



FINANCIALLY FREE
JOURNAL

S  U L
M E D I C I N E



Hello

*Get ready to tap in and
tune up your finances.*

Big props to you for starting on your journey towards financial freedom! Now it's time to roll up our sleeves, get honest, and take a deep dive into your money mindset. Get ready to tackle the tough stuff and hold yourself accountable like a boss...

Be ready to bare those financial secrets with me, your Intuitive Financial Coach. If you're here, it's because the old ways just ain't working for you anymore, and that's okay. It's time to let your hair down and get cozy with the uncomfortable because that's where the magic happens. You're here for a big shift, so let's make it happen!

Siobhan 

Financially Free: 30 Days to Abundance!

Welcome to the beginning of financial freedom! This journal's like your sidekick for the next 30 days, helping you kickstart some serious money mojo. At the back of this journal, you'll find your Abundance Bucket Checklist - throughout the month, jot down the unexpected wins – the stuff you didn't even plan for. Even on those days that seem impossible, just trust the process. You're literally busting through the chains that've been holding back your financial freedom!

Grab a quiet moment for yourself, try playing music at 528 Hz or 963 Hz – you can find some good stuff on the Insight Timer app & YouTube. Now, let's get real about your cash flow – income, bills, credit scores, the whole shebang. No blame games, just an honest look at how you ended up here and how bad you want that financial glow-up.

After you spill your thoughts into each day, wrap it up by saying those affirmations out loud. The more you say it, the more you'll see it, then the more you'll believe it. Feel the words sink in and let the magic of manifestation start it's job. Your journey to financial freedom starts now, and it's about to get real!



Day One

WORDS FROM YOUR GUIDES

Don't focus on where you've come from. Now is the time to just focus on movement, going forward, pushing yourself into consistent momentum. You are THE force, so instead of allowing past mistakes to define you and your story, allow them to help you create new pages of triumph and success through reflection and perseverance. Question your habits and look for key behaviors that resulted in negative movements.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

What does your current financial situation look like? Bad credit? In debt? Behind in bills?

What do you want to change about your current financial situation?

How soon do you want your financial situation to change?

affirmations

Day 1

01 “I am open to receiving financial abundance in all areas of my life!”

02 “Money comes to me easily and naturally.”

03 “I am a magnet for wealth and prosperity.”

Day Two

WORDS FROM YOUR GUIDES

Beliefs act as ingrained mental pathways guiding us toward alignment with our life's interests. Frequently, these beliefs take root before we fully comprehend them, leading us to follow them without question. In the realm of finances, we often adopt others' success stories as gospel and strive to replicate their exact strategies, hoping for the same results. Our belief systems intricately shape our perceptions, forming the reality we see. Therefore, if you harbor the belief that certain achievements are unattainable, you are likely to never encounter them in your experience. Feel into what you want to experience, create it with your mind, and allow your imagination to run towards excitement!

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

What beliefs do you have about money?

What kind of relationship do you have with money?

Do you feel you chase or attract it?

affirmations

Day 2

04 “My income increases continuously.”

05 “Financial freedom is my birthright.”

06 “I release all fear and doubt about my financial future.”

Day Three

WORDS FROM YOUR GUIDES

Ever notice how you feel when money becomes present in your life? No need for shame or guilt with what you are trying to do, there is no room for it. This week, let's practice writing without feeling ashamed of our past financial setbacks. Work on just the facts-what feelings previous to this day come up when you receive money. Self-control can feel too restrictive causing us to act out of character, and therefore allowing a lapse in sensible judgement when it comes to your money- spending or saving. It's OKAY, there is a reason why you are here.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

When you get money, what do you immediately do with it?
Spend it? Save it?

If you spend it, how do you feel during the transaction? How do you feel
after you spent it?

If you save it, what are you saving for? Rainy day? Specific goals?

affirmations

Day 3

07 “I am financially secure and at peace.”

08 “Abundance flows to me effortlessly.”

09 “My possibilities are endless, and my abundance is unlimited.”

Day Four

WORDS FROM YOUR GUIDES

Take the time today to think about what you want- what you *really* want. You are the master creator of your own life, and you are ready to begin a new creation. Understand what your wants and needs are based on what could assist you in your everyday life. Think beyond money and time, what could you use right this minute? Start to place those images in your mind's eye- and pretend what that experience could feel like, If you cannot, don't worry, this is not a test.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

What do you want for yourself *right now*?

Do you believe you can have what you want?

Do you feel there is a blockage keeping your wants away from you?

affirmations

Day 4

10 “I am in control of my financial destiny.”

11 “I am proactive in managing and eliminating my debts.”

12 “I am making consistent progress in reducing my debt.”

Day Five

WORDS FROM YOUR GUIDES

To attract your manifestations, align your thoughts with the energy of what you desire. Visualize your goals with clarity, feel the emotions associated with their achievement, and believe in their manifestation. Cultivate gratitude for the present and maintain a positive mindset. Take inspired actions towards your goals, trust the process, and remain open to receiving the abundance the universe has to offer. Your thoughts and vibrations shape your reality; let them be in harmony with the abundance you seek.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

How do you attract what you want? Pray? Ask for it? Does it just appear without trying?

Have you achieved everything you wanted financially? If so, what?

How would it feel to be set free from financial responsibility?

affirmations

Day 5

13
“I am responsible with my finances and pay down my debts with ease.”

14
“Debt reduction is a natural and easy process for me.”

15
“I am free from the burden of debt.”

Day Six

WORDS FROM YOUR GUIDES

In the realm of financial control, envision your resources as harmonious energy flows. Connect with the essence of abundance and prosperity that surrounds you. Tune into the frequency of wise decision-making and responsible stewardship. Feel the balance between spending and saving, embracing a mindset of abundance rather than scarcity. Nurture a sense of gratitude for your current financial state while maintaining a focus on growth and expansion. Cultivate a mindset of empowerment, understanding that your thoughts, actions, and intentions shape the financial reality you experience.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

Who controls your money?

How do you let money work *for* you?

Do you want to be in charge of your money and finances?

affirmations

Day 6

16
“I attract opportunities to increase my income and reduce my debt.”

17
“I release all worries about my debts.”

18
“I am grateful for the lessons I've learned through my financial challenges.”

Day Seven

WORDS FROM YOUR GUIDES

In the act of giving thanks, you not only honor the gifts bestowed upon you but also open the channels for greater blessings to flow. Your gratitude becomes a beacon, drawing in more reasons to be thankful. It is a potent reminder that the universe responds to the energy you emit. Cultivate the habit of acknowledging the abundance that surrounds you, and watch as the universe responds with even greater generosity. Gratitude is the language of manifestation, and with every expression of thanks, you harmonize your spirit with the infinite blessings awaiting your embrace.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

List 3 things you are grateful for in your current financial situation?

What beliefs about money do you think affect how you receive it?

What fears do you have relating to money?

affirmations

Day 7

19 “I am financially responsible and make wise choices.”

20 “I trust my ability to overcome my debts.”

21 “My credit score is improving every day.”

Day Eight

WORDS FROM YOUR GUIDES

Let's celebrate what you DO have. Before beginning today's writing or even reading the affirmations, think about everything you allowed yourself to have. Think about everything financially positive that has come into your life without specifically asking for it. Whether you believe in your own power of manifestation or not, YOU are the creator of your thoughts, and as thoughts are created so is your reality. There may have been some things floating in your subconscious that were brought in unintentionally- these are gifts from your angels thought up by you. We all work together in this life, so put your thoughts to better use!

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

Do you know how much money you generate each month, after taxes? How much money leaves your account each month?

Do you have a budget or a way of tracking your money? If so, what is it?

What successes have you had with managing your money?

affirmations

Day 8

22
“I am committed to raising my credit score.”

23
“I release all negative associations with my credit.”

24
“My credit history is becoming more positive.”

Day Nine

WORDS FROM YOUR GUIDES

If you could imagine what security feels like, how would that feel? Now place that security over into your financial situation. Where would you feel the most secure, money in the bank, all your bills paid, no lates or cancellation notices? While these may bring peace, security is brought on by a sounding foundation, solidarity between financial education and action. This week take some time to think about where your shortfalls are in your finances and write them down. Understanding what you are doing wrong is half the battle.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

What does financial security mean to you?

Do you get jealous of what others have? Ever secretly wished you could have what others have? What was it?

Do you tend to avoid or ignore your financial situation when it becomes overwhelming?

affirmations

Day 9

25 “I attract opportunities to enhance my creditworthiness.”

26 “I release all negative associations with my credit.”

27 “I am on the path to excellent credit.”

Day Ten

WORDS FROM YOUR GUIDES

Taking time for your self does not mean you are being selfish. It means you are respecting yourself. As humans, you need uninterrupted time to allow for peace, reflection and meditation. Regardless how that looks for each person, it is vital to your ability to manifest. This time allows for your personal vibration to be raised which then strengthens the signal towards abundance. Once in this state you can create whatever reality you truly desire.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

Do you have a self-care routine? If so , what does that look like?

How do you relax or relieve stress when it comes to money matters?
Avoid or reflect, seek help?

List a few things that could alleviate some of your financial stress?

affirmations

Day 10

28 “I am worthy of a high credit score.”

29 “I take actions that benefit my credit score.”

30 “I am confident in my ability to maintain good credit.”

Day Eleven

WORDS FROM YOUR GUIDES

Transform your reality by creating thoughts of abundance. Try pretending what your life would look like if you had perfect credit, owned multiple properties, hit it big in the stock market, all your debt was paid off, no student loans. Now begin to think about what it would take to get all of this? If you feel overwhelmed, don't worry that is just your body's response to knowing it has work to do.

Most people don't understand what it takes to get it all. Manifesting goes in part with the actual work. By combining work and manifesting, you start bringing in resources into your reality to assist with the "heavy" lifting.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

What is something positive about your financial situation?

Does it feel good knowing this?

Did you have help to achieve this or have you done it all on your own?

affirmations

Day 11

31 “Money is a tool for me to create the life I desire.”

32 “I am open to multiple streams of income.”

33 “My thoughts create my financial reality.”

Day Twelve

WORDS FROM YOUR GUIDES

Credit is just a tool used to measure a risk factor, and does not define your character as a person. Do not get attached to this number as it is much like everything else here, temporary. You can use this number as a guide, for personal goals and achievements, but leave it there. If it's not high, so what, if it is high, so what. It does not reflect the true nature of your intentions. Put shame and fear away for they should have nothing to do with credit- they are not on the same page- they are like water and oil- they just exist but seperately. Be mindful of your goals, and allow them to reflect your character, not a number. Keep watching your blessings unfold, be proud of the sacrifices you've made and all the mistakes you've learned from- they are not for nothing.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

What do your credit scores look like?

Are you satisfied with where they are?

What would you like them to look like? How fast would you like that to happen?

affirmations

Day 12

34 “I am free from financial stress and worry.”

35 “I trust that the universe provides for me.”

36 “Financial abundance is my natural state of being.”

Day Thirteen

WORDS FROM YOUR GUIDES

Use resources not merely for material gain but as tools to sculpt the masterpiece of your reality.

Embrace the constant movement of financial energy with gratitude, knowing that in its ebb and flow, you co-create your destiny. May your financial journey be a tapestry woven with threads of wisdom, generosity, growth, harmony, and balance. Trust in the abundance that flows through you, for in using these resources with intention and love, you become a conductor of universal prosperity.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

Do you use any money management tools? Which ones?

Do they help, confuse or overwhelm you?

List 3 things you learned about money management?

affirmations

Day 13

37 “I am worthy of all the financial success that comes my way.”

38 “I embrace a prosperous future with open arms.”

39 “Financial freedom is a choice I make every day.”

Day Fourteen

WORDS FROM YOUR GUIDES

In the act of giving thanks, you not only honor the gifts bestowed upon you but also open the channels for greater blessings to flow. Your gratitude becomes a beacon, drawing in more reasons to be thankful. It is a potent reminder that the universe responds to the energy you emit. Cultivate the habit of acknowledging the abundance that surrounds you, and watch as the universe responds with even greater generosity. Gratitude is the language of manifestation, and with every expression of thanks, you harmonize your spirit with the infinite blessings awaiting your embrace.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

How motivated are you to work towards financial freedom?

What are you most looking forward to once you are financially free?

Do you think will it change who *you* are?

affirmations

Day 14

40 “I am abundant in all aspects of my life, including finances.”

41 “I take charge of my financial destiny.”

42 “I am empowered to make wise financial decisions.”

Day Fifteen

WORDS FROM YOUR GUIDES

Know this: as you believe, so shall you create. The universe, in its infinite wisdom, responds to the vibrations of your thoughts, feelings, and intentions. Close your eyes, dear one, and journey with the mind's eye into the realm of possibilities. Money is not merely currency; it is a reflection of the energy you invest in the world and the energy you allow to flow back into your life. Appreciate the abundance you currently possess, and in that appreciation, you open the floodgates for more to come.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

Do you believe you can have what you want?

Do you believe your financial situation can change?

Do you believe in yourself, your talents, your personal power?
What's your strongest skill?

affirmations

Day 15

4.3 “I have a healthy relationship with money.”

4.4 “I manage my finances with ease and confidence.”

4.5 “I am the master of my money, not the other way around.”

Day Sixteen

WORDS FROM YOUR GUIDES

As you stand at the crossroads of abundance and limitation, hear the whispers of the universe calling for introspection. Ask yourself, dear one: What does your current financial landscape truly look like? Is it a garden blooming with the fruits of prosperity, or is it a terrain where the seeds of abundance are awaiting your nurturing touch? Can you hold yourself accountable without the weight of judgment? Accountability is not a condemnation; it is a loving acknowledgment of the choices made. Embrace the lessons, for in them lies the power to shape a new reality.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

How does your current financial situation look today?

What do you need to work on?

How fast do you want your situation to change?

affirmations

Day 16

46
“I create a balanced financial plan
for my future.”

47
“I am always open to new financial
opportunities.”

48
“I trust my intuition when it comes
to financial choices.”

Day Seventeen

WORDS FROM YOUR GUIDES

What is your relationship with abundance? Do you perceive it as a distant dream or as a present reality awaiting acknowledgment? Abundance is a frequency, and your thoughts and beliefs are the tuning forks that harmonize or disrupt its flow. The first step in changing belief patterns is cultivating awareness. Take the time to observe your thoughts and beliefs about money. Pinpoint specific limiting beliefs that you hold about money. These beliefs often stem from early experiences, societal conditioning, or cultural influences. Once identified, challenge your limiting beliefs. Ask yourself if these beliefs are based on objective truth or conditioned perceptions.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

How do you think your beliefs influence your relationship with money?

How do you think your beliefs about money impact your financial decisions?

Where do you think your beliefs with money started?

affirmations

Day 17

49 “I deserve financial success and security.”

50 “I have a positive and abundant money mindset.”

51 “I attract prosperity with every thought I think.”

Day Eighteen

WORDS FROM YOUR GUIDES

As you confront the reality of bills and debts, embrace the vulnerability that arises. It is okay to feel a spectrum of emotions – from anxiety to hope, from stress to determination. Let each emotion be a note in the melody of your financial journey. Cultivate self-compassion as you navigate the landscape of financial responsibilities. Understand that your emotions are not signs of weakness but reflections of your humanity. Speak to yourself with the gentleness you would offer a dear friend. Befriend fear and anxiety when they knock on the door of your consciousness. Invite them in, sit with them, and inquire about the messages they carry. Often, they are messengers pointing to areas where deeper understanding and conscious action are needed.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

What's your method for handling money once you get it?

What emotions come up for you when you make a purchase unrelated to your basic necessities? Guilt? Shame? Enjoyment?

What feelings do you associate with saving; pride, greed, accomplished?

affirmations

Day 18

52 “I am aligned with the energy of wealth and abundance.”

53 “Money is a friend that I welcome into my life.”

54 “Financial abundance is a natural extension of who I am.”

Day Nineteen

WORDS FROM YOUR GUIDES

When faced with challenges, see them as invitations to growth. Your emotions are guideposts, directing you toward areas that may require attention, learning, or a shift in perspective. In challenges, there lies the potential for transformation. Connect with the abundance that exists beyond the realm of numbers. Money is a tool, but it is not the sole measure of your worth. Cultivate gratitude for the richness of life's experiences, relationships, and the treasures that go beyond monetary value.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

What realistic wants would you like to have right now?

How confident are you in attaining these wants?

Have you ever thought that you consciously or unconsciously
block your wants?

affirmations

Day 19

55 “I am grateful for the wealth that is coming into my life.”

56 “I release any fear of not having enough.”

57 “Abundance is my birthright, and I claim it now.”

Day Twenty

WORDS FROM YOUR GUIDES

Cultivate mindful spending practices. Before each purchase, ask yourself if it aligns with your vision and values. Practice delayed gratification when needed, allowing the joy of conscious spending to replace impulsive choices. As you step into the rhythm of financial empowerment, may your journey be adorned with wisdom, prosperity, and the radiant light you possess. Invest in the currency of knowledge and learn to understand the principles of personal finance.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

How do you manage your finances?

What measures are in place for you to maintain financial control?

Do you feel you need greater control over your finances?

affirmations

Day 20

58 “I am a magnet for financial success and prosperity.”

59 “Money flows to me from expected and unexpected sources.”

60 “I am open to receiving unlimited prosperity.”

Day Twenty-One

WORDS FROM YOUR GUIDES

Gratitude is not merely an expression; it is a radiant force that transforms the ordinary into the extraordinary. Gratitude is a magnet and with force you can draw into what aligns with you. Gratitude is not reserved for a distant future; it is a celebration of the riches that exist in this very moment. Each financial challenge is an opportunity in disguise, a teacher guiding you toward greater wisdom. Offer thanks for the lessons embedded in difficulties, knowing that they carve the path to resilience and strength.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

Share 3 things that fill you with gratitude about your financial management?

How do your financial beliefs influence your attitude when you receive money?

What anxieties or concerns do you associate with your financial matters?

affirmations

Day 21

61 “I am financially confident and capable.”

62 “I am worthy of financial success.”

63 “I believe in my ability to achieve financial freedom.”

Day Twenty-Two

WORDS FROM YOUR GUIDES

As you confront the reality of bills and debts, embrace the vulnerability that arises. It is okay to feel a spectrum of emotions – from anxiety to hope, from stress to determination. Let each emotion be a note in the melody of your financial journey. Cultivate self-compassion as you navigate the landscape of financial responsibilities. Understand that your emotions are not signs of weakness but reflections of your humanity. Speak to yourself with the gentleness you would offer a dear friend. Befriend fear and anxiety when they knock on the door of your consciousness. Invite them in, sit with them, and inquire about the messages they carry. Often, they are messengers pointing to areas where deeper understanding and conscious action are needed.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

How much do you pay attention to the amount of money that enters & exits your accounts on a monthly basis?

How do you practice financial planning or money management within a budget?

What positive outcomes have you had with your financial management?

affirmations

Day 22

64 “I trust myself to make sound financial decisions.”

65 “I have the knowledge and skills to create wealth.”

66 “My financial confidence grows stronger every day.”

Day Twenty-Three

WORDS FROM YOUR GUIDES

Belief patterns are reinforced through actions. Take inspired and aligned actions that resonate with your new beliefs. If you believe in your ability to create wealth, make financial decisions that reflect that belief. Small, consistent actions create a powerful ripple effect.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

Define financial security in your own terms?

How do you find relief from financial stress & anxiety?

What are some actions that reduce the amount of financial burdens?

affirmations

Day 23

67 “I am comfortable with wealth and abundance.”

68 “I welcome financial opportunities with an open heart.”

69 “My financial self-worth is high.”

Day Twenty-four

WORDS FROM YOUR GUIDES

Your financial achievements are not isolated events but chapters in the epic tale of your growth. Honor the path that led you here, acknowledging the lessons, challenges, and triumphs that sculpted your story. Recognize the ripple effect of your achievements. Your success is not only a personal victory but an inspiration to those who witness your journey. As you stand tall, you become a beacon of possibility, illuminating the path for others to embark on their own quests for financial empowerment. Stand proud.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

Share your favorite thing about your current financial status?

Elaborate on the emotions you experience when your financial goals are spoken about?

What kind of support or assistance do you get with your current financial status?

affirmations

Day 24

70 “I radiate confidence in all my financial endeavors.”

71 “I am thankful for the wealth I have now.”

72 “I appreciate my financial growth and achievements.”

Day Twenty-five

WORDS FROM YOUR GUIDES

Begin today with clear intentions of what you would like your financial future to look like. What does financial abundance mean to you? Is it a life of freedom, the ability to contribute to others, or the pursuit of passions without constraint? Let your intention be the guiding star that lights the path to your envisioned future. The universe responds not only to the images in your mind but to the emotions that infuse them. Embody the feelings of living in financial abundance as if it is your current reality.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

What is your vision for your credit profile?

Where would you like your credit scores to be?

What about your credit profile do you feel hurts your scores the most?

affirmations

Day 25

73 “I celebrate my financial success and abundance.”

74 “Gratitude is my daily practice, and it attracts more wealth.”

75 “I am grateful for the lessons I've learned through my financial journey.”

Day Twenty-six

WORDS FROM YOUR GUIDES

Financial setbacks can trigger a range of feelings – from frustration and anxiety to disappointment. Take a reflective pause to identify the triggers and patterns associated with your financial setbacks. Is there a recurring theme or belief system that surfaces during challenging times? Awareness is the first step towards breaking free from limiting patterns. Ask yourself to recognize the challenges as creative solutions and growth. In the face of these challenges break down larger objectives into smaller, manageable steps. Share your challenges, for in vulnerability, you invite connection and valuable perspectives. Support is not a sign of weakness but a testament to your strength.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

Share what money management methods have been most effective for you?

What about money management or budgeting overwhelms or triggers you?

How would you like to manage your money?

affirmations

Day 26

76 “I acknowledge and give thanks for every financial blessing.”

77 “I am thankful for the financial freedom I am creating.”

78 “Gratitude is my secret to attracting more abundance.”

Day Twenty-Seven

WORDS FROM YOUR GUIDES

Financial freedom is not just a state of the wallet but a liberation of the spirit. Each decision, each sacrifice, and each step taken on the path of financial responsibility is a triumph. Feel the weight lifted from your shoulders. Financial freedom is the shedding of burdens, the release of stress, and the exhale of relief. Breathe in the fresh air of liberty, knowing that you are no longer weighed down by the chains of financial worry.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

What motivates you towards financial freedom?

From most to least, list 3 reasons why you feel you need financial freedom.

What is the most exciting thing that comes to mind about living financially free?

affirmations

Day 27

79 “I embrace gratitude as an integral part of my financial life.”

80 “I am deeply appreciative of the abundance that surrounds me.”

81 “My thoughts are aligned with financial success.”

Day Twenty-Eight

WORDS FROM YOUR GUIDES

Confidence in financial matters is rooted in a commitment to continuous learning. The financial landscape is ever-evolving, and a confident individual is one who seeks knowledge, adapts to change, and remains open to new insights. It is the understanding that learning is a lifelong companion on the path to empowerment. The confidence needed is a balanced relationship with risk.

Understand that calculated risks are often the gateways to financial growth. Confidence is not the absence of fear but the ability to navigate fear and make informed decisions that align with your goals.

You are ready!

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

How confident are you in your capacity to achieve your every financial desire?

How easy/hard is it for you to visualize or have faith in yourself?

List what it would take to gain confidence in yourself, your talents and the strength for accountability.

affirmations

Day 28

82 “I have a positive money mindset that serves me well.”

83 “Negative beliefs about money no longer have power over me.”

84 “I replace scarcity with abundance in my thoughts.”

Day Twenty-Nine

WORDS FROM YOUR GUIDES

Cultivate an openness to receive the blessings of financial prosperity. Believe that you are worthy of abundance and that the universe is inherently generous. Allow joy to overflow from the cup of your heart. Your joy is not a solitary emotion; it is a ripple that touches the shores of your relationships, your experiences, and the world around you. Let your excitement be a gift to yourself and to those who share in your journey. Be present in the miracle of now. Financial freedom is not a distant future; it is a present reality. Feel the warmth of this moment, the joy of accomplishment, and the gratitude for the miraculous unfolding of your financial liberation.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

List your financial goals/desires for today?

Do you believe you can achieve these with patience and consistency?

Are you excited to finally experience financial freedom?

affirmations

Day 29

85 “My financial beliefs are in harmony with my goals.”

86 “I am transforming my money mindset to one of prosperity.”

87 “I attract wealth and abundance with my thoughts.”

Day Thirty

WORDS FROM YOUR GUIDES

Shift your language and thoughts from lack to plenty. Instead of dwelling on what is missing, celebrate the abundance that already exists in your life, whether it be relationships, health, or opportunities. Speak words of abundance, prosperity, and financial well-being. Let these affirmations take root and blossom into a new belief system. Picture yourself making empowered financial decisions, manifesting your goals, and radiating the energy of abundance in every aspect of your existence. Release any lingering guilt or shame associated with money. Whether through mentors, coaches, or community, surround yourself with individuals who inspire and uplift your financial mindset. Create what you want on the outside to reflect what you want on the inside.

CHANNELED MESSAGE FROM PSYCHIC-MEDIUM,
SIOBHAN GLOVER

What non-helpful beliefs are you shedding that will help you to clear any money blockages?

How do you feel about transforming your money related views and wants?

affirmations

Day 30

88 “Positive money beliefs shape my financial reality.”

89 “I am reprogramming my mind for financial success.”

90 “Abundance is my natural state, and I embrace it fully.”

ABUNDANCE BUCKET CHECKLIST

We all have access to an unlimited source of abundance. Believe me, it's true! Most people just don't understand how to access it, but this journal is supercharged for you to experience any and everything you can imagine. Money and wealth can manifest in different forms way beyond just cash. Here is where you can log your evidence, and keep a tally of everything you weren't specifically asking for, but came from your 'bucket'.

Prepare yourself , it'll be alot!

1. BARTER & TRADES

Exchanging skills, services, or goods instead of using money.

2. GIFTS & INHERITENCE

Receiving money or assets as gifts or through inheritance.

3. REWARDS & PRIZES

Winning contests, lotteries, or receiving rewards for achievements.

4. DEBT FORGIVENESS

Having a debt canceled or forgiven, which can be a form of financial gain.

5. MISPLACED MONEY

Gift cards, checks or cash found in old bags, purses, drawers etc.

6. FREE BENEFITS AKA FAVORS

Receiving goods or services directly, shelp with home repairs, receiving professional advice.

7. GOVT. ASSISTANCE & GRANTS

Support programs, grants for specific projects, or educational scholarships.

8. INVESTMENTS & RETURNS

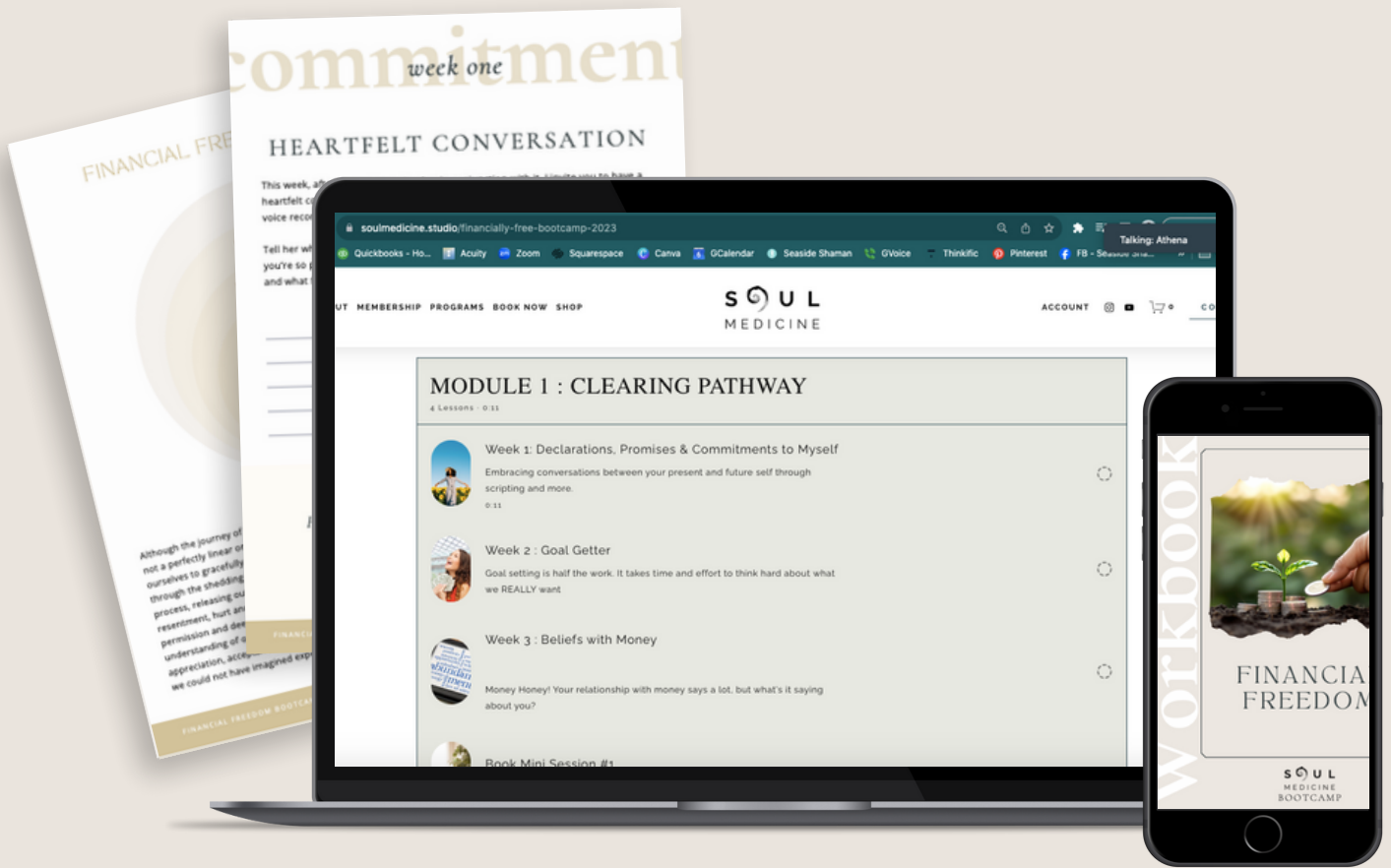
Earnings from stocks, bonds, real estate, or other investments.

9. COUPONS & DISCOUNTS

Savings made through discounted purchases, acting like money saved.

10. TIME & FREEDOM

Opportunities that offer more time or freedom.



“The Financial Freedom Bootcamp has been an amazing experience! I’ve been able to gain so much financial knowledge from the weekly classes that tackle a different topic each week, and I’ve been able to do a better job at assessing my habits in order to budget and make better spending choices in the future. It also helps to have the one-on-one mini sessions with Siobhan every few weeks to check in and help dive deeper. She is an amazing resource and an expert at what she does! ❤️”

WANT MORE?

If you’d like a more indepth approach to breaking free from the shackles of financial stress and embark on a transformational journey towards financial empowerment, check out Financially Free Bootcamp. This 12-week bootcamp combines the power of Soul Medicine deep healing and empowerment methods with a licensed Holistic Financial Coach who also happens to be a Psychic Medium.

VISIT WWW.SOULMEDICINE.STUDIO FOR MORE INFORMATION ON BOOTCAMPS, CLASSES, PRIVATE 1-ON-1 SESSIONS, PRICES, PACKAGES AND LOTS MORE TOOLS AND RESOURCES FOR YOUR FINANCIAL AND SPIRITUAL JOURNEY!