



FLOURISH

A Wealth & Prosperity Ebook
Plus 7 Day Money Mindset Challenge



Table of Contents

Introduction

Chapter 1: Building a Wealth and Prosperity
Mindset

Chapter 2: Stop Thinking Struggle Thoughts

Chapter 3: Ditch Scarcity and Create Abundance

Chapter 4: Perception is Everything

Chapter 5: Taking the Right Actions

7 Day Challenge

Introduction

Hey love!

Welcome to your Wealth and Prosperity Ebook plus your 7 Day Guided Money Meditation.

Whether you've embraced the science of mindsets and the art of meditation or you think it's woo woo nonsense, I promise that this ebook was created just for you.

Today, so many women just like you are bursting at the seams with potential, ambition, talent, and a desire for greatness... but feel stuck because they have no idea how to get there.

Does that sound familiar at all?

Well, this is where you learn that you are more than your circumstances and no matter what hand you've been dealt, you can find a way to win. Even if it means you have to bluff from time to time.

By quieting your mind, remembering who you are, and igniting fruitful passions, you will have the magic combination needed to become a powerful badass, an effortless creator, and a money magnet .

So often we get caught up in trying to figure out what we need to DO to achieve financial freedom that we forget to focus on who we need to BE.

So this may be different from the financial books you've read in the past. I know for sure that it's different from anything I've ever taught.

But whether you're type A and love checklists and systems or you're a yoga enthusiast who loves crystals and the zodiac (or both) we're gonna dive into the art of becoming a money magnet.

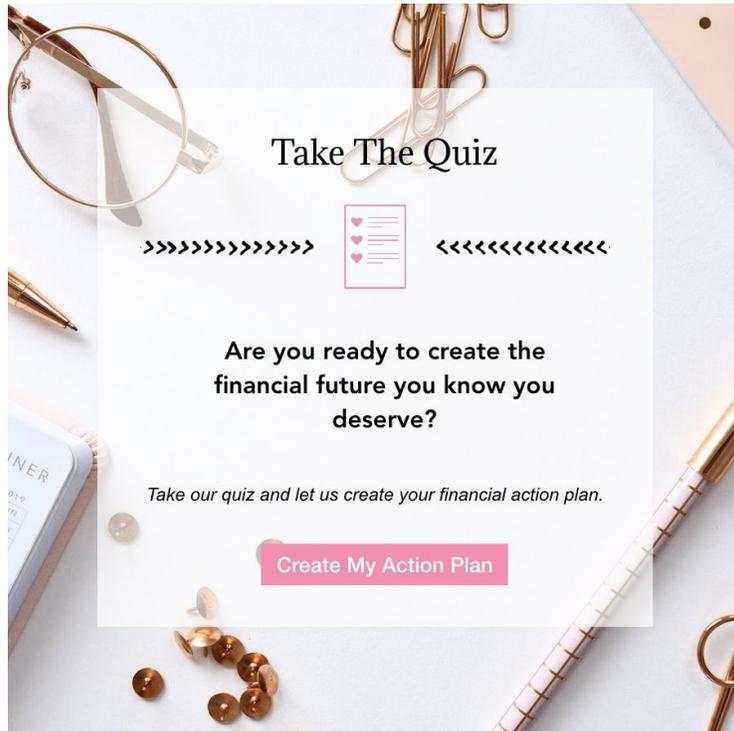
This is going to be fun.

Enjoy the ride and be open to transforming how you currently think about money.

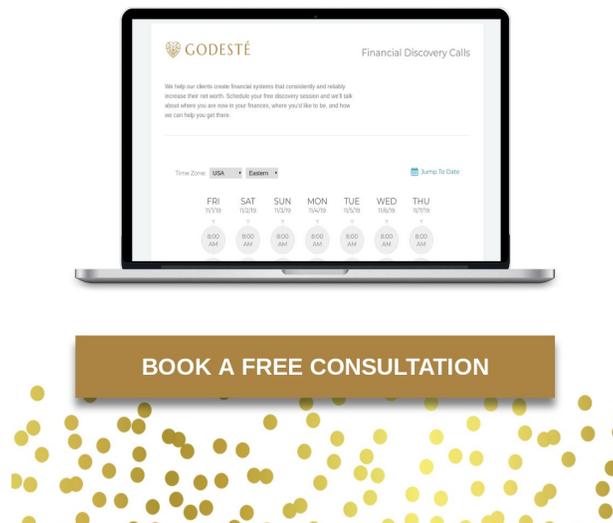
But first...

If you know that your finances are important to you and you're willing to invest to rapidly grow your net worth here's what you can do:

Step 1: Take our 1 minute quiz to learn your specific financial profile. We have 4 different profiles to help you understand where you are in your finances. [Click here.](#)



Step 2: Book a Free Consultation. Let's talk! Me or someone from my team will talk to you about where you are in your finances, where you'd like to be, and how we can help you get there sooner rather than later. [Book here.](#)



Chapter 1: Building a Wealth and Prosperity Mindset



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A money mindset is an ingrained set of beliefs that impact how you see the world and how you engage with money.

Together, we will explore the importance of your money mindset because it's central to your ability to achieve financial freedom.

Your beliefs are like seeds, and whatever you plant will eventually bear fruit. This is why your mindset is the most important battle field in building your financial foundation.

You have to conquer yourself and your thoughts before you can conquer financial freedom.

In general, I don't think people like to conquer themselves.

It's easy to blame your circumstances or outside forces for the conditions you face. And maybe it's warranted.

But the only thing you can control is you. So let's start there.

Your mindset should be fertile ground for your dreams to take root and grow. It's the foundation on which you build financial principles, judge financial actions, and make financial decisions.

And I'm not just talking about the cute stuff that you write on paper. I'm talking about the real money mindset that is running in the background without you even thinking about it.

That's how deep we want to go. Because you can't trick your mindset. You might be able to confuse it for a little bit, but it will always come back around to acting in accordance with what you really believe.

You may have noticed this when you tried to create a new budget or make new year resolutions.

Beloved, your mindset is not concerned with those one off promises you make. Your mindset is preoccupied with the things that were ingrained in you during those formative years and with what you are feeding it on a regular basis.

This is why those dreams we talked about are just lingering beneath the surface just waiting to come forth, but never taking root.

It's your job to make sure that the soil of your mind is fertile ground for your dreams to flourish, and that is what we're working through in this ebook and through this 7 day challenge.

Having a negative money mindset will quickly sabotage the success you want so badly.

To be honest, sometimes we're not talking about success, dreams, or desires. Sometimes we're just trying our best to SURVIVE and barely doing a good job at that if we're telling the truth.

Which is why it's important to know that the actions you take during these times stem directly from your belief system.

Mindset and meditation work is not crazy, demonic, or magical. It is simply how our brains work.

Thoughts turn into beliefs.

Beliefs turn into actions.

Actions turn into habits.

Habits turn into results.

This is pretty basic. No funny business going on here. Your thoughts really are that powerful and they set off a sequence of events that ultimately lead to results.

I know you may feel like the odds are against you sometimes.

I know it may feel like you were dealt a bad hand.

I know that things don't always go your way and sometimes you find yourself on a downward spiral.

No matter what circumstances surround your negative money mindset, it sucks. And it's real (to you). And we're not going to invalidate that.

And at the same time, your circumstances are not bigger than you.

There was a time in my life when things were so bad that I just wanted to disappear.

The stress of life weighed on me so heavily it was almost unbearable.

I frequently thought about how peaceful things would be if I no longer existed.

I was tired of trying and working and pushing and striving. It was far too stressful an existence and I just wanted to give up.

It's not uncommon to have those moments where you're so overwhelmed that it feels like the literal weight of your whole world is specifically on your shoulders.

It can be daunting to come to the reality that no one is coming to save you and you have to shore up the will to continue and create a better life.

But you know what...

I personally believe that:

You are not hopeless.

You are not helpless.

You are not powerless.

When it comes to creating the future you want for yourself everything that you need is waiting on you to activate it via your mindset.

What if I told you that you won't reach your financial destination in spite of your circumstances. You will reach your financial destination because of them.

The good, the bad, the ugly, and the beautiful are working together right now and conspiring for your good. Each serving as a stepping stone to your next level.

I don't know why your journey is what it is. I don't know why it includes hardship and struggle. But I do know that you can come out victorious.

One of my favorite quotes is “no pressure, no diamonds.”

It is the pressure of life that will allow you to shine so brilliantly. And I know it's annoying, but whether you know it or not you were meant to shine, and this is the way.

I have the audacity to believe that despite everything that may be against you, you really can do this. And it starts with your thoughts.

And I need you to believe this too.

Your mind is more powerful than the most powerful computer in the world and you can use that to your advantage to create opportunities that will help propel you forward.

I am not saying that creating a better life will be easy. In fact, I can tell you right now it will be... um... a journey.

But it will be totally worth it.

Why? Because the life you really want is somewhere on the other side.

The actions you take on a daily basis – right down to the amount of effort you put toward your goals – stem directly from your state of mind.

This ebook will share some helpful insights on:

- Exactly what a wealth and prosperity mindset is
- Why it's vital to have one if you want to succeed
- How to develop your mindset for wealth and prosperity

And then, you are going to take 7 days to create a Wealth and Prosperity Mindset that helps you get closer to your financial potential.

Chapter 2: Stop Thinking Struggle Thoughts. Now!



You deserve the best. Grab your upgrade now.

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We don't take our thoughts seriously enough.

And if we're not careful "struggle thoughts" will invade our brains. I talked about this on the Todd Capital podcast with my good friend and arch nemesis, Todd. You can listen to that episode [here](#).

What if I told you that every single thing you thought about would be projected into your reality within a matter of days?

I bet you'd be a lot more intentional, strategic, and careful with your thoughts and what you allow yourself to consume.

But here's the thing, everything you think about may not manifest itself into your reality, but the thoughts you give the most attention to will.

Human beings experience the world primarily through our 5 senses and this is what creates our reality.

So when we experience something through these senses, it dominates our minds and continues to perpetuate itself.

This is why we find ourselves stuck in cycles and snuggling up to our comfort zones.

It's what we know.

It's what we're used to.

And even though it may not be what we want, it's dominating our senses and therefore our minds, cloning itself into our futures directly from our present.

Most of the time, we don't know how to stop it so we spend years trapped inside of circumstances that seem beyond our control. We are (sometimes) woefully unaware that we've created what is before us and can create something new.

But you can.

You can create something new by interrupting your day to day negative thoughts and replacing them with something different.

Believing you can accomplish something is the first step in actually doing it.

Don't roll your eyes at me! I'm serious.

You can replace negative thoughts with laughter, babies, cartoons, drawing, daydreaming, or anything else that allows you to put your negative thoughts aside. You can even take a nap!!

I know you hear about creating a wealthy mindset all the time and you may question whether any of it actually does something to change reality or not.

The good news is, you don't have to take my word for it. You'll have a chance to test it out for yourself and see what happens during our 7 day challenge.

What is a Wealth and Prosperity Mindset?

Many of us pay little attention to our mindset when it is one of the most powerful tools we have at our disposal.

The common definition of "*mindset*" is: *a mental attitude, inclination, or state of mind that impacts your beliefs and your actions.*

So, a wealth and prosperity mindset would mean an attitude or inclination that causes us to focus on *abundance*.

But in reality it may surprise you to learn that most people focus on the opposite.

This typically looks like:

wanting more prosperity,

seeking greater wealth,

and **pursuing** both at any cost.

The point I'm about to make is a very important one.

Wanting, seeking, and pursuing is a very keen reminder of the fact that you **don't** have what you want.

In other words, it highlights the fact that you **do not yet have wealth or prosperity**, which means that you're not focusing on abundance, but lack thereof-- leading to a *scarcity* or *poverty* mindset.

Have you ever found yourself thinking this way?

All you need is the willingness to start thinking in a different way and the courage to take actions based on this new way of thinking.

Don't worry; you won't have to take groundbreaking actions right now; just one step at a time will move you in the direction you want to go. And we'll start walking in that direction together. You are not alone!

Chapter 3: Ditch Scarcity and Create Abundance



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The very first step in building a wealth and prosperity mindset is to **start expanding your awareness of wealth and prosperity.**

You already know how to focus on the negative.

We see it so frequently in the media and on the news that focusing on the negative has become like second nature for many people.

Notice how many times you talk about something negative or think negative thoughts.

Some scientists even believe that you can become addicted to certain emotions, leading to those negative financial cycles we find ourselves in so often.

This means that you get addicted to sadness, anger, etc and you unknowingly create new ways to experience those emotions.

That's called self sabotage and people do it all the time.

There is nothing that will force your own sabotage like focusing on the wrong thing.

Maybe you worry about how little money you have or you feel the heavy burden of too many bills. In order to turn this perception around, **make it a point to see the abundance that surrounds you:**

- Be grateful for something that isn't money related because any mention of money is going to activate scarcity. Wait until you have the stamina to focus on money without feeling lack. Instead, be grateful for life, laughter, and all the free things you can enjoy.
- Feel optimistic that you will receive more soon. Good things are coming your way. Remember all the times something unexpectedly and randomly good happened to you? Believe it can and will happen again.
- Trust that you can improve your life and create what you need. Believe in yourself and your power. This is such an important life line to the other side.

It's also important for your perception of wealth to be in line with attracting it. ***You can't have a negative opinion of wealthy people and expect to get wealthy yourself!*** It just won't happen because you block wealth from coming to you every time you speak or think negatively about wealth.

Instead, start paying more attention to wealthy people you *can* admire. Read about great philanthropists or celebrities who do important work with their money. Seek out success stories about people who started with nothing and became millionaires.

The more you do this, the more you'll change your perception of what it means to be wealthy and you'll begin drawing more tangible expressions of wealth into your life.

And on a neurological level, you will be creating neural pathways that lead to new ideas that transform your wealthy mindset into a wealthy reality.

A Common Blockage Against Feeling Prosperous

While you're focusing more of your attention on success and wealth, it's also important to ***deliberately turn your attention away from examples of scarcity*** – both in your own life and in the world in general.

What is it that makes us obsess over negativity and disasters? Like staring at a horrible car wreck when driving by, we sometimes can't help ourselves and have to look!

Unfortunately, this habit carries over into all other areas of our lives and we find ourselves obsessing about problems and challenges too. The problem with this is

that it keeps us focused on things that make us feel powerless and out of control.

In order to create a true prosperity mindset you must train yourself to turn your attention away from anything that distracts you from your happiness and well being.

And when I say well-being I mean that inherent feeling of “all is well” that comes when you know everything is going to turn out ok.

That doesn't mean hiding your overdue bills in a drawer, refusing to face reality, or trying to make everything perfect.

You don't have to put your head in the sand to focus on abundance, but you do have to stop *obsessing* over the challenges and problems in your life and in the world and allowing things to be ok just how they are.

Did you know you can desire more from a space of gratitude? You can!

Despite what you may be going through and experiencing, stop complaining!!

Shush!!

You have no idea how much harm you're doing when you complain.

Some people may think this is irresponsible or delusional. But keep in mind that your point of focus is the most important thing you have to fight for your financial freedom and your peace of mind.

Weaponize it by focusing radically on abundance.

A good rule is: ***Do what you can to improve the situation, then immediately move on to more positive pursuits.***

Refuse to wallow in setbacks; avoid spending hours a day worrying about money; don't talk yourself out of taking action because you might possibly fail. Be proactive and precise in your actions and ***keep focused on where you want to be, not where you don't want to be.***

If you were taking a road trip, rather than looking back at where you started, you'd keep focused on your destination and the route you need to take to get there.

Chapter 4: Perception is Everything



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The way you view your life and experiences is extremely important. Why? Because most of us live in *reaction mode*. That is, we tend to take action on our experiences *after* something happens.

If we perceive something to be dangerous, we take action to defend ourselves. If we perceive ourselves to be poor and lacking in opportunities, we see no point in working to improve our lives.

One thing we often forget is that perception is not reality and isn't always directly correlated with reality at all. Your Perception is simply your take on reality... and sometimes, it can be quite deceptive. And yet, it drives our actions.



When you look at the image to your left, what do you see?

Some will see an image of a young girl first, while some will see that of an old woman. But the image is the same. The only thing that varies is our perspective.

And your actions would be completely different (if you were called to take action) based on what you thought you saw.

Do you know that someone could be faced with the same exact circumstances, see it completely differently than you, and therefore have a more favorable outcome?

Well, if that is the case, then it must be that circumstances alone are not the defining characteristic that determines an outcome. How we perceive them and respond carries weight as well.

If I poured wine into a wine glass and stopped at the halfway mark, what would you see?

Would you see a glass half full, a glass half empty, or something else entirely?

The fact is, what you see does not change what is so. What is so is what is so. Period.

But what you see speaks volumes about how you see the world, the opportunities you are able to find, and the way you respond to the world around you.

If you don't think any opportunities are out there, even if there are, you won't see them. They will be invisible to you. Your brain will not register them as opportunities because of the lens through which you see the world.

Growing up, our lens was given to us by our parents, family, society, etc. It comes from our past.

But at this point, the lens through which we see the world must be one of our own choosing.

Whether we want to admit it or not, most people are not doing everything they can to build wealth because they don't believe it is possible. Deep down, they don't think they can achieve it.

When you don't manage your own perspective, things can start to look hopeless or uncertain.

This is what I have personally observed and it's a trick to make you think you are less than what you really are.

You deserve so much. And you can have it.

The problem with negative beliefs is that they usually become self-fulfilling prophecies. Being overly-defensive can actually provoke attacks, and being overly-pessimistic can attract more and more issues that prevent us from improving our lives.

Have you ever seen this play out?

Rather than living with a *reactive* mindset, you can learn to start living with a *proactive* mindset and change your life in ways you wouldn't have believed possible before now.

Limits Only Exist in Your Own Mind

What are your perceived limits when it comes to being wealthy and successful?

- Do you *really* believe you can make more money than you do now?
- Do you think that a lack of opportunities prevents you from doing so?
- Does it seem like there are too many obstacles between you and your dreams?

Make a list of every possible limitation you can think of that prevents you from being wealthy, and be sure to include both inner and outer limits. Include information about your own fears and doubts, as well as any perceived shortage of opportunities in your life.

Then examine each one carefully and decide if it's really true or not. **You may be surprised at some of the things you've convinced yourself to believe!**

For example, if one of the items on your list is, "*I can't make more money because I don't have a college degree,*" ask yourself if there are any millionaires in the world who didn't graduate from college with a degree, or even go to college at all. *Of course there are!*

This process is incredibly eye-opening and will help you see where you're placing limitations on your own success.

([Here I am on the L is for Lessons podcast](#) sharing about how I broke through some of my own limitations and how you can too.)

It's also important to **keep challenging these false perceptions** on a regular basis, because some of them may be embedded pretty solidly into your subconscious mind.

Logically, you may know that there's nothing holding you back, but then you still find yourself hesitating or procrastinating.

If you keep challenging your limiting perceptions, and you take action despite them, they'll begin to fade away and eventually disappear. You'll have convinced yourself that they're not true after all.

Taking the Right Actions

Now that you're starting to transform your perceptions of limits, you're in a much better position to begin taking focused action. The question is: *What kind of action should you take?*

All of the richest and most successful people in the world have one thing in common: they found a way to contribute value to the world and are rewarded well for their efforts. Think about that for a minute.

Becoming wealthy is not about wishing for wealth until it falls out of the sky and lands on your doorstep. At least it doesn't work out that way for most people. The majority of us will have to work for our wealth – but that's not such a bad thing if we choose work we truly enjoy.

My desire has always been to do work that flows naturally from who I am and receive abundance from that.

The seeds of your wealth are tucked away in a surprising place: in your greatest interests and passions. Of course, simply following your passions isn't enough. You also have to find a way to make your passions pay.

That means finding a way to use your interests and talents to contribute value to the world. This can be done in any number of ways.

Here are some ways you can follow your passion while contributing value:

- Write a book about a topic you love.
- Create a product in line with your interests.
- Offer a service doing something you enjoy.

The possibilities are endless!

I've seen people selling burnt rice. I've seen kids reviewing (playing with) toys. I've even seen people literally eating on Youtube. You can do this.

Give some thought to the things you truly enjoy and the skills and experience you already have. Then ask yourself, *"How can I use these assets to contribute value and generate income?"*

You can do this. You know how to read. Your brain works. And you have tons of knowledge and free resources at your disposal to help you get started. You just have to believe that you can do it. Which shouldn't be hard because, spoiler alert, you can!

Chapter 5: Taking the Right Actions



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Once you have a clear idea of the right activities to begin drawing wealth into your life, it's time to begin approaching these activities with a newfound sense of purpose.

Most of us go about this in the wrong way and then get frustrated when it doesn't seem to be working. The wrong way would be: taking small actions while hoping for big results *right* away and then concluding we failed because we didn't progress quickly enough.

Instead, try this:

- Take bold, consistent actions every day.
- Step out of your comfort zone as far as you dare.
- Be confident about your abilities and expect positive results.
- Be patient; don't expect overnight success.
- Focus most of your attention on enjoying the journey.

Can you see the difference between these two approaches? One leads to certain failure and the other virtually guarantees success. When you aren't so focused on ***needing*** to see results, you relax and let them come naturally.

Ironically, such a relaxed attitude actually helps us make much ***faster*** progress than if we keep stopping to pull our hair out in frustration!

Happiness, Prosperity, and Success

One of the most common misperceptions about wealth is that achieving some monetary goal will make you happy. It's true that having more money allows for greater financial freedom in life, which can be seen as a facet of happiness – but true happiness doesn't come from anything outside of you.

Happiness is a state of mind.

Can you recall any wealthy people who are unhappy with their lives? Just off the top of your head you could probably recite the names of half a dozen celebrities who are constantly struggling with addictions, relationship turmoil, legal problems, and worse.

Money didn't make these people happy, and it can't make you happy either.

If you want to be happy, then you must decide to be happy **now** – regardless of your problems and challenges. Just having a ton of money in the bank won't make problems go away unless those problems are directly related to a lack of money.

This may seem hard. You think that happiness is connected to a circumstance. But that's not true.

Happiness has to be generated from you. And from your place of happiness, the world will look different. Opportunities will present themselves more clearly. And you will be free to create the life you want despite what it looks like right now.

No matter what you do, there will always be issues and events that threaten to detract from your satisfaction and happiness. However, ***how this affects you is your choice.***

You have to choose how you'll see the wine glass.

The greatest power you can ever develop is the ability to focus on the good so you can be happy right now – no matter what else is happening around you.

It's time to stop the mental recording that loops over and over, *"I'll be happy when...I'll be happy when...I'll be happy when..."* Right now is all you have.

Focus most of your energy on making ***this moment*** the best it can possibly be. Mastering this skill alone can make you the richest person on the planet!

Enjoy the Journey!

The biggest drawback to traditional goal-setting is that it encourages us to focus so strongly on an end result that we don't recognize the gifts we receive along the way. Be sure to pause now and enjoy the scenery from where you stand, even if you haven't reached your ultimate goal yet.

Doing this regularly can provide great encouragement and motivation to keep moving forward, but even better, it makes the entire journey seem as rewarding as the destination!

Congrats! You've Completed the Ebook

I really hope you enjoyed learning about how you can build a wealth and prosperity mindset to help you create the life you want despite what your circumstances may look like.

At this point, this is all talk. The real question is, what is it like to put all of this in practice?

To help you scratch the surface of your power to create, we are going to do a 7 day Wealth and Abundance Challenge.

Every single day for the next 7 days, you'll engage in our daily practices.

Daily Practice 1: Read the Poem of the day

I have lovingly created these poems to ignite a spark of you that will see itself through until completion. Read your poem everyday with power and conviction.

Daily Practice 2: Say your affirmation out loud.

This affirmation has been specially designed to help you focus on the intention set for the day. Say it out loud. Bonus points if you say it while looking in the mirror.

Daily Practice 3: Write Something

Take some time to use the power of writing to continue to focus your mind on the topic at hand. Let it sink in without resistance. Be open.

Daily Practice 4: Meditate and Visualize

Meditate and bring your point of focus to life and allow it to take root in your mind. You have to see it in your mind before you can see it in the real world. This is a very important part of bringing this challenge to life. (how to meditate below)

Daily Practice 5: Set your own intention

No matter what your circumstances are, find a way to feel good no matter what. Your intention will help you do that.

How to Meditate and Focus

Maybe you've meditated before, and maybe you haven't. Either way, I want to give you some instructions on how to get the most out of this 7 day guided meditation.

Every day you'll get some instructions on your daily practice.

First, read the poem I lovingly created just for you. Read it, own it, and embody it.

Second, read the affirmation and take it all in. Read it out loud and say the words powerfully. Like you believe them. Read it twice if you have to.

Then, write down three things that highlight the topic of the day. For example let's look at the focus for day 1, gratefulness. On day 1 you're going to write down three things that make you feel grateful. Don't just write them down, focus on the feeling of gratefulness that those 3 things bring. Imagine yourself being filled up to the brim with gratefulness until it is literally emanating from your body like a bright light.

After that, close your eyes, calm down, and focus on your breathing. After you take about 5 breaths to focus, start visualizing. Visualize yourself being grateful for everything you have. Imagine yourself being grateful for everything that you want. Let the good feeling of it all wash over you. Stay there in that feeling with that focus for two whole minutes. Set a timer so you know when the 2 minutes is up.

Notice how nothing in your life has to change in order for you to feel good. Look at how you and the powerful being that you are can call forth these feelings at any moment. It is in this space that everything you want will be attracted to you. You'll become a magnet for everything that you want.

After your 2 minutes, write down your intention. Allow that to be your focus for the day to point you back to the feel good moment you created during your meditation.

Do this for 7 days and you are well on your way to creating a wealth and abundance mindset. You'll be powerful in your own right. And able to create whatever you want. The mind is more power than we give it credit for. This is your opportunity to train it and leverage to really create the abundant life that you want and deserve.

Let's do it!

Day 1

I am grateful.

\$15

Personal Reflection Exercise

As I adjust my spending habits, my financial situation improves.



As I adjust my spending habits, my financial situation improves.

My expectations for getting rid of debt and building wealth are reasonable. I know that it takes time to repair my finances and I am willing to invest that time in order to move beyond my debt.

Making sacrifices is a major part of improving my financial situation. **I am willing to give up some of the things that I desire right now in order to afford a better future for my family.**

When I shop, I bring a list with me in order to buy only the items that I need. I am free from the pressure to compete with others. I am grateful for what I have because my Creator has given me all that I need.

I have a plan for my financial future that involves me building sustainable wealth for my spouse and children. The passion I have for my financial goals helps me stay the course. **When I am tempted to make an irresponsible purchase, I remind myself of my goals and exercise restraint.**

My finances continually improve when I seek ways to cut unnecessary costs. I spend time each day reflecting on the driving force behind my purchases. I eliminate greed and competition from my heart by being grateful for what I have and giving to the less fortunate.

Today, I am improving my finances by refraining from unnecessary spending. I use my creativity to look for ways to save money knowing that the sacrifices I make today will be well worth it tomorrow.

Self-Reflection Questions:

1. Who can help me be accountable for my spending?
2. What do I love about my financial situation to look like one year from today?
3. What is the driving force behind my purchases?

[**\(Get 15 full page daily affirmations + self-reflection prompts\)**](#)

When I look at the trees, the sky, and the sea,
Something in me is just grateful to be.
I have family, love, and no spirit of fear,
And I know that there's so much in store for me here.

Say this out loud:

When I think of everything that I have right now I am flooded by a feeling of profound gratitude. I give thanks for my blessings and I am confident that even more will flow my way. I don't have to look far to see that I have so many of the things I need and every day I get more of the things I want. I am grateful for everything that I have and for everything that is coming my way.

Daily Practices

1. Read the poem.
2. Say the affirmation out loud.
3. Write 3 things that make you feel grateful:
4. Take 2 minutes to imagine, visualize, and feel yourself being grateful right now.
5. Create an intention for your day that makes you feel good:

Day 2

I am worthy.

\$15

Personal Reflection Exercise

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I have a plan for my financial future that involves me building sustainable wealth for my spouse and children. The passion I have for my financial goals helps me stay the course. **When I am tempted to make an irresponsible purchase, I remind myself of my goals and exercise restraint.**

My finances continually improve when I seek ways to cut unnecessary costs. I spend time each day reflecting on the driving force behind my purchases. I eliminate greed and competition from my heart by being grateful for what I have and giving to the less fortunate.

Today, I am improving my finances by refraining from unnecessary spending. I use my creativity to look for ways to save money knowing that the sacrifices I make today will be well worth it tomorrow.

Self-Reflection Questions

1. Who can help me be accountable for my spending?
2. What do I fear my financial situation will look like one year from today?
3. What is the driving force behind my purchases?

(Get 15 full page daily affirmations + self-reflection prompts)

You're inherently worthy
And this we all know.
Your hips and your lips
Are just part of your glow.
Your worth is not based
On the things that you do.
You're worthy because
you are wonderfully you.

Say this out loud:

My presence is a gift to the world and I know that I have something great to offer. Success flows from me like water and abundance is within my reach. When I accept my value, I free myself to achieve everything I want in life. My work is marked by my passion and integrity. I have everything it takes to fulfill my wildest desires. I am worthy simply because of who I am. My very being validates my hopes and dreams. I am more than enough.

Daily Practices

1. Read the poem.
2. Say the affirmation out loud.
3. Write 3 things that make you feel worthy:
4. Take 2 minutes to imagine, visualize, and feel yourself being worthy right now.
5. Create an intention for your day that makes you feel good:

Day 3

I am a badass.

\$15

Personal Reflection Exercise

As I adjust my spending habits, my financial situation improves.



As I adjust my spending habits, my financial situation improves.

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When life gives you lemons
You know what to do.
Problems are solved
Whenever they encounter you.
You are the salt and light
Of this place
And you're a fucking badass
Who can't be replaced

Say this out loud:

My very being is a gift to humanity. I eat problems for breakfast and I find solutions by lunch. I trust myself. I know what I am capable of and even when I feel the twinge of fear tickle my heart, I move forward anyway. My track record speaks for itself. I am relentless, I am beautiful, and I am definitely a badass. You may salute me now. ;)

Daily Practices

1. Read the poem.
2. Say the affirmation out loud.
3. Write 3 things that make you feel badass:
4. Take 2 minutes to imagine, visualize, and feel yourself being badass right now.
5. Create an intention for your day that makes you feel good:

Day 4

I am capable.

\$15

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You have so much to offer
And you're only at your start.
You have beauty, you have brains,
And you have the biggest heart.
Your potential runs deep
And your power shines through.
Eyes have not seen all the things
you will do.

Say this out loud:

There is nothing that I can't learn and nothing I can't do. I embody the mantra that if there's a will then there's a way, and I regularly prove this to be true. With google and Youtube by my side, I am fearless and relentless in my pursuit to do what needs to be done. In my career, my finances, and my family life I know myself as someone who can easily solve problems. I am capable of so much and I have only touched the tip of my potential power. The quality of my skills and the strength of my faith far exceed the challenges ahead of me.

Daily Practices

1. Read the poem.
2. Say the affirmation out loud.
3. Write 3 things that make you feel capable:
4. Take 2 minutes to imagine, visualize, and feel yourself being capable right now.
5. Create an intention for your day that makes you feel good:

Day 5

I am *divine*.

\$15

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You are divine
And your power unmatched
Making flesh and bone from nothing...
Who else could rival that?
Blessed you are.
You're equipped to create.
Yes, you are divine.
So let the haters hate.!

Say this out loud:

I am a woman. The power of creation flows through my being like a fierce electric current. I take seed and create full human beings. My womb gives birth to new life and my mind is the breeding ground for ideas that enhance myself, my family, my community, and the world.

Daily Practices

1. Read the poem.
2. Say the affirmation out loud.
3. Write 3 things that make you feel divine:
4. Take 2 minutes to imagine, visualize, and feel yourself being divine right now.
5. Create an intention for your day that makes you feel good:

Day 6

I am prosperous.

\$15

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You were born to prosper,
You feel it deep inside.
The purpose of your being
Is to dance and be alive.

No limit to your wealth, health, joy, and happiness
You were born to reach the sky and live in total bliss.

Say this out loud:

I am prosperous in every area of my life. My relationships and my career are overflowing with accomplishments. I am wealthy because I have a surplus of things that bring me joy.

Daily Practices

1. Read the poem.
2. Say the affirmation out loud.
3. Write 3 things that make you feel prosperous:
4. Take 2 minutes to imagine, visualize, and feel yourself being prosperous right now.
5. Create an intention for your day that makes you feel good:

Day 7

I am unstoppable.

\$15

Personal Reflection Exercise

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Hey superwoman!!
There's nothing you can't do.
I feel sorry for the thing
that tries to stand in front of you.
With love in your heart
And fire in your eyes.
Every single thing you do
Is destined to thrive..

Say this out loud:

When I see a raging storm in front of me I am calm. I remind myself that I have sunshine in my back pocket. Crisis cannot bend me out of shape because peace is my core support. I am a beacon of hope. Having a plan available helps me to take care of myself and those around me. I can be joyful in the midst of trouble. I can recover from life's greatest challenges. My plan helps me walk through the fire with my peace intact. Nothing can stop me or hold me back.

Daily Practices

1. Read the poem.
2. Say the affirmation out loud.
3. Write 3 things that make you feel unstoppable:
4. Take 2 minutes to imagine, visualize, and feel yourself being unstoppable right now.
5. Create an intention for your day that makes you feel good:

Congratulations

You **did it!**

You've gone through 7 days of reading, saying affirmations, meditating and more. At this point, you might start feeling the optimism of becoming a money magnet. Things are starting to move in your life. You can sense your power!

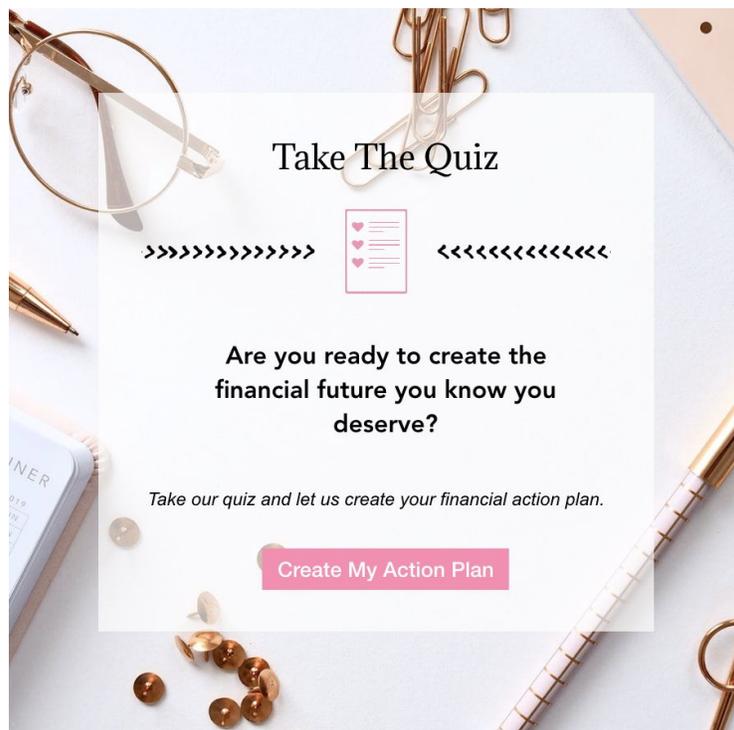
That's awesome.

And it's just the beginning

Keep flying high, trusting in yourself, and doing whatever you can to believe in your ability to create and achieve financial freedom.

Ready for more?

Step 1: Take our 1 minute quiz to learn your specific financial profile. We have 4 different profiles to help you understand where you are in your finances. [Click here](#).



Step 2: Book a Free Consultation. Let's talk! Me or someone from my team will talk to you about where you are in your finances, where you'd like to be, and how we can help you get there sooner rather than later. [Book here.](#)



BOOK A FREE CONSULTATION

