



# MONEY LOVE

ABUNDANTLY INCREASE THE FUEL TO YOUR LIFE!

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## Day 1 Journal Prompt: It Is Done

Listen to today's audio and then take some time & space with your journal to reflect on these questions...

1. If there was a far easier way to receive money, resources & Love than I am choosing right now - and I decided to take it — how would I feel?
2. If I was truly honest with myself and accepted that my life is a reflection of my openness, availability and receptivity
  - o what am I currently receiving in ever-flowing abundance every day ( Love, well-being, friendships, money, clients, jobs, pleasure, joy, resources, sex, spiritual connection, inspiration, sunshine, food etc)
  - o Not available & open for total free-flowing abundance? (\*what's in lack, and limitation)
3. Why do I truly want more of what currently missing or in limited supply - what will it add to my life?
4. So If it is all DONE & I have faith that it is because Jo says it is — and I only have to focus on receiving and allowing - what would I now want to receive as my next pieces of cake & WHY?

5. If I was available and open, already living what I desire now - - - how would my life look?

- how would it feel to me?

- how would it be different?

- what would I be doing every day?

- what would be giving me the most Joy?

- what beliefs would I have about money & love now?

## **Day 2: Receptive Mode Journal Prompts**

After listening to today's recording and using the breathing exercise, take some time with your journal to answer these questions...

- What activities have I already discovered over my life that makes me feel energised, peaceful, free, expansive, alive, sexy & happy?
- What activities have I discovered lower my mood & energy & mindset?
- How light, free & comfy does my home environment feel?
- What can I now let go of that doesn't serve me in my life or home environment?
- How can I help myself be in a higher receptive positive vibe every day?

## **Day 4: Higher Perspective Journal Prompts**

Take some time after the meditation with your journal to feel into these questions.

- How will you NOW live your day from this space?

- What will you NOW let go of & fall away?
- How will NOW step forward into your desires?
- What do you NOW believe about your previous worries about your life?
- How has your perspective changed?
- How does your body NOW feel having tapped into this energy and perspective?

## **Day 6 - Your Life Brand Journal Prompts**

Your brand & value is EVERYTHING to what you want to attract, manifest, create & allow to flow in your life!!

After listening to today's audio, take some time using your journal to ask yourself & reflect on these questions:

- Be honest - what kind of life do you desire using my analogies
- How would you define your brand?
- When you claim your brand, does it sit comfortably with your sense of value?
- If you deeply knew & accepted YOUR brand - what would now change in your life?

= in the way you are showing up every day?

= in the way you present yourself to others?

= in your relationships? And would you let go of some?

= in your career or business?

## **Day 8 - Releasing To The Feminine Flow**

Give yourself time and space to complete this process and use the Ho'oponopono Hawaiian Prayer

*"I'm Sorry, I Forgive You/ Forgive Me, Thank You, I Love You"*

To release and lighten the energy. It does not matter which way the words go, only the energy & feeling behind them, so allow it to be natural and flow.

## **Day 10 - Journal Prompts**

Let's focus on RESULTS! Once again tapping into the energy alignment of the thoughts, feelings, behaviour & body response... with your Soul — and fuel of belief & FAITH!

I would absolutely recommend doing this after Day 2: Breathing Exercise to get you firstly into physically relaxed emotional neutrality— then listen to the Day 3 Higher Perspective Meditation - to tap into the higher receptive frequency ...

Then you are fully primed & tapped in & turned on to answer these questions with your journal and really explore fully accept the first answers and write down to fully lock them in - and feel where your Soul is elevating you to NOW in receiving your desired results...

=> Write out the statement in full first

*" If I now knew that my \*current desire/result ... ( Eg: 10 new clients for a programme. Or a new loving partner etc) was done and the right person/people (\*exchange for man/ woman etc) would absolutely & inevitably find me, connect with me, reach out to me,*

*be guided to me and me to them, and they would be deeply attracted to me & resonate deeply with me, and would absolutely love who I am, what I do and what I have to offer [ \*and would absolutely & easily buy from me ... ]*

- I would now want to ... ( and why? )
- => I would now feel?
- => How would I now behave...?
- => I now show up in my business/life...?
- => What action would I now take?
- => I would now feel... in my body and I would ... ( stand tall etc)
- => I would now have thoughts that were?
- => How would I now feel about the unfolding?
- => Today I would now step forward and take action by ...

## **Day 12- Abundance Economy Journal Prompt**

After listening to the audio and your routine with the Day 3 meditation- then grab your journal and explore this statement & questions & how you feel about the economy...

” Now that I know that money & love are abundantly available to me in endless ways every day for me to receive, tap into, share & exchange ... “

- I now open to receiving money in these 10 or more ways ... ( list)
- I now open to Flowing, exchanging & circulating money in these 10 or more ways ... (list)
- I now open to receiving love in these 10 or more ways ... ( list)

- I now share & flow love in these 10 or more ways ... ( list)
- Where have I been blocking myself by believing ... as less valuable?
- Where have I been blocking myself by believing ... as more valuable?

## **Day 13 - Decisions Journal Prompt**

Take some time with your journal to reflect on today's audio and then write out the statement and answer the questions ... also create your own way to set a VOW of Decision that you are Worthy!

*" I now decide to accept no matter what that I am worthy & good enough. And allow myself to receive unconditionally. I now decide to completely believe & have faith that the universe & the law of attraction works for me too, that money works for me, that love works for me, that romance & relationships work for me, that sex and passion work for me — in all ways and everything is working out FOR ME -I would now choose to show up fully in life by ...."*

... what would change in my body?

.... my stance,

..... my thoughts

... my appearance

..., my dress,

... my behaviour

## Day 17 - Your Abundance Story Journal Prompt

After listening to today's audio and using the Day 3 Higher Perspective Meditation take some time...

To write your Abundance story and explore everything you have received in your life as regards these things, the fuel of love & money and more ... and then FEEL it all!!

- health & well-being
- food & water
- heating/ warmth
- clothing
- a home / your bed to sleep in/ sofa to lie on
- friendships/ playmates
- affection
- lovers
- laughter
- adventure
- travel
- pleasure ( in all forms)
- nature/landscapes
- pets
- money - jobs/clients/ customers/ business/ gifts/ winnings/ credit cards/ loans
- electronics -- phones/ computers/ TVs
- music, movies, books, theatre, festivals
- dancing, singing
- sunshine, wind, rain, snow

- inspiration & inner guidance
- healing & loving energy
- opportunities & open doors
- and anything that comes to mind!

How do you feel about your abundant life of all of this ???

## **Day 20 - Thank You Money Affirmations**

Repeat & play with these statement throughout the day & everyday!

*“ Thank you for all the money to pay all my bills with ease & grace ”*

*“ Thank you for more than enough money to pay for all my bills, pleasures & desires with ease and grace “*

*“ Thank you for all the great opportunities bringing an overflow of money to pay for all my bills, pleasures & joys with ease & grace “*

## **Day 22 - Future Frequency Journal Prompt**

After listening to today's audio and having got yourself aligned with your meditation & breathing, you are ready to do this future projection & reverse engineering exercise!

Take some time with your journal & using these prompts to help you explore with your SOUL guidance and intuition;

*"Now that it is a year on ( pick a date) & things have changed & improved so much for me.."I feel so ... ?*

- My body feels so ... ?
- I am so ... ?

- There is so much ... in my life & I feel so ... about it!
- I am now receiving so much... from ... ?
  
- As I look back on the past year I am amazed to see ... ?
- It's so wonderful that I achieved my dream/desire of .... ?
- It's incredible that it changed when ...
- The word for this past year is...
- As I look back I can now see that I was making things so much harder for myself by ... ?
- But I made it so much easier to have .... By ... ?
- I feel so ... about myself because I ...
- I am so happy I took action to...