



Master Your Money Mindset
Conditioning
Program

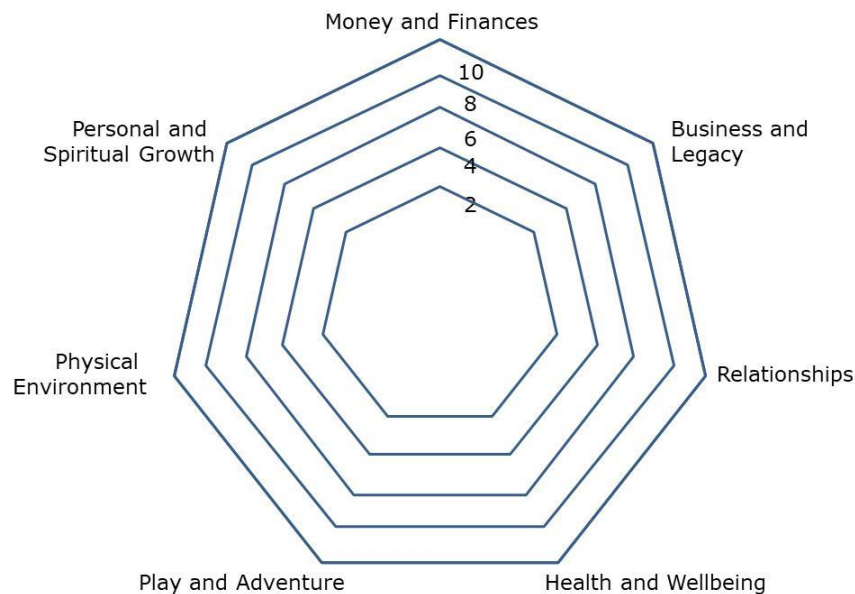
Set Your Intention

This is ground zero. Now you will start your journey to allow financial abundance into your life. By following this process you are taking the first step of the journey and opening the door to possibilities.

Life Satisfaction Assessment

First I invite you to grade your level of satisfaction in the following areas of life. Just simply give it a number from 0 to 10 in each area of life. 0 is extremely bad and 10 is awesome:

- Money and finances
- Business and legacy
- Relationships
- Health and wellbeing
- Play and adventure
- Physical environment
- Personal and spiritual growth



Which are the highest graded areas of life? Congratulations! These are the areas of life that are providing satisfaction in your life. You need to nourish them and allow them to nourish you.

Which areas were not that shiny? Pick the worst performers. Pick the 2 that are causing the most pain in your life and consider this question:

How would you like these areas of your life to look and feel?

Don't think about your current reality. Don't think about impossibilities. Don't think about anything that holds you back. Just think about how you would like these areas of life to look and feel. Just write what YOU want. Be specific and positive. Write your answers below.

1.

2.

Your Intention: Your End Game

After these two exercises, it must have become clear what your core intention of this journey should be. If you still doubt, just imagine: If you had a magic wand, how would your life look and feel if you had the courage to make it so? Answer below:

A Contract With Yourself

This process only works with your commitment. Without it there is nothing. To make this real, now you will sign a contract with yourself. Don't take this contract lightly. When you commit to unleashing your highest self, all will conspire with you to make it happen. Make this decision today and commit to it. You are meant for greatness. This is your starting point for this journey.

This is your first step. Take it.

This is your contract:

I, _____, decide today that I am an evolving being. I am meant for growth, for learning and expansion. Nothing is fixed in my life: not my qualities, not my shortcomings. My intention is possible.

I, _____, understand that I am undertaking an intensive, guided encounter with my own Self. I, _____, commit myself to the 90 days duration of the course.

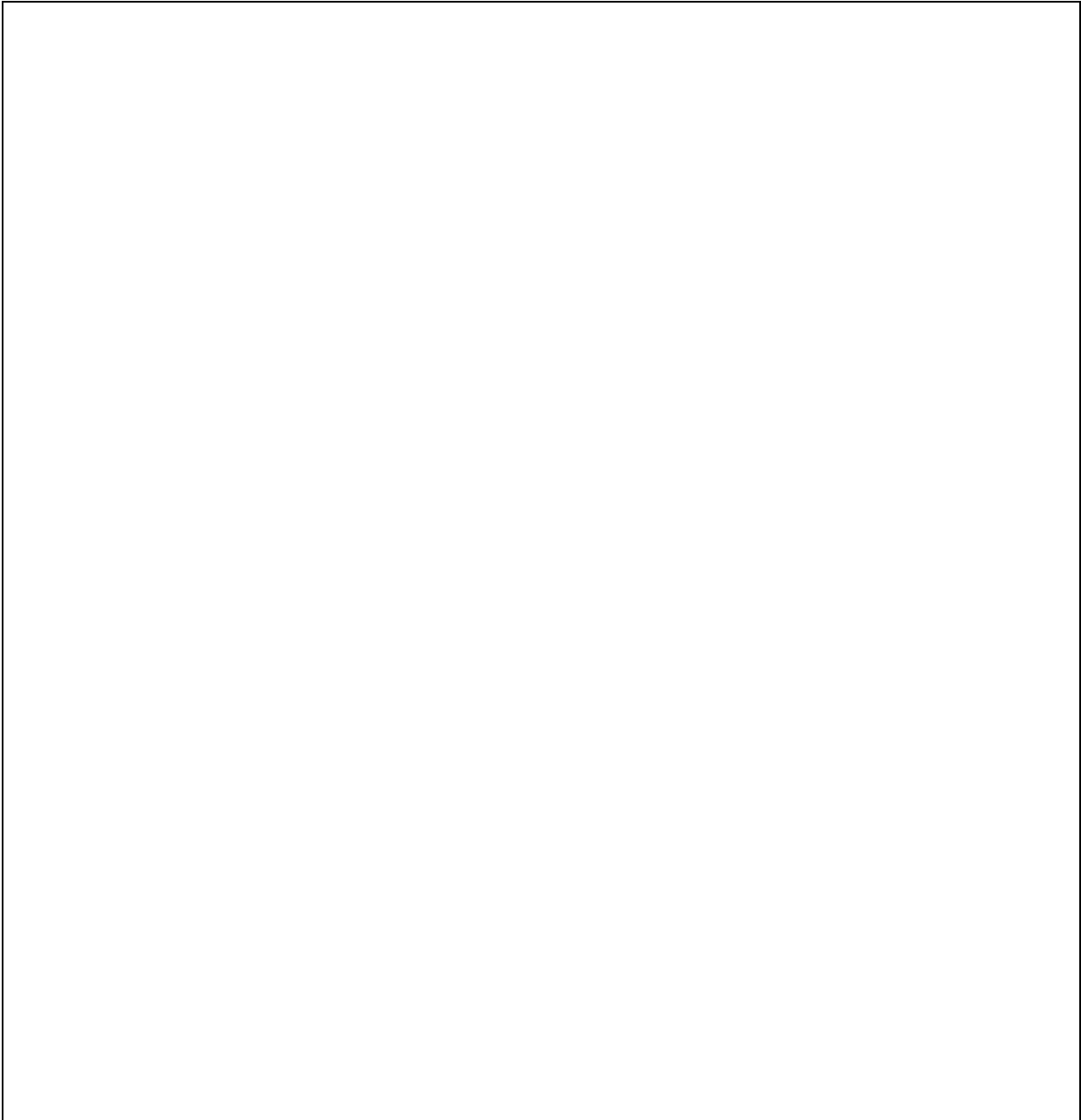
I, _____, commit to the daily, weekly and quarterly planning and review.

I, _____, further understand that this program will raise issues and emotions for me to deal with. I, _____, commit myself to excellent self-care (adequate sleep, diet, exercise, and pampering) for the duration of the course.

Signature

Date

Rewrite this contract in your own handwriting. Feel each word. Commit to each statement. Pay attention to each word. Use the space in the following page to do so.



Attitudes of wealth

- € I create my life. I create the exact amount of my financial success.
- € My intention is to create wealth and abundance.
- € I admire and model rich and successful people.
- € I believe money is important, money is freedom and money makes life more enjoyable.
- € I get rich doing what I love.
- € I deserve to be rich because I add value to other people's lives.
- € I'm a generous giver and an excellent receiver.
- € I'm truly grateful for all the money I have now.
- € Lucrative opportunities always come my way.
- € My capacity to earn, hold and grow money expands day-by-day.

(Adapted from T H Eckert)

Day 1. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Clarity of intention. Write the actual amount of money you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly. i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned



Day 2. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Purpose of Money: List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 3. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 4. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value: Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 5. Date: _____

Morning

- Dream
- Attitudes of wealth declarations
- References for ability and deservedness:
List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 6. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Act in spite of...
Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.
Write down the action you will take today. And at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 7. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Appreciation and gratitude:
List 10 people/things you are grateful for in your life right now:

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 8. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Clarity of intention

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 9. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Purpose of Money:
List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 10. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 11. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value:
Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 12. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- References for ability and deservedness: List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 13. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Clarity of intention. Write the actual amount of money you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly. i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 14. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Purpose of Money: List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 15. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 16. Date: _____

Morning

1. Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value: Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 17. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- References for ability and deservedness:
List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 18. Date: _____

Morning

- Dream
- Attitudes of wealth declarations
- Act in spite of...
Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.
Write down the action you will take today. And at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."
- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 19. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Appreciation and gratitude:
List 10 people/things you are grateful for in your life right now:

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 20. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Clarity of intention

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 21. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Purpose of Money:
List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 22. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 23. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value:
Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 24. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- References for ability and deservedness: List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 25. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Clarity of intention. Write the actual amount of money you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly. i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 26. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Purpose of Money: List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 27. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 28. Date: _____

Morning

2. Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value: Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 29. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- References for ability and deservedness:
List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 30. Date: _____

Morning

- Dream

- Attitudes of wealth declarations

- Act in spite of...

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today. And at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 31. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Appreciation and gratitude:
List 10 people/things you are grateful for in your life right now:

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 32. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Clarity of intention

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 33. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Purpose of Money:
List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 34. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 35. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value:
Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 36. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- References for ability and deservedness: List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 37. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Clarity of intention. Write the actual amount of money you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly. i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned



Day 38. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Purpose of Money: List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 39. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 40. Date: _____

Morning

3. Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value: Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 41. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- References for ability and deservedness:
List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 42. Date: _____

Morning

- Dream
- Attitudes of wealth declarations
- Act in spite of...
Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.
Write down the action you will take today. And at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."
- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 43. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Appreciation and gratitude:
List 10 people/things you are grateful for in your life right now:

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 8. Date: _____

Morning

- Dream

- Attitudes of wealth declarations

- Clarity of intention

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned



Day 9. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Purpose of Money:
List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 10. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 44. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value:
Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 45. Date: _____

Morning

- Dream
- Attitudes of wealth declarations
- References for ability and deservedness: List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 46. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Clarity of intention. Write the actual amount of money you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly. i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 47. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Purpose of Money: List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 48. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 49. Date: _____

Morning

4. Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value: Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 50. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- References for ability and deservedness:
List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 51. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Act in spite of...
Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.
Write down the action you will take today. And at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 52. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Appreciation and gratitude:
List 10 people/things you are grateful for in your life right now:

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 53. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Clarity of intention

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 54. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Purpose of Money:
List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 55. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 56. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value:
Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 57. Date: _____

Morning

- Dream
- Attitudes of wealth declarations
- References for ability and deservedness: List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 58. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Clarity of intention. Write the actual amount of money you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly. i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 59. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Purpose of Money: List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 60. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 61. Date: _____

Morning

5. Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value: Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 62. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- References for ability and deservedness:
List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 63. Date: _____

Morning

- Dream
- Attitudes of wealth declarations
- Act in spite of...
Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.
Write down the action you will take today. And at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."
- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 64. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Appreciation and gratitude:
List 10 people/things you are grateful for in your life right now:

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 65. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Clarity of intention

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 66. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Purpose of Money:
List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 67. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 68. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value:
Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 69. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- References for ability and deservedness: List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 70. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Clarity of intention. Write the actual amount of money you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly. i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 71. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Purpose of Money: List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 72. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 73. Date: _____

Morning

6. Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value: Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 74. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- References for ability and deservedness:
List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 75. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Act in spite of...
Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.
Write down the action you will take today. And at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 76. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Appreciation and gratitude:
List 10 people/things you are grateful for in your life right now:

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 77. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Clarity of intention

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned



Day 78. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Purpose of Money:
List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 79. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 80. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value:
Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 81. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- References for ability and deservedness: List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 82. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Clarity of intention. Write the actual amount of money you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly. i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 83. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Purpose of Money: List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 84. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Visualization:
Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? hear? touch? taste? smell? How do you feel? Write this description first and then go to the visualization.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 85. Date: _____

Morning

7. Dream

- Attitudes of wealth declarations
- Mantra: supportive belief around money and wealth, opposite of primary non-supportive belief
- Belief in value: Describe how you help people; the benefits your product, service or job has for others.

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 86. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- References for ability and deservedness:
List 3 reasons why you believe you can be and deserve to be wealthy.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 87. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Act in spite of...
Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.
Write down the action you will take today. And at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 88. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Appreciation and gratitude:
List 10 people/things you are grateful for in your life right now:

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

Day 89. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Clarity of intention

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. I have a passive income of over \$10,000 per month

Describe how you would feel if this intention was your reality

- 3 before 12

Evening

- Gratitude
- Successes
- Miracles
- What I learned

Day 90. Date: _____

Morning

- Dream

- Attitudes of wealth declarations
- Purpose of Money:
List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

- 3 before 12

Evening

- Gratitude

- Successes

- Miracles

- What I learned

5. Describe your progress in terms of how you feel about life.

6. Describe your progress in terms of how you feel about others and the universe.

7. What did you learn about yourself?

8. What will you do now to keep the momentum?

Well done! Give yourself a pat on the back, empty the play jar and go reward yourself. You deserve it.

NOW WHAT

Congratulations!

You had made an amazing change in your life. You have taken a massive step towards your own definition of having it all. You must now be able to allow the flow of massive love in and out of your life. Now, you should have taken your career and your contributions to a higher level. The result that I must wish for you is that you are happy; deeply and uncompromisingly wealthy.

Now that you have finished you might want to do it again. You can indeed do it again and again. If you make this a daily practice for the rest of your life, you will continue optimizing your entire life.

Wishing you all the best in your journey ahead!

SHARE YOUR STORY

Do you have a money mindset success story?
Did you transform your money relationship into an epic one?
Pay it forward. Inspire others to do the same. Tell us your money story. You can share what was going on before you started this program and how things are now, as well as anything else that makes your story unique.

We want pictures.

Send a written email or video to
wecare@blancavergara.com

Thanks for sharing your story with us, and again,
congratulations!

About Blanca Vergara



Blanca Vergara a heart centered leadership strategist, author and motivational speaker. She studies for more than 30 years the subjects of leadership and psychology. She dares us to embrace risk, seek new experiences and learn from setbacks. She empowers young professionals to become the builders of the Heart Centered Economy, by embodying 100% personal responsibility.

Blanca Vergara is the author of several books among others “One Couple Two Careers” and “Women Work Wonders”. She has degrees in Information Technology, Coaching and an MBA. She has over 25 years of international business experience. She honed her business skills within important consulting firms like Price Waterhouse and European institutions like the European Space Agency. She lives in Amsterdam with her two children and the love of her life. She also speaks Spanish and Dutch.