

Money Mindset Makeover: Your Guide to Attracting Abundance





abundance

Define what financial abundance means to you

Make a list of things you'd do, buy, change when you are abundant



your money story

What do you believe to be true? What are your money believes?

1. Do you feel bad about wanting or loving money?

2. Do you think it's not okay to talk about money? Do you struggle with it?

3. Do you feel people with money at differently?

4. How do you feel about spending money for what you love?



shift your believes

1. Belief ONE – write down a belief you want to change

1. What belief you want to change it to?

2. Belief TWO– write down a belief you want to change

2. What belief you want to change it to?

3. Belief THREE– write down a belief you want to change

3. What belief you want to change it to?

4. Belief FOUR– write down a belief you want to change

4. What belief you want to change it to?



money is ENERGY

Money is energy. It means that everything you do around money has vibration. The vibration can be high (positive) or low (negative) depending on how you spend money.

What does feel good spend money on?

What doesn't feel good spend money on?

What desires have you been hiding or judging others?



Matching the energy of money

When we think about money and abundance, it's connected to more than just a specific sum. It's the feelings behind having the sum. For example, I want this car because, if I have it, it'll make me feel powerful and good.

What it's exactly you're trying to manifest?

How can you incorporate this feeling in your day to day life?

Now imagine how would the abundant version of yourself feel, act, think:)

What routines they have?

How they treat their business/work they do?

How they treat themselves? Health/mind/body/clothes...?

How do they feel physically and emotionally every day?

What brings them joy?



Your NEW CORE BELIEFS

Creating new core beliefs around money is important and personal because you need to truly believe in the core beliefs you set.

There are no limitations, so make sure you stay true to yourself and let the universe respond to your intentions with abundance and opportunities.

- Money flows to me effortlessly from both expected and unexpected sources
- I am always supported by the universe, and I always have more than enough
- I can do what I love and earn money from it
- I am a magnet for money
- I make the most money when I'm having fun