

# MINDSET MAGIC & MONEY MASTERCLASS



# MONEY STORIES

+ It's extremely important to know how you feel about money because that's a direct reflection of your scenario. Of your current reality

+ Do you think money is bad? Do you think rich people are bad? Does the word rich make you uncomfortable?

+ How do you treat money? Are you nervous checking your bank account? Are you always thinking 'where can I find more?'

+ These relate to your current situation to a T.

# MONEY BELIEFS

+ What do believe to be true about money? Is that belief serving you?

+ For me, I believed that the universe always supplies what I need. That belief served me well until I wanted MORE than what I need. I wanted freedom and flexibility with finances. To be in overflow.

+ Shift your beliefs to match THE LIFE YOU DESIRE. There are no rules, YOU CREATE THEM.

+ My secret I've been hinting at on IG stories is a new belief I created. It's this: I make money every single time I go to the gym.

# \$10K MONTHS

+ CRAZY self awareness. Knowing that my vibe was always my direct point of manifestation.

+ Reflection on your thoughts. Why am I thinking this way? Is this serving me?

+ Dedication to focus on your vibe. Knowing my vibe = money, I wouldn't let ANYTHING fuck with that.

+ Willingness to change your beliefs over and over again. Every damn day doing the work.

# MINDSET PART ONE

+ Write your desire on paper. 'I desire to make \$10k this month.'

+ What am I afraid of? What outcome am I afraid of?

+ Where am I doubting myself/the universe?

+ What am I afraid it's going to take? Why am I afraid of this?

+ Don't be afraid of calling out all your bullshit and sometimes the same things will come up. At this point, for me, it's laughable when things repeat. I look at it like 'i squashed you three days ago, you're a joke'

# MINDSET PART TWO

- + Proving shit wrong again and again
- + Look at every individual belief and say “why is this NOT true?”
- + Example: Money is hard to make. Why is this not true? Because receiving scholarships and money for college was SO easy.
- + Write out affirmations after you prove it wrong. Hype yourself up with powerful positivity

# MAGIC

- + The whole point of magic in this process is for validation and support
- + So after we've called out the bullshit and proved our fears wrong, we ask for support
- + How does this support me? How is this of the highest good of all?
- + How do you want to be support by the universe?
- + What do you want to show up for you?

# MANIFESTATION

+ After I've done all of these steps, I write in my journal "What would you have me do?"

+ I write the first 5-10 things that come up for me. These are ACTION STEPS I can take that day to create my intention

+ I decided my energetic minimum. It's impossible to imagine me making less than X amount. I always make X amount.

+ Getting in the #feelz with the money. I would sit and think about buying things with the money, like plane tickets for my LA trip. I would feel excited, expansive, giddy because I love LA. Feel into your desires EVERY DAY for at least 5 minutes. This hack changes everything.



# NOTES