



QUANTUM BUSINESS UPGRADE!!!

My Thriving Business Alignment Journal

BY ELIZA ROSENQVIST
ESOTERIC SHAMAN - 5D QUANTUM HEALER - BUSINESS COACH

W E L C O M E

The intention with 'My Thriving Business Alignment Journal' is for you to raise your vibration and take inspired action.

Use this for daily documentations of EVIDENCE that you are aligning with a Thriving Business that supports your Dream Lifestyle and that you are Making the Impact you want!

I promise, if you are looking for the evidence that you are ALIGNING with being a Thriving Business Owner, who is living your dream lifestyle and making the impact you desire, you WILL find the evidence.... and sooner than you know... you will move from wishing for it... to having it...

...and best of all... it will feel so good and natural when you arrive.

Document all wins, breakthroughs and miracles, small and big! Whenever you feel discouraged, go ahead and read in this Journal.

Eliza Rosenqvist

ABOUT ME

My mission is to Inspire as many people as possible to Love themselves and their Lives.

I teach Quantum Leaping so that Coaches, Healers & Spiritual People can do the work they Love, Contribute & Generating Abundant Wealth - without burning out!!



INSTRUCTIONS

'MY THRIVING BUSINESS ALIGNMENT JOURNAL'

Follow these Steps DAILY, preferably in the morning:

Start by listening to 'My Thriving Business Daily Guided Meditation'.

Then write down:

1. 'I AM Gratefull For'

What we focus on grows - what we MEASURES grows!!

Direct your Energy towards what you want to Expand in your Buisness!!

Write down what you already have, what you are able to do, what is already working well, what you are grateful for, what you are looking forward to and some evidence of something good in your Business, Life and in the World.

2. 'I AM Calling In'

Write down what you want to see happen in your Business and in Your Life as if it has already happened.

Write in Present tense and Come from the Energy of:

I AM, I HAVE, I FEEL, I CAN.

3. 'My Dominant Feeling and State Today'

Tune in and Ask yourself: What will my dominant Feeling and State be today?

You can also ask for your dominant mindset if that works better for you <3 <3 <3

TRUST THE GUIDANCE YOU RECEIVE - Commit to Live Into this and to Act from this Place As Much As Possible!!!

4. 'My Inspired Actions Today'

Ask Yourself: What are THE 3 most Important things that I choose to do today that will move me towards Realizing my Goals and Creating the Business and Life I Choose to Have!

Commit to Prioritize and Be Willing to Execute and to Follow Through.

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date

Today, I have listened to 'My Thriving BusinessDaily Guided Meditation'

YES []

1. Today, 'I AM Gratefull For' ...

2. Today, 'I AM Calling In'...

3. Today, 'My Dominant Feeling and State' will be...

4. Today, 'My 3 MOST Important and Inspired Actions' are...

I hereby commit to do my best and to follow through on my Guidance....

Signature

Date



WANT V.I.P SUPPORT IN
YOUR TRANSFORMATION?



Let's work together to find a path towards embracing
your unique gifts & desires. Click on the button below for
a free Business Breakthrough Session

[BOOK A FREE BUSINESS BREAKTHROUGH SESSION HERE](#)