



MONEY TRANSFORMATION

How to Transform Your Family's Old Money Legacy into Your New Money Legacy

1. How much money would you really like to make in a year? \$_____.
2. Now double it. \$_____.

How does it feel to see this number?

3. If you made this amount of money, who is someone you are concerned about upsetting, disappointing, hurting or disempowering?

4. What was the money story you grew up with?

5. How has that shown up in your life?

6. What do you think is the positive VALUE behind that money story?



7. Do you share that value?

a. If no, then what value do you have instead?

8. How can you honor the positive VALUE in your family money story while creating a new money story that includes YOUR values?

9. Write your new Money Power Statement:

“I am _____.”



***** Money is ENERGY *****

It comes in naturally; we don't need to do anything ...

Energy is all about INNER game.

So change your inner game and you will change your financial status quo.

HOW??

- 1) Release any emotional blocks around money:
Anxiety, fear, doubt, guilt, shame, anger, etc.
- 2) Open up to receive ... And expand your "money container" regularly.
Always ask yourself: "How can I best SERVE in this lifetime?"

Suggestion for affirmation:

"I am open to receive money into my pocket and bank account. I am empowering myself and others by building my financial freedom."

- 3) Change any leftover negative beliefs: Money is scary; Money disappears fast, etc. with more positive ones: Money makes people happy; Money helps me make my dreams come true; Money brings people together, etc.



Money and Feng Shui

a) Bedroom = romantic relationships + **money**

b) Office/workspace = **money**, success, professional relationships, career

... Declutter **REGULARLY** to create space for abundance.

POVERTY POSITION:

1. Your desk is facing the wall (closes the flow of mind, creativity, and abundance).
2. You cannot see who's coming through the door.
3. You are more stressed and cannot focus properly.

WEALTH POSITION:

1. Your desk is away from the wall, ideally facing the door (abundance).
2. You can see and invite the client + money to come in.
3. You are more relaxed and can focus more easily.



Action Steps:

1. Practice letting go on a regular basis.
Remember that letting go of any blocks begins with full awareness and willingness to release what no longer serves you.

When it gets hard, keep your vision and your mission in your mind.
You can create another anchor just for this occasion.

2. Make a habit of connecting to anything that deals or even just represents money on a weekly, if not even daily basis.
The more you do that, the more money becomes something as natural as health.
3. Connect to the affirmations on the handout 4-3b and the magic check on 4-3c.
Catch up with any bonus parts you haven't completed yet.
Enjoy the transformation! 😊

→ What are your final ahas from this month's topic on money?