



## Warmer Wealth Workbook

### Day 1: Exploring Your Money Stories

Today, we will explore the stories and beliefs around money that you have inherited or absorbed from various sources. This practice will help you identify the root of these stories and their emotional temperature.

#### Exercise: Breathing and Grounding

Take five deep breaths, grounding yourself in your body. Place your hands on your heart and belly, breathe deeply, slow down, and really listen to yourself.

Say the statement three times:

*'I am open and willing to release this and to see it clearly.'*

#### Exercise: Money Beliefs

Draw two columns in your journal. On the left, write down every belief and story about money/wealth from the following sources: Write freely, without judgment, and let it pour out of you. Positive or negative, it does not matter - it's just what comes to mind and heart for you.

- Family
- Society
- Friends
- Media (TV, films, etc.)



## **Exercise: Assess Your Money Stories**

In the right column, go through each belief and ask:

- *Is this true for me?*
- *Do I feel a trigger when I think about this?*
- *Does it come from fear or love?*
- *What temperature does this belief have? (Warm, cold, or somewhere in between?)*
- *How do these patterns and stories make me feel now, and how do they make me feel in the past?*

## **Exercise: Wealth Assessment**

Review the Wealth Assessment inside the Money Map and use it to reflect on your beliefs and patterns. [\[Access Here\]](#)

## **Day 2: Understanding Your Current Money Experience**



Today, we will look at your current relationship with money, reflecting on how your beliefs have shaped your reality. This is about recognising patterns and how they mirror your beliefs.

### **Exercise: The Provider**

Think about your current relationship with money.

What patterns or experiences have you noticed over the past year or five years?

Describe your relationship with money using descriptive words (e.g., distant, sporadic, joyful, overflowing, burdensome).

Draw two columns again.

On the left, write down your current money experiences.

On the right, explore:

- *Does this pattern remind you of someone? (e.g., a parent or caregiver)*

- Is there anything else in their behaviour towards you and your pattern with money where you can see a similarity?
- Have you seen love with the same pattern of behaviour? And do you still?
- How do they act around money?
- What temperature does this pattern hold? (Hot, cold, inconsistent?)
- How does it make you feel, both now and in the past?

## **Day 3: Deciding Your New Money Relationship**



Today, you get to decide differently. You are NOW the provider.

You create your relationship with the universe, with money, with wealth, with yourself and how you provide for yourself. You choose how money feels, looks, and moves in your life.

### **Exercise: I Am the Provider**

Draw two columns in your journal. On the left, write down the relationship and experience you want with money. Focus on emotional, energetic, and physical aspects (e.g., present, playful, consistent, kind, flowing, warm).

For each statement on the left, consider:

- *What temperature does it hold?*
- *How does it feel in your body?*
- *Do you believe this is possible in your mind, body, and actions?*
- *Do you believe you are worthy and deserving of this money relationship? - Do you feel there is a cost to having this relationship?*

### **Exercise: Future Self Visualisation**



Imagine it is six months or a year from now, and you are living this desired relationship with money.:

Reflect on:

- How different does your life look?
- How do you move through your day?
- What would you be planning
- How do you think, feel and what do you say in your language?
- What temperature does this new money relationship feel like? Does it resemble a warm, sunny location or something else meaningful?

## **EFT Tapping: Creating a Warm, Loving Relationship with Money**

EFT (Emotional Freedom Technique) is a powerful tool to release old patterns and establish new, positive beliefs.

In this practice, you will use two fingers (index and middle) to tap lightly on specific energy points while repeating affirmations.

Take deep breaths, calm yourself, and be fully present before beginning. Drink plenty of water after the session and be gentle with yourself, as this is like an energetic hug and clearing.

I would recommend using this exercise 5 times minimum.

### **Preparation**



Take 5x deep breaths: In through the nose, out through the mouth. Calm your body, centre your energy, and be present.

Before starting, place your hands on your heart and belly, breathe deeply, and say: 'I am open and willing to release this and to see it clearly.'

**Karate Chop:** ( left side of right hand on the left side of the left hand ( reversed)

"Even though I have experienced a cold, hard, inconsistent or harsh relationship with money, and even though I was shown this by my [dad/mum/caregiver], I choose this to be the blueprint of how I have a relationship with money up till now,

I deeply love, honour, respect, and forgive myself.

And even though this person(s) taught me this, showed me this, and gave me this experience, I now deeply honour, love, respect, and forgive them. I now get to decide again that I am the loving, secure provider.

**Top of crown:** I now decide that this is no longer true for me.

**Inner eyebrow:** I now decide that I get to rewrite my relationship with money because I am the loving, secure provider.

**Outside of Eye:** I change this relationship with money because I get to rewrite my relationship as the provider backed and mirrored by the laws of the universe.



**Under Eye:** I am the creator and I am the provider of my money.

**Under Nose:** So, I decide now to have a loving, healthy relationship with money.

**Chin:** I now decide that my relationship with money is warm, expansive, loving.

**Collarbone:** I now decide that my relationship with money moving forward is deeply supportive of me, is consistent and constant.

**Ribcage/Underarm:** I now choose to have a loving, healthy relationship with money.

**Top of Crown:** I no longer accept to be provided by an unhealthy relationship with money, wealth, and flow. I deeply love, honour, forgive, and respect myself.

**Inner eyebrow:** I deeply love, honour, and respect myself enough to say I am truly worthy of a loving, supportive, overflowing relationship with money.

**Side of Eye:** Money supports me. Money loves me. Money wants me.

**Under Eye:** People love to give me money and it comes to me unburdened.



**Under Nose:** People love giving me money, and all money in my life is unburdened.

**Chin:** I free money from all burdens, emotional, debt, flow, and limitation. Money is now unburdened in my life.

**Collarbone:** I allow money to be free-flowing and expansive because it is unburdened in my life.

**Underarm:** I allow myself to be unburdened by my old relationship with money.

**Inside Wrists Together:** I love money, and money loves me. Money is abundant. Money flows. People love to give me money. It's safe for me to have money. Money is warm. Money is loving. Money supports who I am, and I am supported and loved by money. And so it is.

### **After Tapping**

Take a few deep breaths. Hug your body as if giving yourself an energetic embrace. Acknowledge the shift and drink plenty of water. Be gentle with yourself as you integrate this new relationship with money.