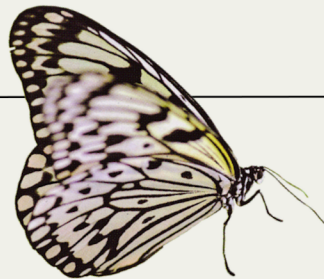




I AM *Becoming*

WORKBOOK 2



SELF WORTH



Looking Back

When you look back at your parents and their money vibe, or any other guardians or social curators in your young life, and simply become aware of how you perceived money growing up.

MY PARENT OR GUARDIAN'S MONEY ENERGY: If any social curator or family member or friend gave you an impression of money that was good or bad, describe it here. Write down anyone in your life and what you saw as a child.

Mom: _____

Dad: _____

Other: _____



Do you emulate or copy a specific parent or guardian?

☐

Yes

☐

No

Is this your "crave" parent or guardian?

☐

Yes

☐

No

What energies apply to them that impacted you as a child? Choose as many as you like.

☐

Poverty

☐

Dishonest about money

☐

Survival debt & struggle

☐

Gambler

☐

Scarcity mentality / tight-fisted

☐

Great with money

☐

Managing debt (just enough to get by)

☐

Great money educator

☐

Controlling with money

☐

Asked for more

☐

Bitter & resentful about money

☐

Gratitude for all they had

☐

Over-spender

☐

Accumulator

☐

Out of control

☐

Investor

☐

No money boundaries, over-giver

☐

Other:



What energies apply to YOU now? Choose as many as you like.

- | | |
|---|--|
| ☐ Poverty | ☐ Dishonest about money |
| ☐ Survival debt & struggle | ☐ Gambler |
| ☐ Scarcity mentality / tight-fisted | ☐ Great with money |
| ☐ Managing debt (just enough to get by) | ☐ Great money educator |
| ☐ Controlling with money | ☐ Asked for more |
| ☐ Bitter & resentful about money | ☐ Gratitude for all they had |
| ☐ Over-spender | ☐ Accumulator |
| ☐ Out of control | ☐ Investor |
| ☐ No money boundaries, over-giver | ☐ Other: |

NOTE: Check to see if there are people in your life now that have the exact same energy as what Mum and Dad had?

☐ Yes

☐ No



My parents were in...

- ☐ Survival Mode - Surviving, living month to month with debt, money pain.
- ☐ Stabilization - Stabilizing, paying down the debt (in control)
- ☐ Management - Managing, started saving an emergency fund.
- ☐ Accumulation - Accumulating, saving with direction & connection.
- ☐ Investment - Investing, money grows money, making money while you sleep.

I am currently in...

- ☐ Survival Mode - Surviving, living month to month with debt, money pain.
- ☐ Stabilization - Stabilizing, paying down the debt (in control)
- ☐ Management - Managing, started saving an emergency fund.
- ☐ Accumulation - Accumulating, saving with direction & connection.
- ☐ Investment - Investing, money grows money, making money while you sleep.

The next level for me is...

My focus is...



How do I feel?

The most powerful insight you will discover about yourself is your ability to sit with your feelings. Sit in your feelings and just observe them and all the narratives they attach to. Remember, feelings are not emotions, they don't feel out of control - it's your inner voice, your intuition, your wisdom, your truth. Ask yourself: HOW do I FEEL?

Don't jump ahead, FEEL all the feelings that money brings. Pain, fear, stress, judgements, unworthiness, security, freedom... all of it, feel it, understand these emotions are the limits. It feels a little overwhelming at first because you may have avoided these feelings, but once you explore them and realize you are in control you start to feel powerful. **Bring it to the light.**

My current money situation makes me feel... (Select any that apply)

☐ Desperation

☐ Helplessness

☐ Anxiety

☐ Shame

☐ Guilt

☐ Frustration

☐ Insecurity

☐ Stress

☐ Resentment

☐ Powerlessness

☐ Embarrassment

☐ Deprivation

☐ Despair

☐ Hope

☐ Excited

☐ Optimisim

☐ Calm

☐ Pride

☐ Confidence

☐ Relaxation

☐ Safe & Secure

☐ Satisfaction

☐ Strength

☐ Gratitude

☐ Abundance

☐ Empowered

☐ Add more...



Why is money a value metric?

Because it's in DIRECT PROPORTION to what you ask for and therefore what you believe you are worth!

I'm going to make you do your "survival budget" over and over again until it's no longer a survival budget - until it's a big, beautiful, goal-setting thrive budget, but the only way to get to that big beautiful thriving bank account is to take control and responsibility for the money you have right now and understand that this is a value metric. It tells me what you're asking for, and it tells me what you're not asking for.

NOTE: There is a small % of people that have zero desire to be financially independent and they glaze over when I talk about money. Also, I am not talking about the avoiders that don't want to look at their money, they always want to hear me talk about money.

If you find yourself financially supported by someone else, don't skip this section because this segment is not about money - it's about self worth, and regardless of how comfortable you feel in your life, you need to protect the future of your castle because another woman or man is not a financial plan.

And what's the saying - "Maybe you have a trust fund or a wealthy spouse, but you never know when either might run out." - *Mary Schmich*



Survival Budget

I call it the "Survival Budget", but really it's HOW you are living NOW.

Survival Budget: There is not a more obvious example of "No More and No Less" than writing out your current survival budget. I am going to make you do this budget over and over again until you stop avoiding it and start getting excited that you can grow it.

- Do it for truth, do it for Acceptance. Do it to see WHERE the money is going.
- Do it so you can set boundaries with people and stop all leaks.
- Do it to take control and CONFRONT the money pain.
- Do it so you can see that you get exactly what you ask for and no more.
- Do it so you can ask for more and grow to the next level.

My Survival Budget (My Monthly Nut)

I need \$ _____ monthly

I earn \$ _____ monthly

I save \$ _____ monthly

My total debit is _____ and I pay \$ _____ monthly



What would YOU add to your MONTHLY budget? If YOU could? Choose as many as you like.

- | | |
|--|--|
| ☐ More self care? | ☐ More things? |
| ☐ More experiences? | ☐ More savings? |
| ☐ More shared experiences? | ☐ More business? |
| ☐ More travel? | ☐ More time off? |
| ☐ More education? | ☐ More freedom? |
| ☐ More investments? | ☐ More of my special interests or hobbies? |
| ☐ More spending money? | ☐ Other: |

Remember: ASKING is clarity, certainty, conviction & connection - that's clear direction. What you want, what your heart is connected to. It's the law of "NO MORE AND NO LESS" than what you ask for and step up to receive.

Now look at this list above and focus on every one that you chose and sit with each one and ask...

1. **How would I like that in my life?**
2. **Be clear about what you want** (Walk the multiverse and try out some future scenarios, how do they feel?)
3. **Explore WHY you want something.** Is this connected to me and my purpose? Is this for me?

More spending? For what, be specific. How much to spend? Why do you want it?

More savings? For what, be specific. How much to spend? Why do you want it?

SELF *Value*

WORKSHOPS

SURVIVE

[illegible]

THRIVE

[illegible]

TOTAL SURVIVE	TOTAL THRIVE	DIFFERENCE



The \$1 Million Dream

I have a gift for you - it's a check for \$1 million dollars. This is a visualization exercise to explore all of the feelings you discover that pop up - because it's these feelings that stop you from moving forward.

SELF VALUE		0123
888 Loveandmoney Ave		Date _____
Unfolding, SV 77777		
Pay to the		\$ 1,000,000
order of	_____	
ONE MILLION DOLLARS		_____ Dollars
Memo	_____	_____
		Signature
: 0123456789		: 9876543210 4321

\$1 MILLION DREAM



PERSONAL GOALS: Unfold how \$1 million would contribute to my life and all the people in it.

- How does this \$1 million make you feel?
- What will you do with it?
- Where would you travel? Live?
- What would it change for you right now?
- What feeling does it eliminate right now?
- Does it change your money pain?
- Who would you save?
- What could you have?
- Who could you share it with?
- Would it change your path?
- Are you on the right track now?
- Who would you tell? Who wouldn't you tell?

NOTE: For people with money pain, this money represents life, freedom, NO more stress and pain. People FEEL intense emotion just holding this check. PRINT it, fill in your name, stick it on your wall and feel what it's like to have this money. Journal or video flow. Stay focused on the subject. This is for me personally.

\$1 MILLION DREAM



BUSINESS GOALS: If you could only use this money for your career or business. Unfold how \$1 million would contribute to my life and all the people in it.

- How does this \$1 million make you feel?
- What would you build with it?
- What work would you do? Where? How would you do it?
- Who would you work with?
- What would it change right now?
- What could you have/build/grow with this \$?
- Would it change your path, how?
- Are you on the right track now?

NOTE: It doesn't matter where you are or what you unfold here. This just is where you are at and you can change it, so ACCEPT IT and bring it to love. Acceptance is love, so to accept a situation now, to accept doing this value metric work is to accept yourself right now. It doesn't matter if you have dug yourself into a hole, bring it to the light and accept where you're at so you can get to a solution. There's only one way out of that hole and that's self acceptance and SELF LOVE.



Writing a Love List

THE LOVE LIST is a POWERFUL journal exercise. I want you to spend some time writing a big long list of loves, things you love to do, things you love to experience, places you love to spend time, people you love to spend time with. Work you love, hobbies you love, anything you do that makes you feel at peace, joyful, fulfilled.

Let's write a Love List: It's not an affirmation list. It's not a wish list. It's a LOVE LIST just focus on feeling love. It took me a long time to stop focusing on what I didn't want and start focusing on what I have and do that brings me joy.

You can make a specific list, or any area you want to bring love; think of writing a title like BUSINESS and start with these prompts. Or just write a general love list using these prompts and see what comes out.

JOURNAL PROMPTS

- I love who...
- I love where...
- I love what...
- I love to...
- I love having...
- I love being...
- I love sharing...
- I love giving...
- I love learning...
- I love connecting...
- Add more...

Write I LOVE _____ statements.

- I love who I am becoming!
- I love who I am!
- I love what I do and I love who I do it with
- I love what I create
- I love where I live - I love my home
- I love to move my body - I love feeling strong
- I love to dine with friends and family
- I love to have creative conversations
- I love existential and philosophical conversations
- I love creating content
- I love dancing
- I love learning
- I love being at the beach
- Add more...

THE LOVE LIST



I LOVE...

[illegible]

THE LOVE LIST



IGNITE A RELATIONSHIP: Now, do it for a relationship. Just focus on what you love the most about this person and write the list feeling all this love and watch it magnetize your relationship. Don't just say it, feel it. Feel the love in your body, it comes from you.

EXAMPLES

- I love our intimacy
 - I love your strength
 - I love how you make me feel safe
 - I love it when you listen to me
 - I love it when you massage my shoulders
 - I love hosting with you
 - I love your body
 - I love being married to you
 - I love talking to you
 - Add more...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

LOVE LIST FOR YOUR CAREER OR BUSINESS: Unfold what you love. What do you do that lights you up?

EXAMPLES

I love to... Assist, teach, present, instruct, create content, make products, manage people, work in a team, work alone, make creative marketing, accounting, manage projects, sell things, create visual content, design, edit, write, speak, collate data, connect people, connect things, do taxes, outsource, build businaesses, design brands, build systems, build communities, build platforms, sing, paint, play, coach, act, create things... Add more...

[illegible]



Alignment is...

I am in love with the idea
I am in love with the process
I am in love with the connection
I am in love with my path forward

SELF *Value*