

A FUN 14-DAY EXPERIENCE

MONEY

DEVELOP AND DEFINE YOUR RELATIONSHIP WITH MONEY

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WELCOME TO YOUR MONEY MINDSET!

To get the most out of your Money Mindset Journey, approach each day with openness and curiosity.

Set aside a few quiet moments daily to engage fully with the activities and reflections.

Keep a journal to record your thoughts, feelings, and any insights you gain about your financial habits and beliefs.

Embrace flexibility in your tasks - allow your intuition to guide you and be willing to adapt as needed.

Most importantly, consistently practice your daily money choices: they are powerful tools for reshaping your mindset and attracting abundance.

By the end of these two weeks, you'll not only see money differently but also feel empowered to manifest it into your life for wealth and prosperity.

Day 1: Set Intuitive Financial Intentions

Activity: Instead of rigid goals, take some quiet time to reflect on what financial empowerment **feels** like to you.

Sit in a comfortable spot, or go outside into nature.
Imagine your life with no financial worries.
Think about how it would change your daily activities, your relationships, and your self-care.

After you've spent some time in this space, write down the feelings, experiences, and lifestyle choices that align and resonate with what financial freedom feels like to you.

Use these insights to guide your choices and actions throughout the next two weeks.

FOCUS:

"I REACH FOR MY INTUITION TO LEAD ME TOWARDS ABUNDANT LIVING."

My Intuitive Financial Intentions

Day 2: Create a Dynamic Vision Board

Activity:

Create a physical or digital vision board using a tool like Pinterest or Canva, incorporating images, quotes, and symbols of your financial goals and aspirations.

Some ideas:

Choose pictures that reflect that life you would love to live if money was no object.
Choose pictures that reflect how you would use money to contribute to others.
Choose pictures that align with what you would love to do and earn money for it!

FOCUS:

"MY VISION IS A POWERFUL CATALYST FOR MY WEALTH."

My Vision Board

Day 3: Financial Mindfulness Written Meditation

Activity:

Today, make time for a short meditation focusing on what money would say to you.

As you close your eyes, ask this:
If Money could talk to me, what would it say?

Start writing your answer and don't stop until you feel money has completed its message to you.

FOCUS:
"I FEEL AT PEACE WITH MY WEALTH GROWING EACH DAY."

If Money could talK to me... what would it say?

Day 4: Declutter and Donate

Activity:

This is about focusing on creating a space that feels abundant and open.
Declutter your room or an area in the house that you know deserves a good clean-out.
Donate or sell items you no longer need.

FOCUS:

"RELEASING THE OLD MAKES WAY FOR NEW PROSPERITY"

Reflections on my Declutter & Donate practice

Day 5: What Money can Create

Activity:
Instead of just looking at money as a way to pay bills...
what else can money create?

Take some time to observe your environment and write down the benefits and abundance that money can create in your life, but also the world.

What has money created for you, personally?

FOCUS:
"MONEY LOVES TO BE USED FOR GOOD"

What Money can Create:

Day 6: Learn Intuitively

Activity: Let your Intuition guide you to a book, podcast, or video about wealth, an entrepreneur, enterprise or business idea that would resonate with you.
This could be a documentary or youtube channel about someone whose financial decisions you admire.

Trust your instincts to find what will inspire you most.

FOCUS:
"I FEEL GUIDED TO THE KNOWLEDGE THAT ENRICHES ME"

Intuitive Guidance results:

Day 7: Reflect and Recharge

Activity:

Take a nature walk or spend some quiet time alone reflecting on the week so far.

How has your view of money changed?

What has surprised you, so far?

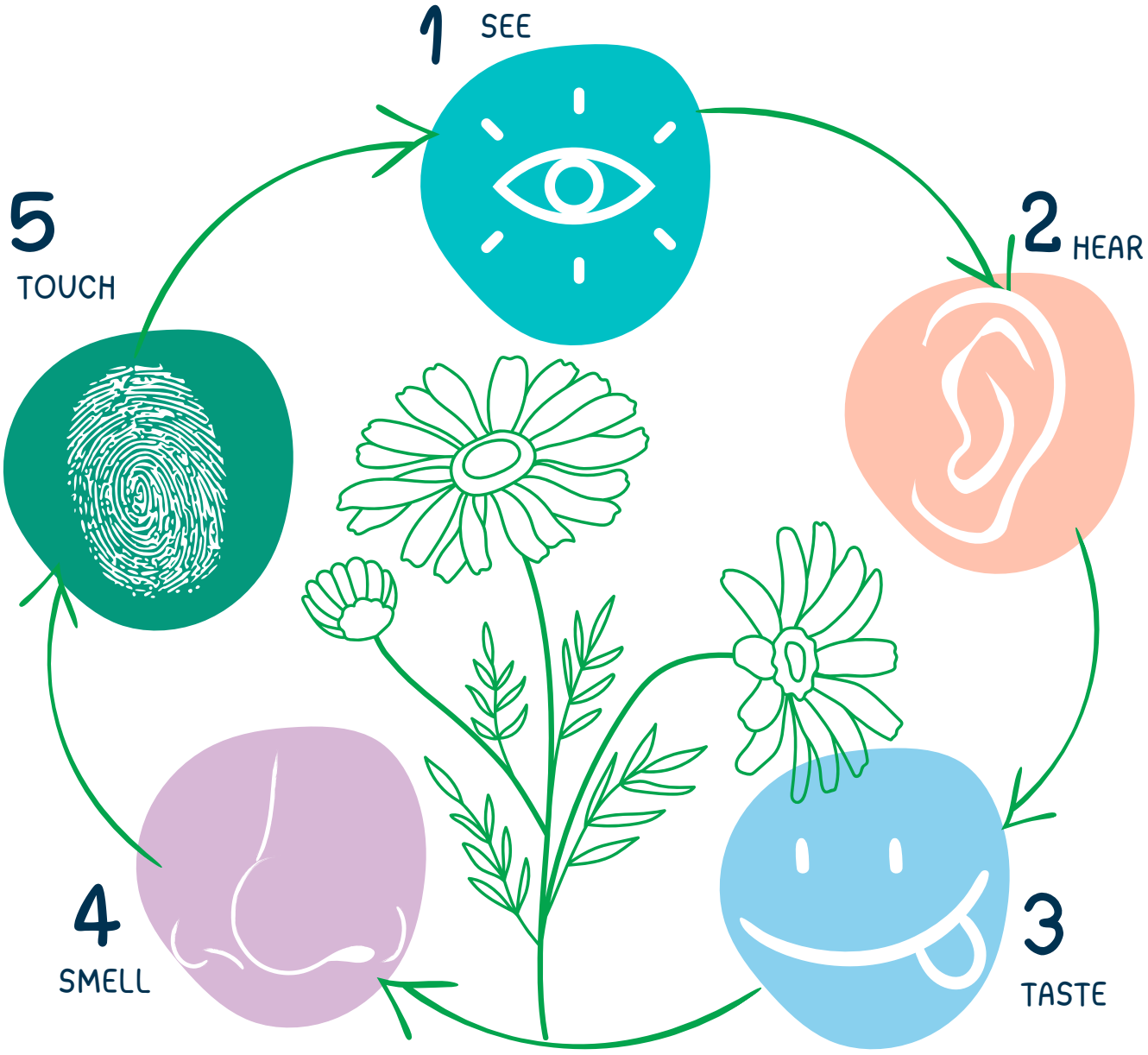
What obvious conclusions are you coming to, about money?

FOCUS:
"GROUNDING GIVES ME CLARITY OF THOUGHT"

1 2 3 4 5

FOR MENTAL CLARITY

GROUNDING TECHNIQUE



As you name what you sense, take a deep breath in through your nose and exhale from your mouth. If you're feeling stressed or anxious, exhale twice as long.

1. Look around and name three things you can see. Breathe in and out.
2. Notice three things you can hear. Breathe in and out.
3. Name three things you can taste (or would like to taste). Breathe in and out.
4. What about three things you can smell? Breathe in and out.
5. Name three things you can touch (physically) or feel (emotions). Breathe in and out.
6. Repeat as many times as you'd like.

Half-way Realisations:

Day 8: Gratitude Flow

Activity:

Today is about Gratitude. Write down or mentally note everything you're grateful for regarding your and your family's current financial situation.

Even when things aren't "obvious" there are always benefits to every situation.

How many financial benefits and
overlooked financial benefits can you list?

FOCUS:
"GRATITUDE INCREASES MY WEALTH"

Gratitude Flow:

Day 9: Arrange for Abundance

Activity:

Rearrange or enhance your bedroom, lounge or any other space you love spending time, using principles of Feng Shui.

Focus especially on the "wealth corner".

FOCUS:
"MY SPACES ATTRACT AND HOLD ABUNDANT ENERGY"

Feng Shui tools:

CLICK ON THE LINK IN THE HEADLINE FOR FENG SHUI TOOLS

Day 10: Inspired Money Steps

Activity:

On the one side of a pieces of paper, write down your dreams, wishes, plans and desires related to money, wealth and prosperity on pieces of paper.
On the other side, note the intuitive and inspired and obvious steps you can take towards each one.

Place them in a box or a jar as your "Inspired Money Steps."

FOCUS:
"I TAKE INSPIRED ACTION STEPS TOWARDS MY MONEY WISHES"

Inspired Money Steps:

Day 11: Visualise Victory

Activity:

Engage in a relaxing visualisation session where you see yourself achieving your financial dreams.

Draw what you see... or find pictures and add it to your Vision Board.

FOCUS:
"I SEE IT, I FEEL IT, I RECEIVE IT"

Victory Board:

Day 12: Invent Income

Activity:

Spend some time brainstorming fun and creative ways how you would love to bring in extra money.

Let your imagination run wild... and start by thinking how you could turn activities you LOVE doing, like walking the dog or gaming, into an income.

FOCUS:

"I CREATE MONEY-MAKING IDEAS EFFORTLESSLY"

Creative Income Streams:

Day 13: Over-looKed Gifts

Activity:

Celebrate all forms of abundance you might have missed during this journey, however small.

Write them down on the next page.

FOCUS:
"I CELEBRATE ALL FORMS OF ABUNDANCE, INVITING MORE INTO MY LIFE"

Overlooked gifts:

Day 14: Set Future Feelings

Activity:

Imagine how you'll feel in one year if you applied your new money mindset.

Write a letter to yourself from that future, more abundant self.

FOCUS:
"I AM ON A CONTINUOUS JOURNEY OF ABUNDANCE"

Dear Me:

YOU DID IT!

Congratulations you've reached the end of your 14-Day Money Mindset Journey but in many ways, this is just the beginning.

Over the past two weeks, you've embraced a more intuitive and flexible approach to money, aligning your energy with the abundant flow of the universe.

Each day, you've engaged in activities designed not only to enhance your financial knowledge but to deepen your connection to the wealth you deserve.

Reflect on what you've discovered:

- You've visualised your financial freedom and created spaces that inspire and motivate you.
- You've connected with your finances on a deeper level, from letting money talk to you.. to setting heartfelt intentions.
- You've learned to trust your intuition, finding resources and ideas that resonate with your unique path to prosperity.

As you move forward, remember that the journey to wealth is ongoing and ever-evolving. Keep using the journal... allow your Visions to expand! Keep your Vision board updated, continue to meditate on your financial goals, and allow your gratitude to attract more abundance into your life.

Embrace and share your money mindset... and as you continue to apply these practices in your life, watch your financial reality transform!

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