

Evaluating your money story

The first step toward change is awareness.

The second step is acceptance.

Nathaniel Branden

Block out some time in your day to evaluate your money story and your relationship to it. Answer the following questions in detail with honesty, acceptance, and compassion.

1. When has money flowed into your life?

What were you doing? How were you feeling? What motivation or intention was there? What were you moving towards? What action were you taking? What was your inner voice saying?

2. What lessons/themes/mantras can you take from this?

3. Are there any significant negative money events that stand out?

4. What was the result?

Go back to that event and trace what happened several months, or perhaps years before it. Were there any significant warning signs? Were you listening to or ignoring your inner voice? Why? Who else were you listening to? Why did you ignore your voice? . . . Fear, insecurity, desperation

5. What was your involvement?

Think about your active participation in this. If you dig deep, you'll discover some things you were or weren't doing like sitting on the couch, feeling lethargic, or on the positive side, being proactive for change.

6. What lessons have you learned from your money story?

7. What themes do you see continually appearing?

8. What were the differences between your thoughts, feelings, beliefs or actions when money flowed into your life compared to when it flowed out?

(You're here now so at least you are open to and willing to change.)

9. What's your current money relationship story?

10. How is your sense of self-worth?

11. Are you living a life you feel you deserve?

12. Why or why not?

13. What are you going to do to change that?

14. What do you intend to do differently now?

Law of attraction truths

Time to continue shining the light. This time we'll look quite in-depth at different scenarios of our past to see how some of the principles of the Law of Attraction were working for or "against" you.

The Laws of Attraction aren't working for or against, it just is. It's your interpretation of the IS, and your energy level, that determines whether you think it's good or bad.

Think about one thing in your life that has really worked for you – a dream that came true. Dive deep And analyse:

*How were you thinking or feeling about this situation? What action steps did you take?
How was this in alignment with how your soul speaks? Why was this dream so important for you? Did luck have anything to do with it? What possible beliefs were there under the surface?*

This does not necessarily have to be about money. It might be interesting for you to evaluate two – one not related to money and one about money. It might help you to connect some dots. Our beliefs can be very different towards two separate areas of our life, for example between love relationships and money relationships.

Think about one thing in your life that was a disaster for you. Dive deep and analyse:

*How were you thinking or feeling about this situation? What action steps did you take?
How was this out of alignment with how your soul speaks? Did this happen as a result of chasing an important dream or something else? Did you get offside with luck? What possible beliefs were there under the surface causing havoc?*

5 Simple ways to sharpen your manifesting powers

1. KEEP A GRATITUDE JOURNAL

Every evening before you go to sleep, write down at least three things you are grateful for that day.

Why are you so grateful? Why did this make you so happy? What did you learn? Write down three things you are grateful for in anticipation for tomorrow. Start getting in the habit of creating your tomorrows.

2. ASK FOR IT

Time to put out your hand and ask for what you want with bold conviction and gratitude in your heart for its arrival.

Know why you want this and how it will transform your life and those around you.

3. MEDITATE

Start with five minutes a day. Meditation will help you move you out of the world of your head to the present moment.

This IS the place of CREATION. USE its POWER.

4. SURROUND YOURSELF WITH CRYSTALS

Tap into the power of Mother Earth. Citrine is known as a powerful money stone that helps you attract and manage money well.

Other ones are pyrite, green aventurine, peridot, golden imperial topaz

Put them in your house, in your bags, in your purse, and on your person

5. JOURNAL DAILY

Writing is a process that opens the doors within, sweeps out the dust, and shines a light on the shadows so we can discover who we really are and what we really want

Journalling is deeply cleansing and a powerful transformation tool. Just do it!

Next steps

Deepen the transformation



CarolineMakepeace.com/program

BRING A FRIEND