

Manifest Like a Mother™

WEEK FOUR

YOUR NEW MONEY STORY

All the exercises in this workbook are designed to start healing your relationship with money and to start building a positive belief system around money and your ability to earn, receive, save and spend it.

Falling In Love With Money

As we already know, you have been believing some unhelpful things about money. It is time to start looking at the positive truths about money around you.

Use the space below to write about all of the great things that money has been responsible for in the world.

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Notes continued...

Now complete the sentence: "*money is amazing because...*" at least 10 times.

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Now I want you to turn your attention to the possibility, freedom and opportunity that money can create for you.

Use the space below to write down all of the amazing and wonderful things YOU could do with an abundance of money. What incredible experiences could you provide for your family or friends? How could you use that money to positively impact others?

If it helps, complete the sentence *"if money were no object, I could..."* several times.

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Money & Happiness

By now you should be convinced of the fact that money can support your happiness. Use the space below to think of lots of different ways that money already supports your happiness. Then add lots of ways that money can continue to support your happiness.

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Money & Happiness

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Making Friends With Money

First of all, I want you to use the space below to make a list of all the great things money has done in your life. And add to this all of the great things that money is currently doing/ supporting/facilitating for you right now.

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Next, using the above list as inspiration, I want you to write a new letter to money. Shower money with love and appreciation, make amends for your false limiting beliefs about money.

Example:

Dear Money,

I see now that I was wrong about you. Far from being a source of pain, you have provided me with so much comfort, and supported me in so many ways, providing experiences that have brought me joy. You have enabled me to help others by...

You get the idea!

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Letter continued...

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Your New Money Story

Take some time to review your vision of success and think about what you would need to believe about money in general and about your ability to earn, save and spend money in order to create that success for yourself.

Then turn back to your old, limiting beliefs around money. Can you flip them into something positive?

Use the space below to start writing your new, empowering, supportive beliefs about money. Then turn each one into an affirmation and start repeating them, reading them, listening to them daily.

Remember: repetition is the key to reprogramming your money mindset!

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Your New Money Story

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Collect & Appreciate

Start noticing and appreciating any and all money flowing into your life. Start collecting evidence that supports your new beliefs about money.

Use the space below to write down the evidence you are collecting which proves that your new beliefs are true.