

The
Flowbook

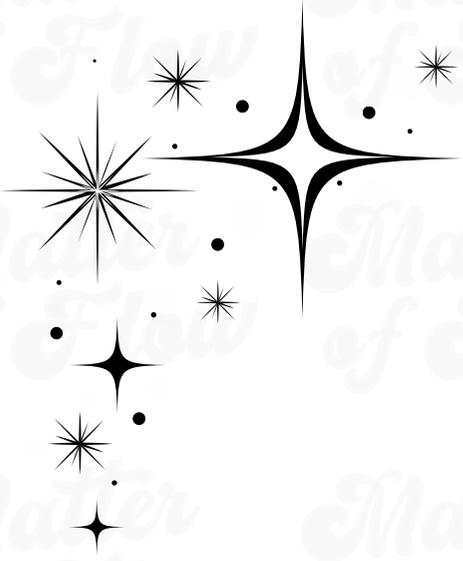
to Your

**Rich
Life**



A Guide to Abundance
from the Inside Out

Gabrielle Duchesne



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Flowbook
to Your

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Life

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from the Inside Out

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Book design by Gabrielle Duchesne.

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This book is dedicated to the version of yourself holding these words now. May you return to this page at the end, and marvel at how far you've come — with compassion for who you were, and awe for who you're becoming.

Your journey is just beginning, my dear.

God bless you.

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Author's Note

A quick word before we begin.

Throughout this book, you'll notice I occasionally use the word "God". To me, *God* is the name I give to Source — the creative force, the universe, the presence that connects and animates all things. I use the language that feels true to my heart. You're invited to do the same. If another word resonates more with you — please feel free to translate as you read. This workbook is a space for alignment, not dogma. Take what serves you, and let the rest flow past.

Now, let's begin.



Matter of Flow

Dear Believer,

Welcome to the first day of the rest of your life – your richest, most abundant, wealthiest, and most fulfilling life. Take it in. Believe it. It is happening, and there's nothing you or anyone can do to stop it. You've accumulated more than enough good karma in this lifetime and in past lifetimes to receive your blessings – and great news! It's time for you to collect, my dear.

This workbook is intended to be a tool for you to release unconscious blockages and limiting beliefs, with guided prompts to remind you of what your soul already knows: you are infinitely abundant, wealthy beyond measure, and every resource you can possibly need is already available to you.

There is no right or wrong way to complete the Flowbook. You can skip some parts and come back to them later when they feel more aligned for you, or not. Just keep in mind — you will have some actual work to do, and it is dangerously powerful.

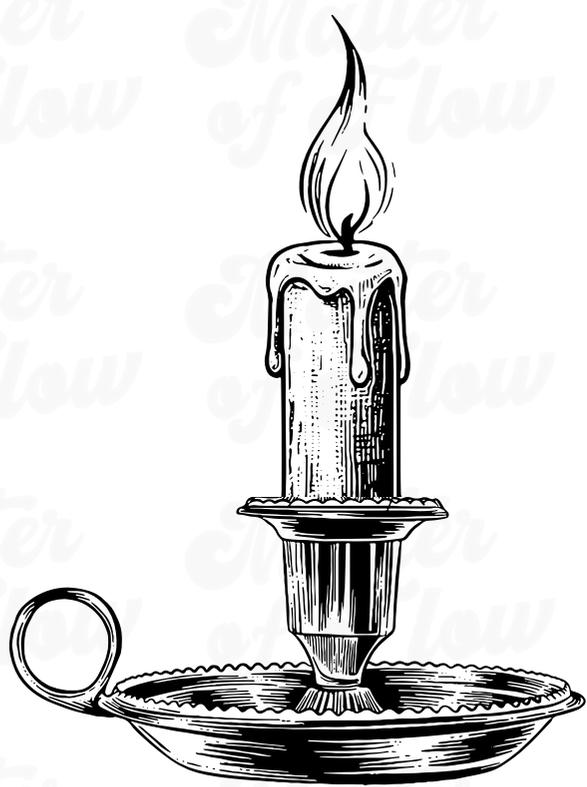
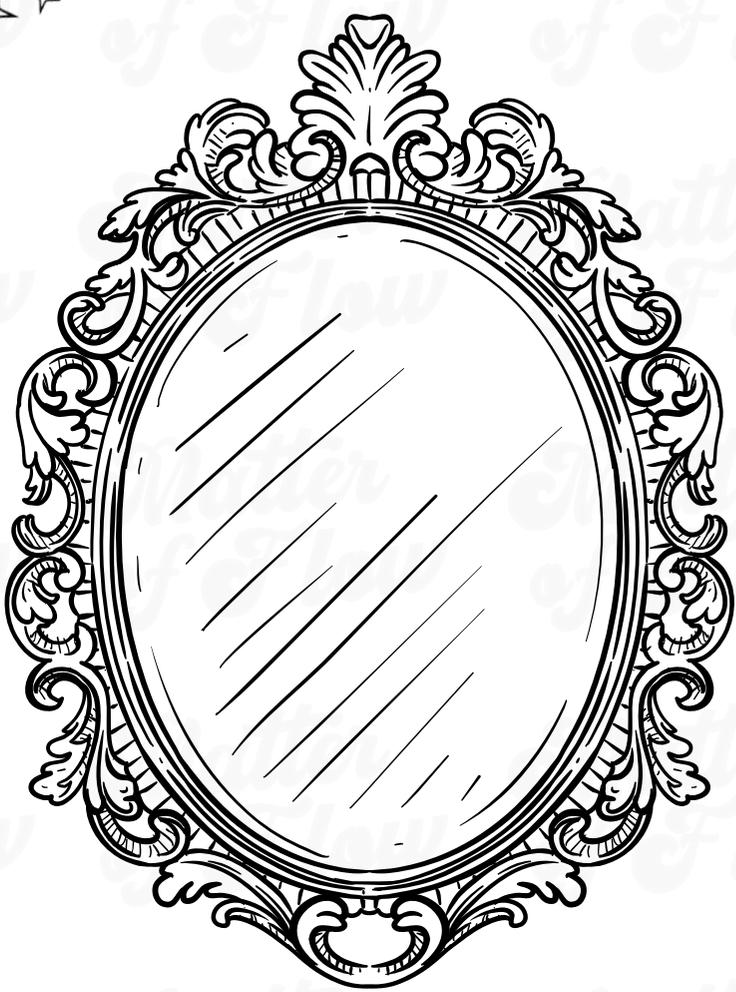
As we move through the pages together, you will strengthen your faith and unlock the flow of energy that will attract into your life what is rightfully yours: riches, wealth, and abundance.



Take it in.

Believe it.

It's happening.



Commitment to Self

As I begin this journey toward my richest, wealthiest and most fulfilling life, I _____, commit to showing up for myself every single day. I commit to showing up fully and authentically, placing my ego aside and allowing my heart to expand as big as the dreams that live in me. I embrace this journey of self-discovery with an open mind, trusting that every step — big or small — brings me closer to the abundant life I desire.

I commit to carving out this daily sacred time for reflection, growth, and manifestation — and will build a ritual around it if that helps. I will release judgement and self-doubt, knowing that progress is far more important than chasing an unattainable ideal of perfection.

Through this process, I commit to having the courage to honor my dreams, my potential, and my ability to create the life I truly deserve.

I choose myself today and promise to continue choosing myself every day that follows.

Signature: _____

Date: _____



What Is Wealth?

Wealth is the sum of the riches one possesses — beyond the numbers in their bank account, beyond material possessions, and beyond financial means. While these are part of it, true wealth goes much deeper.

A truly wealthy person has cultivated a mindset of abundance, regardless of the balance in their bank account. They thrive, whether they have millions or are living paycheck to paycheck, because they don't perceive themselves as lacking. Even when facing financial struggles or uncertainty, they remain rooted in the truth that their value and potential are never defined by their outer circumstances. They trust that this belief will inevitably be reflected in their bank account one day because they know that this is one of the fundamental laws of the universe. *Believe it to see it.*

Wealth is not limited to money. Wealth is the abundance of blessings that inevitably lead to money: resourcefulness, vision, resilience, energy, creativity, connections, and the courage to act. A wealthy person recognizes the infinite supply of these inner and outer resources — and trusts their ability to access them at any given time. They know that their thoughts shape their reality, and that wealth begins within. It's this very mindset that becomes the foundation for building — or rebuilding — a materially abundant and fulfilling life.

True wealth is not a number.

True wealth is an abundant spirit.

True wealth is resourcefulness.

True wealth is inspired creativity, bold vision, and the ability to create greatness out of nothing.

If you complete this workbook to the end, you might just become the wealthiest person alive.

In fact — scratch that. Maybe you already are. Claim it!

I am _____ !

The Abundance Audit

Instructions: Answer honestly. No one is judging — this is a snapshot of where you're starting from.

1. How would I describe my current relationship with money? (*e.g., anxious, avoidant, grateful, abundant, resentful...*)

2. What emotions come up most often when I think about my finances? (*Check all that apply or describe in your own words*)

- | | | | |
|------------------------------------|--------------------------------------|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Stress | <input type="checkbox"/> Empowerment | <input type="checkbox"/> Confidence | <input type="checkbox"/> Inspiration |
| <input type="checkbox"/> Shame | <input type="checkbox"/> Pride | <input type="checkbox"/> Envy | <input type="checkbox"/> Fear |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Resentment | <input type="checkbox"/> Security |
| <input type="checkbox"/> Clarity | <input type="checkbox"/> Trust | <input type="checkbox"/> Guilt | <input type="checkbox"/> Insecurity |
| <input type="checkbox"/> Numbness | <input type="checkbox"/> Excitement | <input type="checkbox"/> Hope | <input type="checkbox"/> Resistance |
| <input type="checkbox"/> Other(s): | <hr/> | | |

3. What are 3 beliefs I currently hold about money or abundance? (*Examples: "Money is hard to come by." "I always make enough." "I'm bad with money."*)

1.

2.

3.

4. On a scale of 1–10, how abundant do I feel right now?

1 2 3 4 5 6 7 8 9 10

5. Why?

6. Where do I feel I'm holding back in life because of money?

7. What does a "rich life" look like to me right now?



The Purpose of Money

To manifest actual money and financial opportunities into your life, you must hold the frequency of abundance consistently. It may seem difficult, but it doesn't have to be. This workbook is here to make it engaging and fun to get back on the abundance track whenever your mind wanders to ScarcityLand. Remember: you're always just one thought away from a wealthy mindset, and you can bring yourself back at any time.

Before we begin, it's essential to release any resistance you might have related to money. Some of us once believed that "money is the root of all evil." We need to let that go once and for all. The complete verse actually states: "[For] the *love of money* is the root of all evil" (1 Timothy 6:10). Simply put, the root of all evil is greed, not money itself.

Money is nothing but a tool. It is a tool for expansion, personal growth, and collective evolution. In the capitalistic society that we live in, it is also an incredibly powerful tool that can be a force for great impact. This may feel uncomfortable to acknowledge, but the more money you have, the more power you have — and that's just the truth. While money in the wrong hands can be incredibly destructive, the reverse is also true: money in the right hands can be a powerful force for justice and healing. The purpose of money is not to buy oneself nice, expensive things (although that is a lovely plus, I'll give you that); the purpose of money is to bring about positive, expansive change in the world around us.

We've heard this analogy a thousand times: you need to put your mask on first before you can help others. **The Flowbook to Your Rich Life** helps you do just that. It teaches you how to achieve financial freedom so you can become a force for good and help others free themselves in whatever way feels most aligned for you.

If you are currently reading this, I'll assume you're on the right side of history. That means it's not just okay for you to be wealthy — it's necessary. The world doesn't need more rich people chasing status. It needs more rich people with vision. With integrity. With soul. It needs more wealthy people like you.

So if you've ever doubted whether you're "meant" to be wealthy, let this be your permission slip: Wealth in the right hands is a blessing to the whole world.

Becoming rich is not only your birthright — it is your duty.

Letting Go of Money-Limiting Beliefs

So let's get to work! To manifest real, tangible abundance in your life, you must first release any lingering subconscious limiting beliefs that you may still have about money. Depending on your preferred element, you can do one of the two following exercises (or both if you prefer).

The Fire Ritual

1. Take a piece of paper and write down your most limiting belief about money, such as:
 - ◆ *"Money is the root of all evil."*
 - ◆ *"Money only comes from struggle or sacrifice."*
 - ◆ *"It's noble to be poor."*
2. When you're ready, safely burn that piece of paper and visualize the belief dissolving into ash. You can request help from a higher power to release that outdated belief. Feel the weight lift as you release completely.
3. Trust that it is gone.
4. Give thanks.

The Water Ritual

1. If you connect more with the water element, do this exercise in the shower (or better yet: in the pouring rain).
2. As the water flows over you, think of your money-limiting belief, and locate it in your energetic body.
3. Once you locate it, imagine it being rinsed away by the cleansing power of water, and see it washing down the drain. Say "I release you."
4. Feel the relief as the belief is being released from your energy.
5. Trust that it is done.
6. Give thanks.

| Remember that being rich is not only your birthright; it is your duty.



Ready to step into your most abundant, richest and wealthiest life?

Keep flowing.



**Thanks for
reading this sample!**

Want to keep reading?

Get The Flowbook to
Your Rich Life on Amazon



A Rags-to-Riches Story Where **You** Are the Hero

"You've earned far too much good karma to still be living in scarcity. I created this book to free you from the shackles of lack and open the floodgates of abundance into your life — for good. Harvest time is here."

— Gabrielle

The Flowbook to Your Rich Life is not your average guided workbook — it's a blueprint for building your rich life from the inside out. Inside, you'll find the exact methods to help you align with your wealthiest, most fulfilling timeline, and dedicated space to put them into practice. With paradigm-shifting depth and a fresh perspective on the principles that form the law of attraction, this workbook takes you further than mindset alone — it embeds abundance into your physical body, your energy field, and your everyday choices.

Inside, you'll flow through:

- ✦ A reimagined journey through the manifestation process
- ✦ Writing prompts that cut limiting beliefs and scarcity patterns at the root
- ✦ A glow-up in your relationship with money, purpose, and self-worth
- ✦ Practical exercises to reset your energy and align with divine provision
- ✦ Guided practices that strengthen faith, gratitude, and embodied flow
- ✦ Tools to design your Rich Life vision — and live it now
- ✦ Wisdom to guide your steps back to your abundance, every time

Your rich life isn't out there waiting. It's here, now, ready to flow in. So light a candle, pick up your pen and open the floodgates — abundance won't wait.

Gabrielle Duchesne is a spiritual writer and guide whose work is devoted to helping her sisters and brothers break free from illusion and heal their way home to themselves. She founded *Matter of Flow* to share practices that bring people back to flow, and knowledge that remembers them forward. Her mission is simple: Freedom, one soul at a time.

***Matter
of Flow***