



# Flip To Love

WORKBOOK

[www.jowarwick.com](http://www.jowarwick.com)



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## 01 Introduction

I am so pleased you have decided to shift into abundance by turning “Fear Into Flow With The Flip To Love Method!”

I will guide you through the method to practice yourself once you have watched the training video [HERE](#).

So you can unlock the fastest, most powerful way to shift your mindset and return to the flow of love and abundance.

# — 02 *Welcome To My World*

I'm Jo Warwick and welcome to my world... I help soulful, visionary & trailblazing women to create a brighter future full of LOVE, Joy and Riches in Abundance, using my Rich, Sexy & Free Method & System.

Combining 30 years of experience in quantum mechanics, neuroscience, energetics & healing, psychology, and embodiment techniques, I get to the core and unlock the missing pieces for their confidence, magnetism and receptivity to greater levels of success!

*"Rich, Sexy And Free isn't just a catchy phrase, it's a way of being"*

LOVE is the source of everything I do and create and I even wrote not just a book about it, but a life manual "The Big Book Of Love"

Join me @richsexyandfree





Where Love leads  
Abundance follows

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# 04

## FLIP TO LOVE

1. Grab your journal and draw a line down the middle of the page to create your version of this simple table.
2. Place your hand on your heart and breathe deeply with your eyes closed for 5x big slow breaths in through your nose and out through your mouth.
3. Then write this statement, and then read it out loud. *"Dear Love, I surrender, what would you have me know in this moment?"*
4. Next free write and go through the FEAR questions on the LEFT first and explore as much as possible every fear you have blocking your internal and external flow and everything that has come to the surface.



## 05 FLIP TO LOVE

5. Go deeper and challenge your most triggering and pointed answer by asking yourself “WHY and what it means for you ultimately. Challenge each statement:

- Is this a LIE or an ULTIMATE TRUTH in my heart and the world?
- Do these thoughts and beliefs sound SANE or INSANE when you read them out loud?

*\*\*It may make you cry and this is good and it is a release, as you are bringing the fears to the light and love. \*\**

6. *When you feel you have shined a light on all the fears etc, state out loud:*

*“I Surrender to Love, this is no longer true for me, I choose my right mind and deepest truth.”*

<b>FEAR - LIMITING BELIEFS</b>	<b>DEAR LOVE - FLOW &amp; ABUNDANCE</b>
I am afraid, if I do X ... I will lose Y	If I choose love, I will gain X, if I do... Y?
I am afraid I will change and become...XYZ?	If I choose Love, X will give me? <input type="checkbox"/>
If so I will feel... XYZ?	If I choose love, I will feel ...X... if I do Y?
I am worried that other people will think/feel I am X if I do/have Y.	If I choose love, other people will respond to me with XYZ.
I am scared if I lose Y I will be X.	If I choose Love I become X and that feels like Y

06

## FLIP TO LOVE

7. Then write the LOVE FLIP statement again and then read it out loud.

*“Dear Love, I surrender, what would you have me know in this moment?”*

Then go through the questions fully on the RIGHT side and explore your truth aligned with LOVE.



<b>FEAR - LIMITING BELIEFS</b>	<b>DEAR LOVE - FLOW &amp; ABUNDANCE</b>
I am afraid, if I do X ... I will lose Y	If I choose love, I will gain X, if I do... Y?
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If so I will feel... XYZ?	If I choose love, I will feel ...X... if I do Y?
I am worried that other people will think/feel I am X if I do/have Y.	If I choose love, other people will respond to me with XYZ.
I am scared if I lose Y I will be X.	If I choose Love I become X and that feels like Y



# 07

## FLIP TO LOVE

8. Explore these factors now....

- How do you feel in your body and mind when you surrender to LOVE?
- Do you feel neutral, peaceful & calm?
- Is your heart and mind feeling more spacious and open?
- Take action or inaction from this aligned space of LOVE

*\*\*Any time you want to FLIP quickly in your day you can simply use the FLIP TO LOVE statement and the breathing and come back into peace and neutrality. \*\**



# 08 “Rich, Sexy & Free”

FLIP TO LOVE and Abundance ( [find out more here](#)) are just elements of my full Rich, Sexy And Free Model which you will discover in full inside my most transformative digital and coaching programme:

So if you are ready to unlock a life of overflowing LOVE, abundance and joy, then the time is now to know to your core...

## **I AM LOVED**

*The Affluence Activation Programme  
For A Life Of Love, Joy & Abundance*

**Get in touch & find out more here:**

[www.jowarwick.com](http://www.jowarwick.com)

[www.richsexyandfree.com](http://www.richsexyandfree.com)

@richsexyandfree on Instagram, Facebook or LinkedIn

