming* the energy of abundance through thought, emotion, and consistent inspired action.

Master these 10 principles, and you won't just be managing money — you'll be *magnetizing prosperity* in every area of your life. ♦

How to Stop Fighting Over Money (and Start Attracting Abundance Together)

Money isn't just numbers — it's also energy. When that energy feels tense or fearful, it creates conflict. But when it's guided by love, understanding, and alignment, it flows easily. Disagreements about money are common, but they don't have to create chaos. With the right mindset and a few conscious habits, you can turn money from a source of stress into a tool for shared abundance.

Here's how to restore harmony and attract prosperity together:

1. Understand Each Other's Money Energy: Everyone grows up with different beliefs about money. Maybe you see saving as security, while your partner sees spending as freedom.

Instead of judging, get curious. Talk about how you each *feel* about money and what it represented in your past.

Understanding those vibrations helps you find balance — and creates a shared frequency of respect and abundance.

2. Create an Aligned Budget Together: Money fights often come from feeling controlled or unheard. A budget made with collaboration feels empowering, not restrictive.

Sit down as a family and co-create a spending plan that reflects your shared values and goals. When everyone has input, everyone's energy aligns with the plan — and sticking to it becomes easy.

3. Discuss Major Purchases Before Acting: Big financial surprises can create big emotional reactions.

Agree that major purchases will always be discussed first. This keeps communication open, energy clear, and trust strong — all essential ingredients for a peaceful financial vibration.

4. Hold Weekly "Money Alignment" Meetings: A quick weekly check-in helps keep everyone on the same page. Review spending, celebrate progress, and adjust as needed.

Treat it like a team huddle — not a



blame session. When you focus on what's going right, you attract more of it.

5. Give Everyone Freedom: Money arguments often stem from a feeling of lack or restriction. Give each person a small allowance they can spend however they want — no questions asked.

A little financial freedom restores trust, balance, and flow.

6. Set Shared Abundance Goal: When everyone is working toward something exciting — like a family trip or a dream home — cooperation becomes natural.

Visualize your goals together. Imagine the feeling of already achieving them. This shared vibration magnetizes new opportunities and income streams.

7. Respond With Calm Energy: When money mistakes happen (and they will), take a breath before reacting.

Respond from love, not fear. Focus on the solution, not the problem. Energy rooted in peace invites cooperation — energy rooted in blame blocks it.

Attract Financial Harmony

Money is meant to serve you, not divide you. When your family's energy is united in gratitude, trust, and abundance, financial flow follows naturally.

Work together, think abundantly, and watch how harmony — and prosperity — begin to multiply in your home. ♦

Add Joy to Your Life by Inventing Your Own Holidays

We have many "official" holidays throughout the year to honor important people and events. The holidays provide a great opportunity to celebrate, while spending quality time with loved ones.

But why not go a step further? Create your own holidays to transform ordinary days into special ones that could boost your health, well-being, relationships, and career.

Create Your Own Holidays to Boost Your Health and Well-being

1. Go to bed early. Adequate sleep protects your health and productivity. Designate one day a week to celebrate your health by going to bed an hour earlier. Friday is a good choice because it will help you to stick to your regular rising time on Saturday.

2. Eat a new vegetable. Make a New Year's resolution to sample a new vegetable at least once a month. Pick a day to carry out your intention and stick to it. Gradually, start eating a wider variety of fruits and vegetables as part of your balanced diet.

3. Read a novel. Reading for pleasure will expand your mind and help cultivate your sense of compassion. Make time for yourself and celebrate with a book.

4. Luxuriate at a spa. Treat yourself to something special with a glamorous spa day. Get a massage and a makeover. Hold onto that sense of relaxation by developing a daily meditation practice.

Create Your Own Holidays To Boost Your Relationships

1. Send flowers to a loved one. Flowers are often given on holidays. But why wait? Express your love by sending flowers to someone special on a day when they least expect it. Flowers work for men too. Pick something sophisticated or simple like orchids or sunflowers.

2. Spend time with each of your children. Celebrate the love you share with your children. Designate a special "holiday" when you spend time with each of your children one-on-one.

You may decide to go shopping close to home or take a day trip to the beach.

3. Remember your parents. Get together with your parents for a "Parent's Day" they'll enjoy. Go out and catch a movie or go with them to their annual church dinner or summer picnic.

4. Call an old friend. Make any day a celebration of friendship by contacting a buddy you've lost touch with. You might be able to locate them on a social media site. Pick up the phone and renew old ties.

Create Your Own Holidays To Boost Your Career

1. Be kinder to your colleagues. Getting along with your co-workers is good for your job satisfaction and performance. Make a deliberate effort to be more helpful on the first day of every month. This may inadvertently create an "Employee Appreciation" event that may persist all the time.

2. Give credit to your boss. Management should be shown some appreciation too. Pay attention to what those in charge do well and include them in

your monthly kindness campaign.

3. Strengthen your network. Developing a professional network requires consistency. Evaluate yourself at the end of every month.

- Did you make any new contacts?
- Did you do something valuable to help a longtime colleague?
- If you find that you have done something to strengthen your network, reward yourself by celebrating a successful career move at your favorite restaurant.

4. Clean the office refrigerator. Complete a chore at the office that nobody enjoys, such as cleaning out the refrigerator. Your co-workers will notice and celebrate your kind gesture.

- Your kind gesture may inspire others to make their own unique "holiday" traditions.

Make the spirit of the holidays last all year long. Observing your own personal holidays may not get you any additional time off from work, but it will help you to make your life more meaningful and fun along the way. ♦

Sparkling Cranberry Orange Ginger Punch

Prep time: 15 minutes (+ chill time)

Cook time: n/a

Serves: 4

Ingredients:

¼ c. fresh ginger, peeled and roughly chopped or minced

1 c. unsweetened cranberry juice

1 c. fresh orange juice (approximately 3 large oranges)

1 large lime, sliced

1 large orange, sliced

½ c. fresh or frozen cranberries

2 c. club soda, chilled*

Optional: 2–3 T. honey

Optional: Additional orange slices and/or fresh cranberries, for garnish

*Add an additional 1 c. chilled club soda for non-alcoholic version

Adults-Only Version (Optional):

½ c. chilled vodka

½ c. ginger beer

Directions:

Add the ginger, unsweetened cranberry juice, orange juice, lime slices,



orange slices, and cranberries to a large non-reactive bowl and gently press with a potato masher or wooden spoon to release the juices. Stir to combine and place in the refrigerator to chill for a few hours.

Remove from refrigerator and strain to remove solids, squeezing out excess liquid from the sliced fruit in the process. Discard solids and transfer remaining liquid to a large pitcher.

Add chilled club soda vodka or ginger beer, or both if using) and stir to combine. Taste and stir in the honey to sweeten, if desired.

Serve immediately over ice and garnish with extra cranberries or orange slices, if desired. Enjoy!

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