

# Manifest Like a Mother™

## WEEK FOUR

### YOUR NEW MONEY STORY

Today's workbook is a bit different as it is largely geared towards getting you to adopt new more helpful money habits and to start taking action from within your new money story.

The most important thing is to continue with your self-belief work and to continue reprogramming your subconscious with your new positive, empowering beliefs around money until it feels true for you, until it all sticks.

Imagine the future you, the one who has achieved your vision of success, the one who is living your dream life. Start trying to inhabit her mindset. Start trying to take action as that person now. Start making decisions as you would when you were in that reality. Start stepping into this new version of you: with new-found self-belief and better, more supportive beliefs about money.

#### Physical Money

Use the space below to note how you have behaved with physical money and how you would like to behave with physical money. Where are some places that you can keep money so that you are seeing it and handling it on a daily basis?

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Notes continued...

### Visual Abundance Cues

Time to treat yourself! Think of something that you could buy yourself that feels a bit decadent, feels like a bit of a splurge or is something that you wouldn't usually buy yourself. This thing should be a visual reminder of abundance so should make you feel great just looking at it or using it.

It could be a framed painting or print you've liked for a while but haven't bought. It could be an expensive scented candle you love the smell of but would never usually buy. It could be a really fabulous pen to write with. Find something that works for you. Remember this is a great way of practising receiving AND creating a visual cue to remind yourself of your new financial abundance every time you see it.

Fill in the space below:

*I am going to treat myself to \_\_\_\_\_ . When ever I see/use it, I am going to feel \_\_\_\_\_ and be reminded that I live in financial abundance.*

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### Know Your Numbers

Time to start tracking! Remember: what you measure, grows.

Start looking at your bank balances at least twice a week. View them with a detached interest. That is, try to let go of any emotional responses they provoke. See them as an opportunity. An opportunity to have more, to earn more.

Set the intention below by completing the sentence. It might help to copy the sentence out underneath to really confirm that intention with yourself.

*I am making a commitment to myself to check my bank balances every \_\_\_ days. I will do this with a feeling of ease. My inner guidance will lead me to increasing possibilities and opportunities to create more wealth.*

And remember to be thankful for whatever the balance of your accounts!!

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### Let's Talk About Debt

Now is the time for honouring the past and moving forward with positivity. So if you have any lingering limiting beliefs or feeling about debt, start journaling/saying/meditating on the following affirmations:

*Debt is simply a choice to pay for something over time.*

*Debt has enabled me/provided the opportunity to \_\_\_\_\_*

### Conscious & Intentional Spending

Time to spend in a more empowered way!

Start being mindful - that is conscious of - your spending and see it as an opportunity to be thankful for whatever thing/experience that your money is creating or facilitating.

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### Charging Your Worth

Take some time to consider your pricing in your business. Connect with your inner guidance and see how you feel about your prices. Do you feel like you are really charging your worth? Is it time to increase your prices? Use the space below to examine how you are feeling about your pricing now that your money mindset is changing.

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### Selling With Ease

Now that you have a more positive relationship with money, use the space below to examine how you are feeling about selling in your business? Do you feel more open to receiving money from clients? Do you feel surer of your self-worth and the value you provide and therefore more comfortable in sales conversations or writing sales copy?

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### Selling With Ease

The next time you sit down to write a sales post on social media/email or write copy for a sales page or the next time you hop on a sales call with a potential client, centre yourself in your new money story first.

You can try:

- 1 // Take two minutes to breathe and be in the moment
- 2 // Read or say out loud some of your new beliefs around money
- 3 // Reconnect to your purpose in your business and to the value you know you are providing to your clients and the ways you can help them

THEN you can write the sales post, or hop on the call.