



RICH SEXY & FREE WORKBOOK

WEEK 1: What Do You Want! Claiming Your Sovereignty

1) Daily Affirmation:

Listen to the audio and then take action with this powerful affirmation, by writing it in full, speaking it out loud over and over until it becomes natural and engrained. Something you can speak effortlessly, with emotion & out loud to yourself and the universe. Feel the uplifted energy and connection it brings.

Speak first thing in the morning as part of your morning routine and then speak it throughout the day to reprogram your mind, and support yourself.

Speak it clearly in repetition 3x and allow your voice to get faster and higher as you naturally align deeper with yourself

"I am a woman of grace, a woman of light!

I am rich sexy and free!

Everything is available to me!

Everything is working out for me!

Everything is coming to me!

Everything is on my side!

Everything is getting better and better for me!

I choose to be kind & loving to myself by accepting my true value of who I am and what I have to offer!

I am powerful beyond measure!

I am powerful beyond measure!

I am powerful beyond measure!

The better it gets, the better it gets!

The easier it gets, the easier it gets!

The richer I get, the richer I get!

I am a woman of grace, a woman of light.

I am Rich, Sexy & Free! "

2) Your Weekly Power Song

Words, combined with music & physical expression creates a highly powerful trigger for emotional & mental reprogramming. Using this we can very quickly shift & uplift our magnetic emotional vibe and receptivity.

This can be used as a powerful alignment tool of conscious movement, dancing, shaking, stomping, and stretching as we allow the music to move

through our bodies without restriction.

So either use my suggested song for the week below or pick one for yourself.

Then turn up the sound (headphones are always great) and move your body!

- Dance like no one is watching & consciously shake your whole body.

To be used every morning for the next 7 days to shake off any low-vibe energy when you wake up!

To be used throughout the day whenever you need to shake off low energy from working with clients or get not aligned for a new session.

To energise you whenever you need.

As with all repetition the more you use it the more power you put into it as a trigger for upliftment, energy boost and a more positive higher vibe.

Simply [CLICK HERE](#) for my suggestion on youtube...

3) Outsourcing To Source Exercise

Below is the example to go with the audio.

Firstly outsource your fears, worries and confusion to allow clarity to come.

How do you feel once you let go of what is not yours to sort?

Then be guided to how you can outsource to other humans in your life and get help, save energy & time!

We will be using this technique throughout the programme to support you.

Simply draw out your version in your journal (it doesn't have to be neat)

Out-Sourcing To Your Source

What I know & will happen!	Out - Sourcing To Source Divine & Your Soul (for inspiration, resolution & guidance)	Outsourcing to another human/service/company
	When will ... happen?	
	how long it will take ?	
	Who will be with...	
	Who will I attract?	
	When will I make sales!	
	Will it work this time?	

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4) What Do You Want?

Following the Week 1 - What Do You Want Video - give yourself an hour to explore these journal prompt questions.

1. Start with your current vision level
2. Secondly, REPEAT from the next level beyond that into the expanded vision.

Use your journal so that you can begin to lock in a new perception, energy and clarity from your SOUL on what is right for YOU, your BUSINESS, your MONEY & Profitability and Freedom!

Your visions from the Prosperity Magnet Meditation will inspire and guide you...

Write out the first statement by hand and answer the questions using the prompts as fully and freely as possible.

Then write out the second statement by hand and answer the questions as freely and fully as possible.

Make sure to keep your answers safe so you can keep visiting them to tap into the aligned energy, be reminded and take action from that powerful state.

** I would recommend listening to the meditation before answering the questions so you are most relaxed***

Abundant Vision Statement - Part 1

"Now that I have released all of my hand brakes which have been delaying me and glass ceilings that have been blocking my expansion, empowerment and abundance from manifesting fully. I am truly free to express myself in my magnetic power as a co-creator of my life. A visionary woman, who is deeply supported by the Universe in all areas of my life ..."

Expanded Vision - Part 2

Now that I have been consistently living my abundant vision for many months now, truly free to express myself in my magnetic power as a co-creator of my life. A soul-aligned visionary woman deeply supported by the Universe in all areas of my life and seeing my faith and that support directly translated into physical

manifestations & abundant resources in my life every day and every month

Answers - Part 1: Alignment

1. I feel (in my body, in my mind, in my energy)... ?
2. I act or behave with more ?
3. I am now....(what)... in my body?
4. I focus my thoughts on... ?
5. I focus my emotions on ... ?
6. My life feelsto me?

Answers Part 2: Business/Career

1. I ONLY Attract...
2. I only work with (coaching/ customers etc) ?
3. I show up in my business more by being?
4. I now do less of because....?
5. My business is more successful because I ... ?

Answers Part 3: Freedom

1. My life is richer because I ... ?
2. I have more time for(what things) that brings me joy?
3. I focus more on joy and pleasure by .(doing what) ... every day?
4. I let go of ...(these people) ... who are draining me?
5. I start each day by.... ?

Answers Part 4: Money & Profitability

1. I now allow £/\$ to flow effortlessly into my life every month?

2. I release (what?)...as a wasted financial or energy expense?
3. I save my energy by no longer (doing what)....?
4. I save time every day by ?
5. I now charge £/\$..... for my services?

WEEK 2: Your New Set Point! Unlocking Your Richer Magnetic Manifesting Power!

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Then turn up the sound (headphones is always great) and move your body! - Dance like no one is watching & consciously shake your whole body.

1. To be used every morning for the next 7 days to shake off any low-vibe energy when you wake up!
2. To be used throughout the day whenever you need to shake off low energy from working with clients or get not aligned for a new session.
3. To energise you whenever you need.

4. As with all repetition the more you use it the more power you put into it as a trigger for upliftment, energy boost and a more positive higher vibe.

Simply [CLICK HERE](#) for my suggestion on youtube...

2) Thank you

Have a listen to this wonderful song by Ben Rector to get you in the appreciation and soul-aligned vibe and add to your own uplifting playlist.

=> [Thank you! \(on Spotify\)](#)

=> [Thank you \(on youtube\)](#)

3) What's Rich & Abundant Already - Exercise

We all get knocked off balance and focus too much on what seems to be missing or in limited supply and that in turn affects our body, heart and mind to be receptive and open to the NEW and the MORE.

When we shift into an abundant frequency it alters our whole physiognomy and makes us magnetic & attractive more naturally.

So take 10 minutes to think and write it down in your journal:

1. EVERYTHING & everyone, that is already present in your life, what have you already got that's great and working and that brings you;
 - o love and connection
 - o material and physical security (a home, a car etc, a job, clients, a business etc)

- money
 - resources (heating, water, food, fuel in your car etc, clothes etc)
 - pleasure,
 - safety,
 - happiness & joy,
 - well-being & health (movement, exercises, activity, flexibility, breathing etc)
 - soul satisfaction,
 - spiritual connection
2. Read the list, how do you feel? Do you feel rich and abundant? How does your body feel?
 3. Say thank you to each thing on the list and acknowledge what is already present.
 4. Think about that list throughout your day & reread it throughout the week.
 5. Notice how it alters your body, your mind, your feelings and how you are showing up today.

4) Fabulously Rich You

Make quiet time for yourself, deep breathe, stretch, and relax. (ideally in the morning)

Then write out this statement, read it, feel it and then answer the Fabulously Richly You - Journal Prompt Questions below and trust your inner guidance - then DO IT!

"If I am already deeply safe, secure & shining my light, if I am already open, free and passionate, if I am already seen, heard and supported, if I am already sexy and alive, if I am already deeply

attractive if I am already in balance if I am already rich, & powerful beyond measure, if I am already wealthy and money loves and adores me & I love money, if money was already replenishing & abundantly flowing to me over & over again if am already a good woman doing good things with good money if I am already enough ..."

=== How would I show up today?

- I would eat/drink?
- I would do what activities & movements?
- My Is ... *(Describe how different parts of your body are)*
- I know deeply that
- I allow my business to GROW by taking aligned action today by...
- I allow new clients/customers to come to me by...?

WEEK 3: Abundance & YOU! Living More Richly & Freely

1) The Profitability Wheel Exercise

It's time for you to approach your lifestyle as the BOSS woman - CEO! (Chief Executive Officer)

Watch the video and take set aside some time to be deeply honest as you complete the RSF Profitability Wheel in full.

Bonus Suggestions:

*You may want to add into the wheel segments areas such as " house & location" into the first level.

*You may want to add "design" in the Business section

You could also think about these questions, as you complete the exercise:

1) Does it already profit me

- add to my life
- add to my energy
- add to my freedom
- add to my growth
- add to my expansion
- add to my empowerment

2) Does it TAKE from me? (will it if I keep going with it?)

3) Could it profit me more if I ... (eg: outsource it or hire someone, so it profits me?, learn a new skill?)

WEEK 4: Up-leveling Skills! Higher Value Business

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2) The Reflection Technique

I want to introduce you to my REFLECTION TECHNIQUE!

Which we are going to use today with you Rich, Sexy & Free Affirmation. It is a fast exercise but SUPER powerful!!!

1. So grab your mobile phone, put it on video and record yourself (selfie mode)
2. Speak out loud and with clarity, emotion and passion the Rich, Sexy & Free Affirmation (by heart)
3. Speak it once, then watch the video!

WEEK 5: CEO Boss Queen - Shifting To A Ruler Perspective!

1) Soul-led Queen Journal Prompt

Make time to write out fully the statement below in your journal and answer the questions and then take inspired action from this truth and energy.

NOTE: I would recommend doing this towards the end of the week when you have spent time in Money Love and completed the meditation (on day 3) a few times and also listened to the "I Claim My Soul Partnership Invocation" for a few days so that you can really connect with this.

"If I now no longer see myself as a cog in an engine, exchanging time for money, but instead as the expanded truth that I am a Soul-led CEO, Boss Queen. A woman of grace who invests in the success of the business of her life and soul-aligned money & profit systems that support her desire to both be of service, and live as an inspiring leader and co-creator manager of her desires. I am now fully committed to what profits me, energizes and ignites me knowing this is how to thrive as me, so ... "

1. I now chose to invest in ...
2. I now focus my time and energy on...
3. I now feel this truth (where) in my body?
4. The greatest of my gifts and talents I can bring to my business and clients is...
5. I now allow myself to outsource...
6. I now step forward and it expands into my next level vision by... ?

WEEK 6: Becoming Queen! Owning Your Soul True North

1) Journal Prompt - No Longer Figuring It Out Alone!

Complete this expanded journal prompt exercise when you are feeling most aligned and relaxed having used meditations etc to have soul clarity and embrace your next-level action, next steps and magnetic frequency.

You can also try using the REFLECTION TECHNIQUE with your mobile phone video speak it through yourself and record it -- if it feels more aligned for your soul expression

PART 1:

"Now that I lean back into the security and comfort of my soul, safe & secure and know that I no longer need to have to figure it all out on my own but instead allow it to be guided through me and to me, and by doing so I create results that are far beyond my limitations ..."

- I now feel...?
- My body feels...?
- I know with clarity that ...?

PART 2:

"If I already knew in my soul that I am neither failing or falling behind and that it is all unfolding perfectly naturally & effortlessly with divine guidance I would see clearly that I am already doing more than enough and succeeding at ..."

- I am already loving (what) ...?
- I am already expressing myself by...?
- I am already attracting...?

PART 3:

"So therefore with this new clarity and deep peace & faith that I am not alone but instead in union with my soul and the divine Universe & succeeding.."

- I open to receiving more of what I desire by...?
- To naturally express my soul more through my life & business by...?
- Love what I do & offer more by...?
- Allow money to be flowing more abundantly to me by...?
- Let go of control & resistance more by ...?
- Raise the abundant frequency of what I am attracting & manifesting by...?

PART 4:

"If knowing that what pleases me, energises, lights me up & profits me is in alignment with my soul and therefore is the most potent & magnetic action I can take and is guiding me to my next level of abundance and success I take I now focus on(subjects below) and outsource & pay others for the rest"

- In Selling/ Presenting
- In Marketing & Promotion
- In Social Media
- In Advertising
- In Automation

- In Financial Accounts & Book Keeping
- In Delivery (Groups, 1:1, Signature Programme etc)
- Design & Creation
- Copywriting

YOUR DECISION:

I now step forward with faith and trust in my soul guidance today and take inspired action with it !!

WEEK 7: Surrendering To Your Queen - Releasing Victim Limitations

1) The 8 Steps To Empowerment - Releasing Negative Stories

Listen to the audio and then be honest and explore what are your hindering stories of disempowerment around money, success, business, achievement, and independence and then complete the "8 Steps Of Empowerment With The Reflection Technique!"

Negative Fairy Story Life Patterns & Core Beliefs

1. Little Mermaid - Must Suffer & Struggle To Get Love, Happiness, and Recognition (seen, heard & felt)
2. Rapunzel - Must Wait, Hide Away, Self Sacrifice Until Rescued
3. Ugly Duckling - Don't Fit! Must Prove Worth Before Loveable and Safe
4. Must Prove Worth Before Loveable and Safe
5. Beauty & The Beast - Be Good & Pure or You're Bad, Shameful & Ugly
6. Cinderella - Must Work Hard, Wait and Suffer Until Rescued
7. Princess & The Pea - Must Prove Worth Before Loveable and Safe

8. Snow White - Will Be Punished & Attacked By Other Women If Stand Out, Too Attractive, Too Beautiful
9. Little Red Riding Hood - Will Be Attacked By Men If I Am Too Sexy, Sexual, Attractive, Passionate

Disempowerment Themes:

- Waiting,
- Suffering & Struggling
- Power Given Away To Others,
- Must be Rescued & Saved As Weak and Small
- It's Unsafe To Be Magnetic, Attractive, Sexual & Connect To Your Power!

Now using the "Reflection Technique" with your mobile phone follow these instructions to reclaim you're energy and release the limiting story and life pattern.

Step 1) Record yourself. Look into the camera and tell your negative fairy stories - Share it fully and all the ugly painful bits and how it resonates and how your awareness of how you have been playing it out and it all FEELS to you!

Step 2) Watch the video fully - twice and fully engage with yourself on the screen, as though it was your best friend telling you their story. -- Fully listen and be present!

Step 3) Then record another video to yourself: stating this statement clearly

[*you may want to record this 3 x until you truly feel you have claimed it.]

" I see myself, I hear myself, I own this disempowerment story (of the.....) as mine and my energy.

That I must be (state the key painful elements)

I see myself, I hear myself. I accept fully that I have done this to myself and am doing this to myself. "

Step 4) Now watch it back -- feel it, see it, hear it! [* 3x until it fully resonates and acceptance]

Step 5) Now record the energy transmutation statement below:

"I now choose to reclaim all of my energy, my power and release this/these disempowerment, self-sacrificing story/stories, beliefs & patterns that I must ...

EG: hide, stay small, stay weak, be co-dependant for money, resources, be sexless & passionless, child-like or a virgin

.....and that I must wait & suffer to receive my desires, be secure, be safe, be supported.

This is no longer true for me. It is only energy. It is my energy and my story and I can change it. I choose a higher frequency. I choose the truth. I chose love.

I choose my own Soul Empowerment Story of ..."

(Your Soul Empowerment Story is the opposite story that you have been claiming in this programme based on your expanded vision & power words)

Step 6) Now watch it back -- feel it, see it, hear it!

Step 7) Then record a video -- Stating:

"I see myself, I hear myself, this is me

Restate your soul empowerment story ...

(then add your RSF affirmation at the end.)

State this is me! "

Step 8) Now watch it back -- feel it, see it, hear it!

WEEK 8: Ruler Of Your Queendom - Your State Of Abundance

1) Your Queen Power Statement & Business Plan Journal Prompt

This will take you an hour. Once you are aligned after using the Rich, Sexy & Free Empowerment Activation take time to go through these 3 steps and then TAKE ACTION from this insight and guidance.

STEP 1: Answer Journal Prompts

Write out this statement and answer the questions below. You may want to use the reflection method with your phone to help speak your soul clearly, but make sure to write down answers.

"If I already knew to my core the actual value of myself as a soul-led queen and was now claiming & choosing to live it fully every day with heart-centred pride & all-in commitment to myself

and what I have to offer. Showing up as a soul-led leader in my life and standing tall in the world, as a beacon of my truth, passion & vision and in ONEness with my Source... "

1. I would now dress ...
2. I would now take better care of my body by...
3. I would now give myself more pleasure and reward by...
4. I would now speak up and speak out about...
5. I would share my vision with the world through ...
6. I would spend more time doing
7. I would now spend less time doing ...
8. I would now take action on... by
9. I would now outsource.... Because for best results that profit me.
10. I would now focus on clients/customers who are And need my guidance to.... By....
11. I would now accept my ideal clients/ customers are ...
12. I would now value my clients more by....
13. I would now focus on delivering my vision & passion to the world through.....(programmes, groups, 1;1 etc) which clearly guides my ideal client to By.....
14. I would now increase and charge for my value, service and expertise & energy.
15. I would now get help.... to implement the next phase because...
16. I would now invest money into because....

STEP 2: Your Queen Power Statement For Your Next Level Business Vision

Using your insights above complete this clear power statement for your business vision that you need to keep focused on with each action and to guide your messaging, promotion and sales.

My ideal clients/customers are.... (ideal) who are (struggling with) And need my energy & guidance to (ready for/desire) Through my (service/programme) Which (does what)... By (3 or 4 Clear Simple Steps Only) For which I charge

STEP 3: Your Queen Business Plan

Type out a clear 1-page plan for the next 1 month, 3 months, 6 months of action steps and direction using all the information you have gathered above and with your vision

2) Repeat Body Love For Abundance

As you are a QUEEN it is essential to treat your body with loving care. I encourage you to repeat this Body Love For Abundance recommendation.

PLUS any other gorgeous treatments, you can do to yourself and book appointments, so you feel ADORED!!!

EG: Manicure, Pedicure, Body Scrub, Hair cut, Body Wrap, Go to a SPA for sauna etc

WEEK 9

1) What Do You Want Expanded

Give yourself an hour to revisit these journal prompt questions.

1. Start with your current vision level
2. Secondly, REPEAT from the next level beyond that into the expanded vision.

Use your journal so that you can begin to lock in a new perception, energy and clarity from your SOUL on what is right for YOU, your BUSINESS, your MONEY & Profitability and Freedom!

Write out the first statement by hand and answer the questions using the prompts as fully and freely as possible.

Then write out the second statement by hand and answer the questions as freely and fully as possible.

Make sure to keep your answers safe so you can keep visiting them to tap into the aligned energy, be reminded and take action from that powerful state.

** I would recommend listening to the meditation before answering the questions so you are most relaxed***

Abundant Vision Statement - Part 1

"Now that I have released all of my hand brakes which have been delaying me and glass ceilings that have been blocking my expansion, empowerment and abundance from manifesting fully. I am truly free to express myself in my magnetic power as a

co-creator of my life. A businesswoman deeply supported by the Universe in all areas of my life ..."

Expanded Vision - Part 2

Now that I have been consistently living my abundant vision for many months now, truly free to express myself in my magnetic power as a co-creator of my life. A soul-aligned businesswoman deeply supported by the Universe in all areas of my life and seeing my faith and that support directly translated into physical manifestations & abundant resources in my life every day and every month

Answers - Part 1: Alignment

1. I feel (in my body, in my mind, in my energy)... ?
2. I act or behave with more ?
3. I am now....(what)... in my body?
4. I focus my thoughts on... ?
5. I focus my emotions on ... ?
6. My life feelsto me?

Answers Part 2: Business

1. I ONLY Attract...
2. I only work with (coaching/ customers etc) ?
3. I show up in my business more by being?
4. I now do less of because....?
5. My business is more successful because I ... ?

Answers Part 3: Freedom

1. My life is richer because I ... ?
2. I have more time for ...(what things) that brings me joy?
3. I focus more on joy and pleasure by .(doing what) ... every day?
4. I let go of ...(these people) ... who are draining me?
5. I start each day by.... ?

Answers Part 4: Money & Profitability

1. I now allow £/\$ to flow effortlessly into my life every month?
2. I release (what?)...as a wasted financial or energy expense?
3. I save my energy by no longer (doing what)....?
4. I save time every day by ?
5. I now charge £/\$..... for my services?

WEEK 10: Allowing Your Success

1) Expenditure Review

Listen to the audio then complete this 4-part exercise:

Part 1: Profitable Expenditure

Write all expenses out in detail for these three areas (separately) in a spreadsheet or form and be SUPER honest. Make sure to track down every automatic payment as well.

1. Business Expenses
2. Household Expenses
3. Lifestyle Expenses

=== Review the expenses by asking yourself

"is this profiting me, valuing me - or carelessly wasting resources"

Then take action and cancel everything that's carelessly wasting money and not serving you!

Part 2: Budget & Target

1. Set a budget for yourself if you haven't already for your current outgoings
2. Set a target for your increased income/ earnings in the next month, 3 months, 6 months & 1 year using your visions as your destination, then create a plan for increased increments to get there - like stepping stones to change.

Part 3: Savings (Profit You)

Set up a new savings account (even if you don't have one already) and set up an automatic transfer either 1x or 2x a month (ideal) for 10% of your current income. EG: \$100, \$300, \$1000

Part 4: Tithing (Conscious Generosity)

Set up a monthly direct debit to an amount that is in your budget and feels comfortable to tithe(gift) to your charity of choice.

Part 5: What Are You Putting Out?

Reminder to also take action and...

- Declutter your house (* garden) -- release the past, the waste - Ask yourself is this profiting me/valuing me - or careless

- Release old clothes that don't fit, don't serve, don't support your Queen State - Ask yourself is this profiting me/valuing me - or careless

=> What energy, image are you putting out - is it?

"I'm RICH, Valued, Respected and In charge of my life"

WEEK 12: Embracing Your Divine Goddess Frequency!

1) Revisit Your Queen Statement & Business Plan

REVISIT: Use these questions once more to make sure you are still in alignment with your Queen and vision and living your truth.

Once you are aligned after using the Rich, Sexy & Free Empowerment Activation take time to go through these 3 steps and then TAKE ACTION from this insight and guidance.

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WEEK 13: The Captain Of Your Soul

1) Mirror Exercise

Listen to the audio first.

This Mirror exercise is the next level up from the Reflection Technique and is designed for you to use daily as part of your morning Self-Love & Alignment routine and then tap into it throughout the day when you are feeling out of alignment.

When you start allocate 20 mins, but as you practice it will get quicker for you to connect to embodying your soul.

You will need a large enough mirror that you can see the top half of your body at least and you do not need to hold the mirror ideally.

2) Body Lover Exercise

As well as inviting you to continue with Body Love, but having massages, manicures, body scrubs and luxurious baths etc.

I now invite you to every day after the Captain of Your Soul - Mirror Exercise, to get naked and take 5-10 mins

1) To slowly, lovingly & consciously TOUCH, stroke, feel and caress each & every part of your body from top to toe, front to back.

2) Speak words of thankfulness & appreciation for all it does. Say thank you to each part.

3) Speak words of love. Tell it you love it - " I love you calf, I love you thigh etc" That YOU love your body.

*You can do this in the shower if this feels better and easier for you.

WEEK 14: Fine Tuning To Abundance

1) Making Love To Yourself Daily

Listen to the audio in front of the mirror, then play full out with yourself in the mirror, using your power words, your inspirations, your visions and affirmations etc...

Feel the rise of energy and the deep embodiment of your feminine essence!

2) Fuck Perfectionism Journal Prompt

Once you have listened to the audio use your journal, and take some time to explore these questions to help uncover any limiting beliefs to our next level of expansion into being Rich, Sexy & Free!

We live the life we tolerate!

Step 1: Statement

I have a limited tolerance for ...(joy, love, connection, money, pleasure, recognition, rewards, appreciation, happiness, feeling good etc) because

and when I get to my limit I..... to myself/life to achieve....

Step 2: I Am Willing

1. Am I willing to increase the amount of time I feel good each day...?
2. Am I willing to increase the amount of time my whole life goes well...?
3. Am I willing to have my whole life go well all the time...?
4. How much love & abundance am I willing to allow in my life?
5. How am I getting in my own way?

If it's a no or you feel resistance to any of these questions repeat this question and dive deeper:

I have limited tolerance for ...(joy, love, connection, money, pleasure, recognition, rewards, appreciation, happiness, feeling good etc) because

and when I get to my limit I... to myself/life to achieve....

Step 3: I Cannot Expand

Now answer these questions and allow the first response and feel into them. Some will have no energy charge/ resistance and false belief and some will and therefore will highlight your limitation barriers to the next level.

1. *I cannot expand to my full wealth potential because I am ...*
2. *I cannot expand to my full love potential because I am...*
3. *I cannot expand to my full business potential because I am...*

4. *I cannot expand to my full money potential because I am...*
5. *I cannot expand to my full abundance potential because I am...*

Step 4: Clearing Statement.

Use the reflection technique or mirror exercise to truly own it and let it go and claim a higher frequency.

" Thank you! Thank you for trying to protect me. This is NOW complete! This is no longer true for me. That was then, this is now. This is no longer true for me. Thank you. I chose a higher frequency. I chose the truth. I chose love"

Step 5: FUCK IT

It's now time to think Fuck It!

If you are authentically choosing to live as the fullest of you and using your gifts, talents and potential and having the life that you want -- so you feel good ALL the time in a flow of abundance, then you need to step forward with a FUCK IT, that's fun - YES attitude...

- What does that look like for you?
- What would you now say yes to?
- What action would you now take today?

Say FUCK IT to every opportunity that you receive ... and see what happens!!!

WEEK 15: Unlimited Abundance

1) Vibrational Marketing Journal Prompt

Everything you are presenting to the world through the way you look, feel, speak, write, and create is a form of marketing and selling -- and that is intensified in your own business or a career, which is what can push us off balance and see it differently & separately to the natural way we do it elsewhere.

So we think there is scarcity, we must push, be a hunter-gatherer and fight to get it done.

Instead, come back to vibrational marketing. Present, invite and allow through attracting by resonance, by shifting YOU back into alignment to receive what you want.

Use this journal prompt to clean up any glass ceilings, handbrakes and resistances in your money-making areas or pressured areas of your life where it is still flowing slower.

Write out this statement and then answer the prompts to help shift your mind and body resonance to a deeper receptive FLOW mode.

If my (deep desire) is done (exchange desire for clients, payrise, house, new job, customers, relationship etc), vibrationally lined up and ripe and ready for me & what I have to offer, and the delivery is completely in the hands of the law of attraction which is always ON and always on my side as the perfect reflection to my resonance...

- HOW am I not open, ripe and ready & in a high vibrational frequency for its/their arrival?
- I now chose to get myself into the frequency of what I want by taking time to...
- The experience of its/their rich and full presence in my life now feels/looks etc...
- I can feel how good it is ...
- I can see how good it is ...
- I can hear how good it is...
- I love that my products/ programmes/ books/ work positively impacts & benefits other people by...
- I love that my benefits me by... and feels...
- How can I be more in love with and believe in the benefit of what I am offering?

You can also use your BIG vision or take some time to dream with your "WHYS and wonderfults" -- your power words that trigger that delicious receptive higher frequency of open FLOW.