Co-Create with the Universe Activating Your Abundance!

7-Day Journal

Laura West



Dear Creative Soul

Welcome to this wonderful ritual of connecting to the Universe to receive guidance, wisdom and inspiration for how to create your next big idea.

First, you'll want to connect to the Universe. In the meditation the Universe knows your brilliance and your dreams and is excited to help guide you into the successful YOU who you are becoming!

Then you want to begin this 7 Day Journal. Each day listen to the meditation and then follow the journal prompts to receive your insights.

Remember that the Universe is always loving, compassionate and kind. The Universe will never be judgmental, cross, irritated, or impatient.

However, the Universe may be playful, funny, and irreverent...and it always comes from love and wanting the best for you.

The Universe already knows you are full of potential. The Universe already knows you are becoming even more authentic and amazing.

When you start writing, trust what you receive. Don't force it. If you need more information, you can always ask another question that isn't listed in the journal prompts.

Stay positive. Trust the message. Even if it seems incredulous or you wonder how it could happen.

If you have any skepticism, just allow yourself to acknowledge and set aside the resistance aside for a few minutes while you get curious.

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Trust the process. The more you practice in asking and receiving guidance the more natural it becomes. Know that some days the lines of communication are not as clear. Don’t worry. Just come back later or tomorrow when you’re more ready and open.

If you have any doubt, just assume it's your wise self. Let yourself be open and curious.

At the end of 7 days, notice what has happened. Notice how much more clarity, confidence and courage you have!

Now get ready to write and receive guidance…

With love,

Laura

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Pre-Writing Ritual

Before you begin...

It helps to get clear on the one idea or intention you would like guidance about. Trust what comes up for you. If you're not sure, think about a project then focus on what you need to know for clarity or to move forward.

Take some Loving Breaths. As you inhale, imagine breathing in love. As you exhale, imagine breathing out love. Do this at least 3 times to settle your mind and energy.

As you continue to breath love…move your attention down to your heart. Imagine that you can breathe in and out of your heart.

From your heart, inhale love and exhale love. Do this at least three times and then settle in to write and receive guidance.

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CO-CREATE WITH THE UNIVERSE

Day 1

Me: Dear Universe, I am thinking of this idea. I would like to create...

The Universe:
(Let the Universe affirm your idea in a way that feels natural. Just write the words that want to come)

Me: What do I need to know today?
The Universe:

Me: What else do I need to move forward?
The Universe:

Me: I know sometimes I can stuck or sabotage my idea by:

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Me: What will help me move through this?
The Universe:

Me: What other guidance do you have for me with this idea?
The Universe:

Me: What would be the most magical possibilities ever?
The Universe:

Thank you Universe! I appreciate you!

Sign and date your Guidance Conversation

Name _____ Date _____

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CO-CREATE WITH THE UNIVERSE

Day 2

Me: Dear Universe, I am thinking of this idea. I would like to create...

The Universe:
(Let the Universe affirm your idea in a way that feels natural. Just write the words that want to come)

Me: What do I need to know today?
The Universe:

Me: What else do I need to move forward?
The Universe:

Me: I know sometimes I can stuck or sabotage my idea by:

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Me: What will help me move through this?
The Universe:

Me: What other guidance do you have for me with this idea?
The Universe:

Me: What would be the most magical possibilities ever?
The Universe:

Thank you Universe! I appreciate you!

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CO-CREATE WITH THE UNIVERSE

Day 3

Me: Dear Universe, I am thinking of this idea. I would like to create...

The Universe:
(Let the Universe affirm your idea in a way that feels natural. Just write the words that want to come)

Me: What do I need to know today?
The Universe:

Me: What else do I need to move forward?
The Universe:

Me: I know sometimes I can stuck or sabotage my idea by:

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Me: What will help me move through this?
The Universe:

Me: What other guidance do you have for me with this idea?
The Universe:

Me: What would be the most magical possibilities ever?
The Universe:

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CO-CREATE WITH THE UNIVERSE

Day 4

Me: Dear Universe, I am thinking of this idea. I would like to create...

The Universe:
(Let the Universe affirm your idea in a way that feels natural. Just write the words that want to come)

Me: What do I need to know today?
The Universe:

Me: What else do I need to move forward?
The Universe:

Me: I know sometimes I can stuck or sabotage my idea by:

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Me: What will help me move through this?
The Universe:

Me: What other guidance do you have for me with this idea?
The Universe:

Me: What would be the most magical possibilities ever?
The Universe:

Thank you Universe! I appreciate you!

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CO-CREATE WITH THE UNIVERSE

Day 5

Me: Dear Universe, I am thinking of this idea. I would like to create...

The Universe:
(Let the Universe affirm your idea in a way that feels natural. Just write the words that want to come)

Me: What do I need to know today?
The Universe:

Me: What else do I need to move forward?
The Universe:

Me: I know sometimes I can stuck or sabotage my idea by:

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Me: What will help me move through this?
The Universe:

Me: What other guidance do you have for me with this idea?
The Universe:

Me: What would be the most magical possibilities ever?
The Universe:

Thank you Universe! I appreciate you!

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CO-CREATE WITH THE UNIVERSE

Day 6

Me: Dear Universe, I am thinking of this idea. I would like to create...

The Universe:
(Let the Universe affirm your idea in a way that feels natural. Just write the words that want to come)

Me: What do I need to know today?
The Universe:

Me: What else do I need to move forward?
The Universe:

Me: I know sometimes I can stuck or sabotage my idea by:

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Me: What will help me move through this?
The Universe:

Me: What other guidance do you have for me with this idea?
The Universe:

Me: What would be the most magical possibilities ever?
The Universe:

Thank you Universe! I appreciate you!

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CO-CREATE WITH THE UNIVERSE

Day 7

Me: Dear Universe, I am thinking of this idea. I would like to create...

The Universe:
(Let the Universe affirm your idea in a way that feels natural. Just write the words that want to come)

Me: What do I need to know today?
The Universe:

Me: What else do I need to move forward?
The Universe:

Me: I know sometimes I can stuck or sabotage my idea by:

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Me: What will help me move through this?
The Universe:

Me: What other guidance do you have for me with this idea?
The Universe:

Me: What would be the most magical possibilities ever?
The Universe:

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I hope you are enjoying your Guidance from your Wise Future Self meditation and journal!

More resources for you:

You can join this fabulous community of heart-centered entrepreneurs in our Facebook Group.

If you'd like more support for your business expansion, unlocking your creative power, and doing your Soul Work, then take a look at the Joyful Business Studio for monthly workshops, coaching, and community.



Hi, I'm Laura

I help coaches, healers and change-makers create and grow highly profitable businesses without soul-crushing marketing strategies, hard hustle or cookie-cutter formulas.

For the past 20 years, I've coached thousands of entrepreneurs on how to discover and claim their unique brilliance, creative expression, and rebel marketing style in order to joyfully build a business that creates big ripples in the world (… and big deposits in their bank account.)

I believe that you and your work matters. I believe that we are here to make a difference in our world…starting in our own lives. We have the power to shift and be a little more resourceful right now when we choose to align with our best self and let her create! When you allow joy into your day and let your voice be heard – anything is possible! You can't help but to attract those opportunities to you!

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