21-DAY CHALLENGE · FREE PRINTABLE

Abundance Journal: 21-Day Tracker

Five minutes a day. Read the day's prompt in the article, write freely, then tick the day.

Week 1: Notice your money story

1	2	3	4	5	6	7

Week 2: Grow your gratitude

8	9	10	11	12	13	14

Week 3: Take small steps

15	16	17	18	19	20	21

Day 1 prompt: What does "enough" look like for me, in real, everyday terms?

One thing I noticed this week

Day 21: What has changed? What do I want to keep doing?