

There's a whole world out there of people that need you to serve them. You are now investing your time and your energy and you are stepping up to be that person and that woman who makes investments like this, who takes her business seriously, who's willing to go on, who is driven, who is ambitious, who is going to make shit happen no matter what. This is focused, fierce and financially free. Here's your host, Jenn Scalia. Hello and welcome to the show. This is your quick flight podcast for online entrepreneurs who want to create wealth and freedom with their business so you are in the right place if you're looking for the mindset and strategy to get seen, known and paid online. I'm your host Jen Scalia, visibility and mindset strategist for entrepreneurs who want more. Thank you so much for joining me today and I invite you to join us each and every week where you'll get a short 15 to 20 minute training on how to build wealth from the inside out and get a little bit of strategy, a little bit of mindset, and a healthy dose of tough love with 100% authentic, raw, and real advice on how to navigate this crazy world of entrepreneurship.

So I am stoked for today's episode because I am spilling the beans on my secret weapon and the thing, the process that I have used over and over again for the last five years to literally get every single thing I want in life, from my business to finances, to soulmates, to perfect clients, really anything by using this magic journaling process. So I'm so excited to actually explain my process. It's a little bit different than what most people do. It's a little bit different than what you may have been taught and I just am super excited to share it and how it will impact your life. So let's go ahead and get started. I am stoked for today's lesson because literally this is my life. This is everything that I have done to manifest, get clarity on, and really bring into my life the things that I desire in all areas of my life.

And here's the deal. When I don't do this thing, I'm pretty much F like I know right away within a couple of days that I need to get back on the train and I need to do this. And so what we're talking about today is journaling the magical, magical process of journaling. My fascinating process of journaling, it's maybe different than what you've heard before, maybe different than what you're currently doing. But I really want you to feel into what I'm sharing with you today and the process here because it is so important. It's so crucial that you've got to do it the right way and you've got to have clarity. So today we're talking all about how to write yourself into wealth and really whatever it is that you desire in your life, in your business, by journaling. So let's get started. I want to show you my journaling process.

Like this is my journal. This is just one of my journals. This is the current one that I'm working on and I have pages and pages and journals and journals upon journals of, you know, doing this for so many years. I even have an online journal that I have 300 pages we're in. So this is how much I write. This is how much time I spend every single day doing this stuff, doing this work. And it's so important. So even if you feel like maybe you've tried to journal before but it hasn't worked, I want you to just pay attention to what I'm saying today. I want you to give it a shot. We're going to give it a fair shot. I want you to give it more than just a day or two. Like I want you to give it at least seven days of journaling with this process and tell me, I mean literally you can send me an email, you can message me on Facebook and you can say, Jen, I've done this for seven days and nothing has shifted.

If that actually happens, which I highly, highly, highly doubt that that would ever happen. So let's get right into the process and then we'll talk about how to use these words that we're putting in this book today to generate the feelings and the desires to really, really bring those things into our life. So journaling, this is my magic bullet. This is the thing that has allowed me to literally get everything that I want in life, my house, my car, my relationship, my family, my friends, my healthy child, my body, my looks, money, clients, opportunities, all of that stuff has come. It was seated in words that I wrote in my journal. And I'm going to tell you right now, my process in how I do it, why it's really crucial to pay attention to that and don't go off the beaten path because there's a lots of different ways to do it.

And there's lots of different ways that people say to do it, but if you do it wrong, it's not going to work. So here's my journal. It's pretty, I make sure that it's pretty because I want it to be something that I am attracted to and I go to everyday and I want to write in. And the next part is it is purple because purple is my favorite color. And again it's something that feels good. So I have my pretty journal, I have my purple pen, I actually have like a dozen of these just in case they run out, which they often do because look how much writing I'm doing. This book has just started, so there's not that many pages, but look at the pages and pages and pages of journaling that I'm doing and you'll see why these things are actually happening. So the first thing that I do is I date it and I'm not really sure why I date it because I typically don't go back to see has the thing manifested.

I usually just know, but I do date it and I think for me it really is just like, you know, like stamping it in like today's a day that I'm going to X today. It's a day of shift. Today's a day of change. Everything that I write in this journal is in present or future tense. I do not write anything as if I wanted or if I'm going to have it or if I'm going to do it or it is going to happen. Like everything that I write, and this is the way that I want you to write. When you're in your journal, it's already done. It's already happened or it is true right now. This is the key. It is not that you're going to say, I want 10 new clients by the end of the month. I want \$15,000 a month. Every single month. I want a new soulmate client to come in and you know, hire me out of nowhere.

That's all well and good and it's great to have the desires and it's great also to know, you know, have a little bit of clarity around that. But here's the deal, whenever something is in I want or I'm going to, it never freaking happens. I don't know if you've noticed this, but I know that for sure that I put always like I'm going to work out like I'm going to go to the gym, I'm going to go do that. It's always going to be a going to right and it's never going to be here. It's never going to be now. And what you need to train your brain to think is that it's already here and it's already now. So instead of saying, I want, you're going to say, I have a \$15,000 a month in March. I have new clients hiring me every day. They literally come out of the blue, come out of the woodworks and pay me in full.

I sell out my new program and I have over a hundred women in my program so easily and so effortlessly. I have the body of my dreams. I love what I see in the mirror. I have an amazing boyfriend who treats me like a freaking queen. We communicate well. We handle conflict gracefully. We love each other. We're in love, we respect each other. I have amazing soulmate clients that I love being around. So that's the kind of energy that I want you to approach this with. Not I want, I don't want you even putting anything negative in here. If you want to kind of do a brain dump and talk about negative things or you know, kind of work through some mindset stuff, do that somewhere else because this book is sacred. This journal is sacred. This book is literally everything inside this book is.

It is. So if you write the wrong way, and I don't want to scare you off, but if you write the wrong way, you'll notice that like the things aren't really happening. But as you're writing and you're feeling gratitude and you're feeling excitement and you're just feeling like a bad ass because of all of these amazing things that you have, the words that you're putting in here, the thoughts that are coming, the feelings that are coming, that all will start to shift. Things change things. And so the things that you want to manifest actually happen for you and they actually start to come into your life. So that is the key. The key is that you write with intention. You write with clarity and you write in the present tense or in the past tense like it's already happened. You know one of the journaling prompts that I love is ever since think about this, ever since I had my first five K a month, I've been having K months every single month without fail.

Ever since I met this new guy I haven't been feeling on cloud nine and he's been treating me like a queen and I've just been feeling totally bad ass ever since I got this opportunity in Forbes. I have clients coming out of the woodworks ever since ever since ever since. So that's just one little journaling prompt that

you guys can start to implement so you can connect the dots there and really say, okay, this is something that's already happened. Right? Like training your brain, tricking your brain essentially that like this already happened. But having that good feeling behind it and having that excitement behind it, that is really the key. Everything that you put in here is happening, period. The end. And that is also the other thing is as you're writing, I know it's going to be hard to feel belief around some of the things that are happening, especially if you haven't experienced that to date, so I don't want you to get discouraged.

I want you to really put this into practice and like I mentioned in the beginning, start with seven days does give me seven days to do it like this. Literally just go through every area of your life, every desire that you have, everything that you want to have in your life. Write it in this book as if it's already done right in this book and if you already have it, do that for seven days and tell me that you have not shift because it is impossible for you not to shift. It is impossible for the universe not to freaking deliver if you do this the right way. If you really do this with intention, if you really do this with the feeling, if you really do this in a way that is clear and it's a clear sign and you're saying, this is true for me, this is happening for me, I believe this.

That is the kind of energy I want you to feel when you're journaling. So if you're the type of person that tends to go off the beaten path and then you start to think about, well, I need to do this for my business or I needed to do this for the kids or I need to do this for my husband, whatever I want you to first, before you go into your journal, your sacred journal, I want you to do just a quick brain dump like literally three to five minutes. Write down any thoughts that are just kind of lingering and going through your head and that may cloud your judgment as you're doing your journaling and just get it out and get it on on a piece of paper, a different notebook. I don't care. Don't put it in this one, but do it in a different notebook.

Get it out and then get comfy. Feel really good. I'm not a big meditator, but I love to put my music on when I do this. I feel into it and go through every area of your life, your business, your life, your finances, your relationships, your children, your health, your body, everything and literally paint the picture. Paint the picture of what it looks like the way that you want it to look like. But again, don't say I want, don't say I'm going to. Don't say I'm going to have say it is or it is already done. I already have it. It's already here. That is how I want you to write it. Again, you have to believe. You have to make sure that this is it, like there is no other, whatever you're desiring, whatever you're putting out there, whatever you're requesting, it is happening and it is done.

It's a done deal. You don't have to beg for it. You don't have to worry if it's coming. It's a done deal. And that's the feeling you have to have behind it. So some of the other, um, journaling prompts that you can use besides ever since are I choose. So you can say, I choose to have a beautiful thin body. I choose to have boundaries in my work. I choose to only work with amazing soulmate clients. I choose to get a 10X ROI on every single investment that I make. So I choose ever since I deserve, I deserve as a big one because a lot of people deep down don't feel like they actually deserve the things that they want. So I deserve a amazing partner who treats me with respect and treats me like a queen. I deserve to only work with the best of the best clients.

I deserve to have my clients pay me in full and pay me on time. I deserve to have the recognition on Forbes, business insider, and all of these amazing publications for the work I do. I deserve to be a bestselling author, so I deserve, I choose ever since. Couple of other ones I am. That is one that you've probably heard a lot. You've probably have done that exercise before. I am beautiful. I am kind, I am rich, I am wealthy, I am healthy, I am amazing and I embody, I embody, you know, whatever it is that you desire. I am body ease and grace. I embody a successful business woman. I embody somebody who is healthy and fit. Those are just a few little journaling prompts that you can do, but remember,

everything needs to be in the present tense and I want you to paint the picture literally every area of your life.

Business, finances, body relationship, health, children, family travel, whatever it is. I want you to go through that every day. And it seems like it might take a long time, but the reality is it shouldn't. It should probably take you about 10 to 15 minutes if you don't have a lot of time. If you have just a little bit of time, then I want you to focus on one area. So whatever area is the most pressing for you that day or that thing where you feel like, I really want to manifest that client or money, or I really want to start feeling good in my body. Just choose that one and focus on that one. But I want you to really get into the habit of making yourself a priority, being able to spend that good 1520 minutes writing out all of your desires and feeling into them.

So that is it. My friends for the journaling process. One more thing actually I want to say is there's a fine line. There's a balance, but I want you to be vague and clear. So I want you to be very clear about what it is that you desire. But I want you to be vague in the fact of, okay, how it's going to happen, who is involved or you know, specific. So certain specifics don't fit, right? So let's say you're dating and you want to talk about having a relationship that is fulfilling, that you're in love with. Don't mention that person's name as if they're the only option because then what you're going to do is you're going to cut off the options. If you're talking clients, maybe you had a couple of strategy sessions, something like that. Don't mention the person's name because you're cutting off the opportunity for the universe to bring you bunches of clients, all different kinds of clients, not just that one particular client.

So be vague, but be very clear in your standards. Be very clear in what it is that you desired. So that wraps it up for today's episode. Thank you so much for tuning in and I really, really hope you got a lot out of today's show. Literally, this is what I do every single day. This is exactly all of the things that I have manifested, have come from this process. So I would love for you to implement this in your life, in your business if you're not already doing so. If you're somebody that maybe has a hard time journaling, but I would love for you to do is to do the seven day challenge. So anytime I have someone that either doesn't believe me or is hesitating on journaling and what it may do for them, I give them a seven day challenge. Do this journaling and the way that I just explained in the video for at least seven days.

And if you don't see a difference, if you don't notice a difference in your attitude and your mindset and your beliefs and the things that are happening for you and opportunities that are coming from being in this place, then come and find me and tell me that it doesn't work. I've never had one person ever come and tell me that it hasn't worked when they've committed to doing this for seven full days. So that is your challenge. Your challenge is to do this for a minimum of seven days in the way that I described in the video. Really hope that you fall in love with the process as much as I have and that you're able to use this as your secret weapon as your magical process the way that I have over the last five years. So that is it. I would love for you to check out the show notes for this episode@jennscaliam.com forward slash eat 37 that is the letter E and the number 37 as always, I have some goodies there. I have a link to the extreme manifesting experience, which I mentioned in the audio here. I also have a video version of this podcast as well. If you would rather watch the video for it yourself, so that's it, and make sure that you come back next week for another episode of focused, fierce and financially free.

Let's keep this conversation going to join us in the private discussion group, the ambitious baby. We're ambitious, driven online entrepreneurs. Go to get the mindset and strategy to grow and scale their online empires. Join the ambitious babe at [Jenn scaliam.com/tribe](https://jennscaliam.com/tribe).