

Money Mastery Immersion



TRANSFORMING YOUR RELATIONSHIP
WITH MONEY

Shifting how you relate to money and your relationship as a whole with it is essential to mastering the energy of money.

This week we are going to be diving into to creating a deeper relationship with money from today and moving forward in your business and life.

You are now aware that how you speak about money is a big part of has lead to your current level of resisting the creation of it in your experience.

You are going to start getting more fully aligned with your desires and sacred dreams. We are going to jumping into what we call here at Sistermind Sacred Wealth.

This is the work that will assist you in taking your revenue from last year and turn it into your monthly revenue.

The time at which this takes is all up to what serves you the best. There is no correct timeframe; there is only the perfect timeframe that supports you in your next level expansion and elevation, so that it isn't too shocking, but rather joyful and thrilling.

Remember anything and everything is possible. Transforming your relationship with money is essential part of creating and receiving the Sacred Wealth that you require as a tool to bring your Sacred Dream and Mission even more so into reality.

Let's do this thing!
Blessings and love,

Alexandra

INTENTION

As always we'll start off with your intentions for this week. What is your main desired outcome for this week's work? Write an open, raw, honest and loving letter to yourself. No editing allowed ;-)

YOUR RELATIONSHIP WITH MONEY

I remember the first time I was introduced to shifting my relationship with money. Previously I thought of money as just a number, and in some way that is exactly what it is, it holds no more power than that. All the power actually lies within you, and not outside of you in money.

However, when we are coming from the Divine Feminine aspect of creation, we are in relationship with everything, and every relationship is sacred, including money.

Do you pay attention to money? Do you speak nice and loving words towards and about money? Do you appreciate the money you do have? Have you created the channels for it to be used, and how it is going to be supportive to you? Do you have a clear vision for the money that you have and the money you desire to create?

Your relationship with money and your bank account/s reflect the relationship that you have with yourself. Let that one sink in!

How do you treat yourself? Do you love yourself? Do you appreciate yourself? Do you appreciate everything you have created and the power that you hold and wield? Are you kind to yourself? Do you pay attention to your needs and desires?

Transforming your relationship with money always entails transforming your relationship with yourself, your value, worth and love.

WHAT ARE YOUR THOUGHTS ON THIS?

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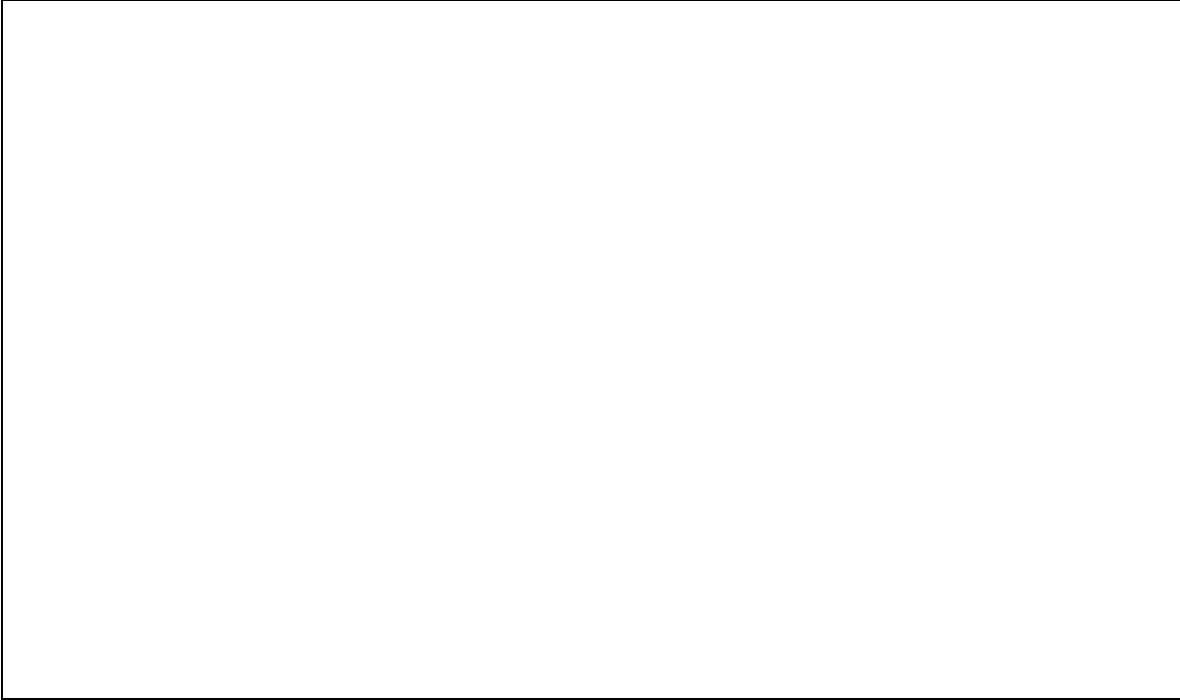
IF MONEY WAS A PERSON IN YOUR LIFE, WHAT TYPE OF RELATIONSHIP DO YOU HAVE WITH THAT PERSON? HOW DO YOU TREAT THEM AND HOW DO THEY TREAT YOU?

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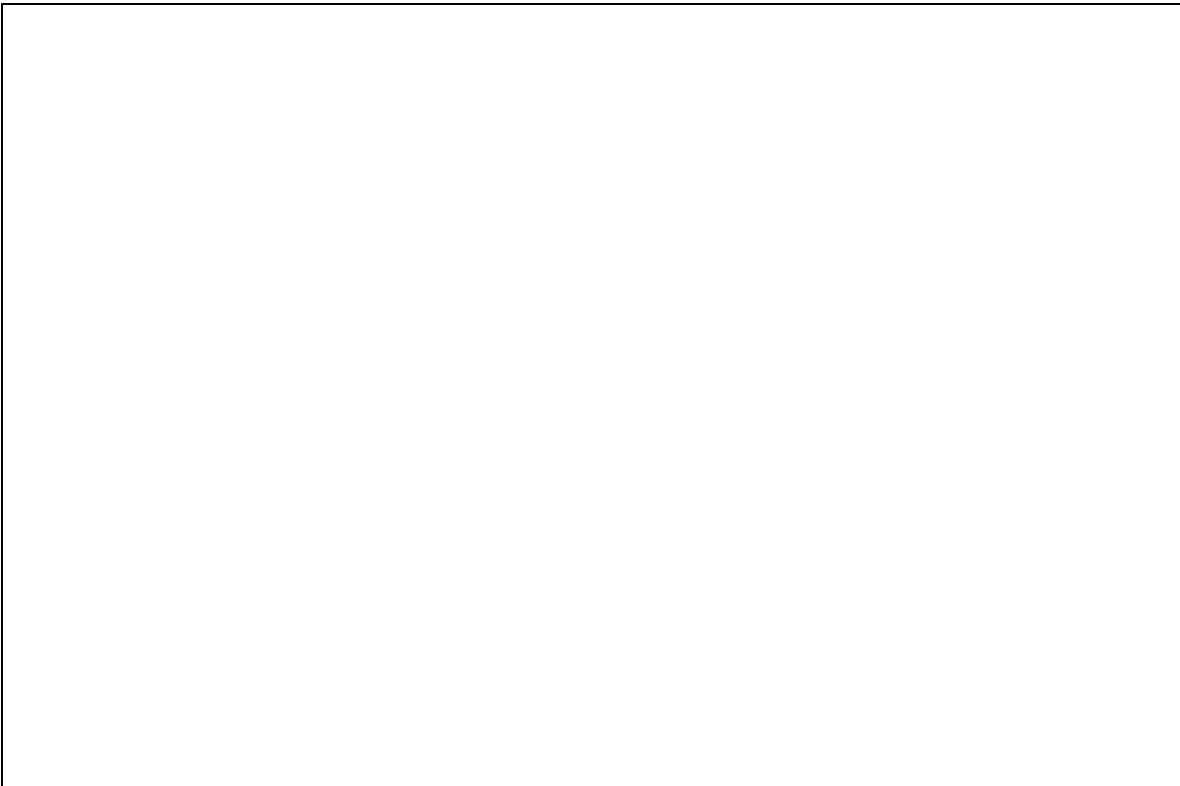
HOW DOES THAT FEEL TO EXPLORE? WHAT REVELATIONS DID YOU DISCOVER?

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IN WHAT WAYS DO YOU BELIEVE YOU ARE "GOOD" WITH MONEY?



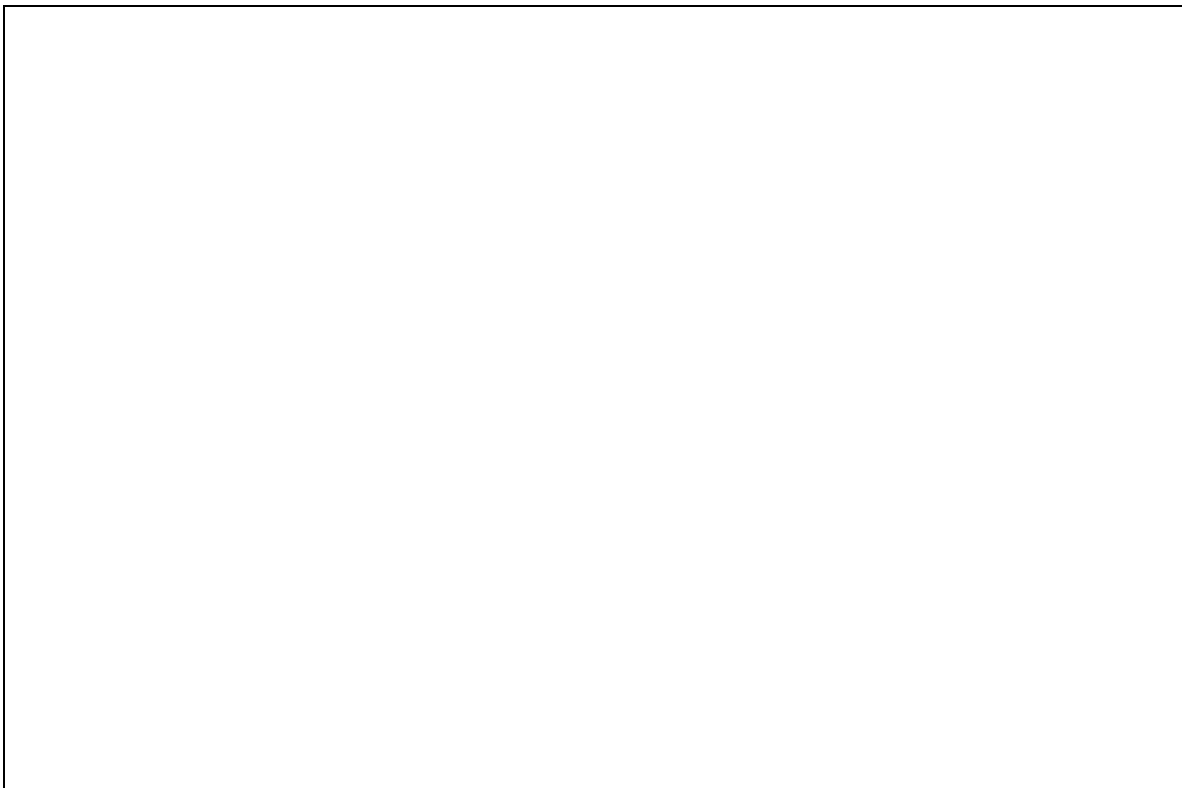
IN WHAT WAYS DO YOU CRITIZE YOURSELF ABOUT MONEY?



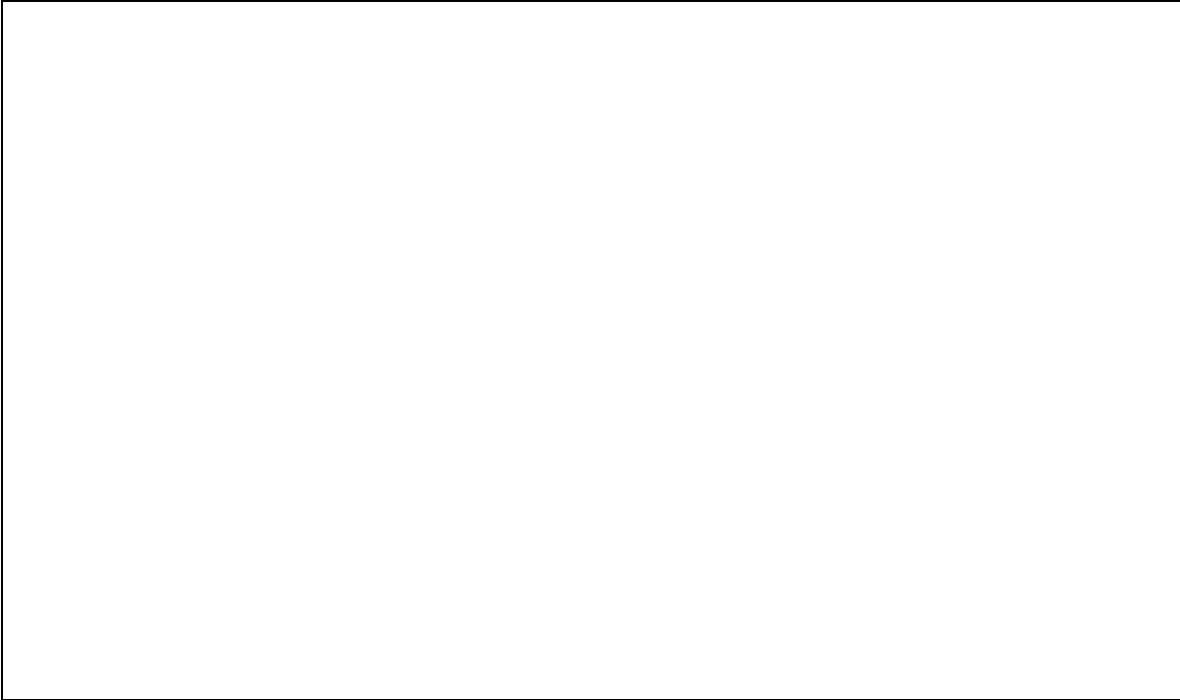
IN WHAT WAYS HAVE YOU BEEN TREATING MONEY LIKE AN ENEMY?



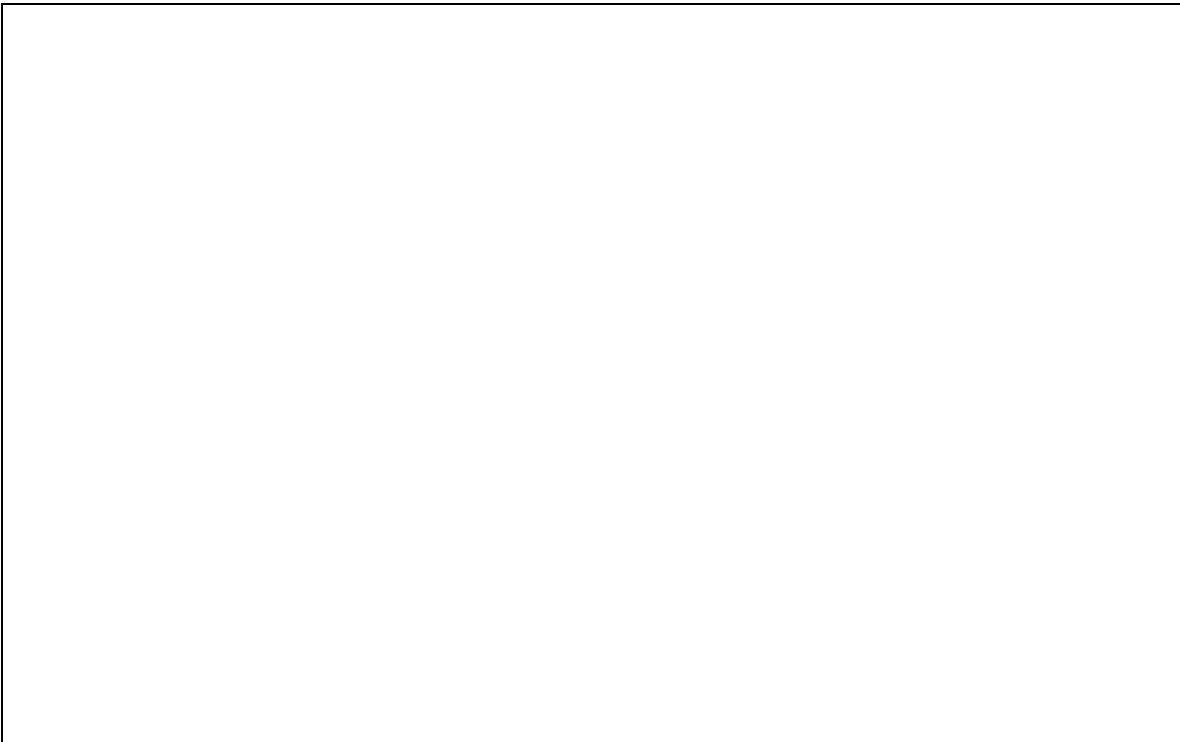
IF YOU LOVED AND APPRECAITED MONEY, HOW WOULD YOUR THOUGHTS,
WORDS AND ACTIONS BE DIFFERENT?



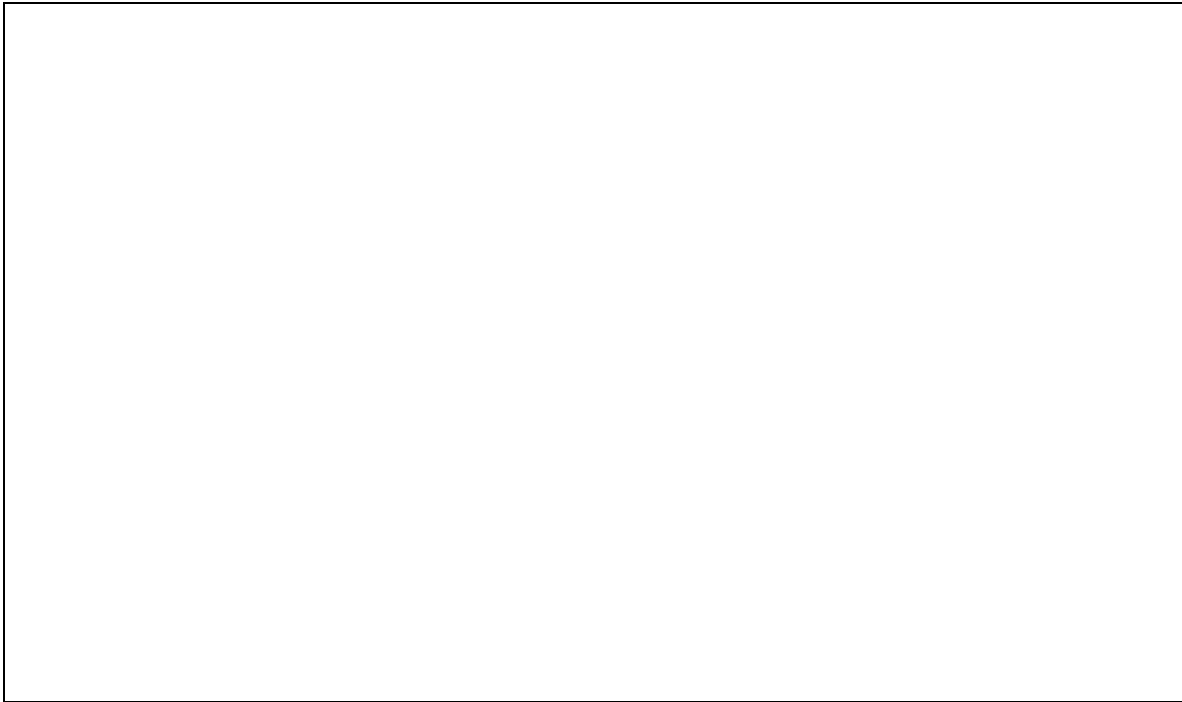
HOW REGULARLY DO YOU APPRECAITE MONEY AND THINK POSITIVELY ABOUT IT?

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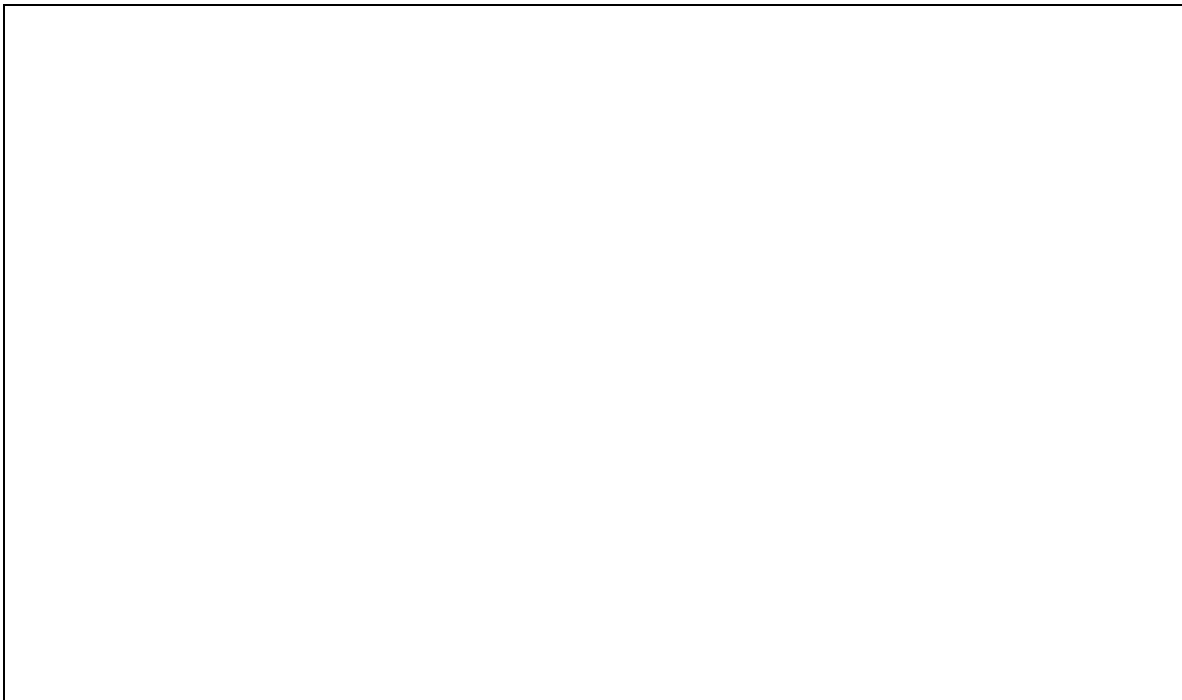
WHAT DOES YOUR BODY FEEL LIKE WHEN YOU THINK ABOUT MONEY?

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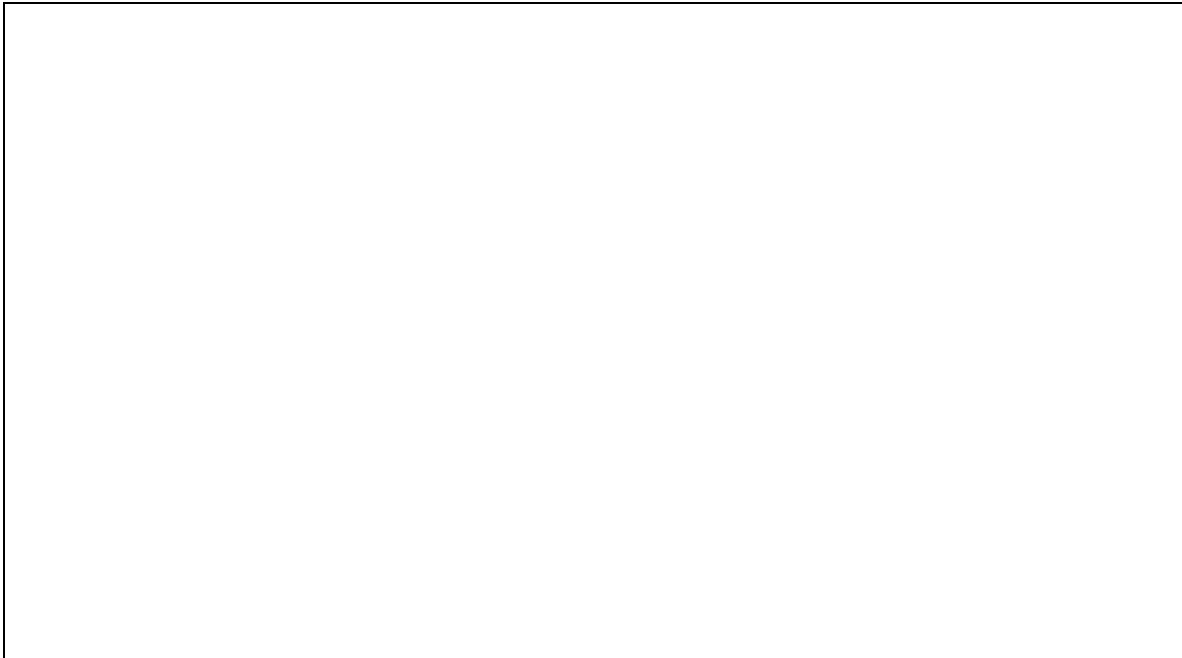
WHAT DO YOU SAY TO YOURSELF THAT YOU WOULDN'T SAY TO SOMEONE YOU LOVE?

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HOW WOULD YOU TREAT YOURSELF DIFFERENTLY IF YOU TREATED YOURSELF LIKE A LOVER OR BEST FRIEND?

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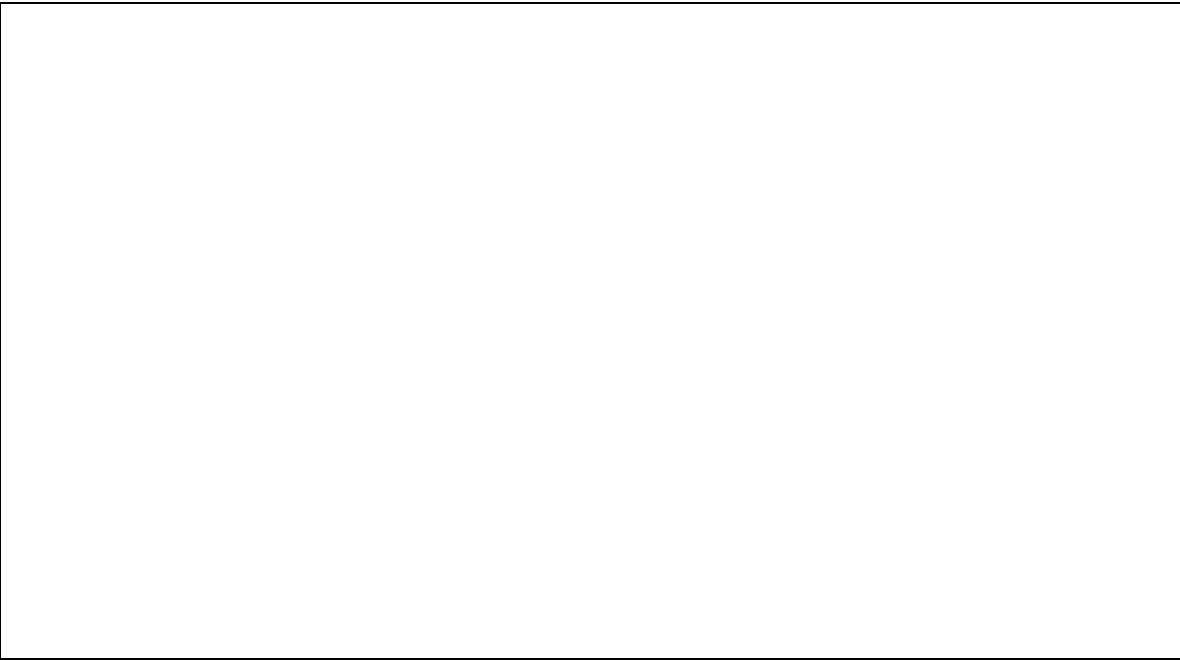
HOW WOULD YOUR BUSINESS AND LIFE TRANSFORM IF YOU TREATED YOURSELF LIKE A LOVER OR BEST FRIEND?

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HOW WOULD YOUR BUSINESS AND LIFE TRANSFORM IF YOU APPRECIATED MONEY AND USED IT AS AN EXPRESSION OF APPRECIATION?

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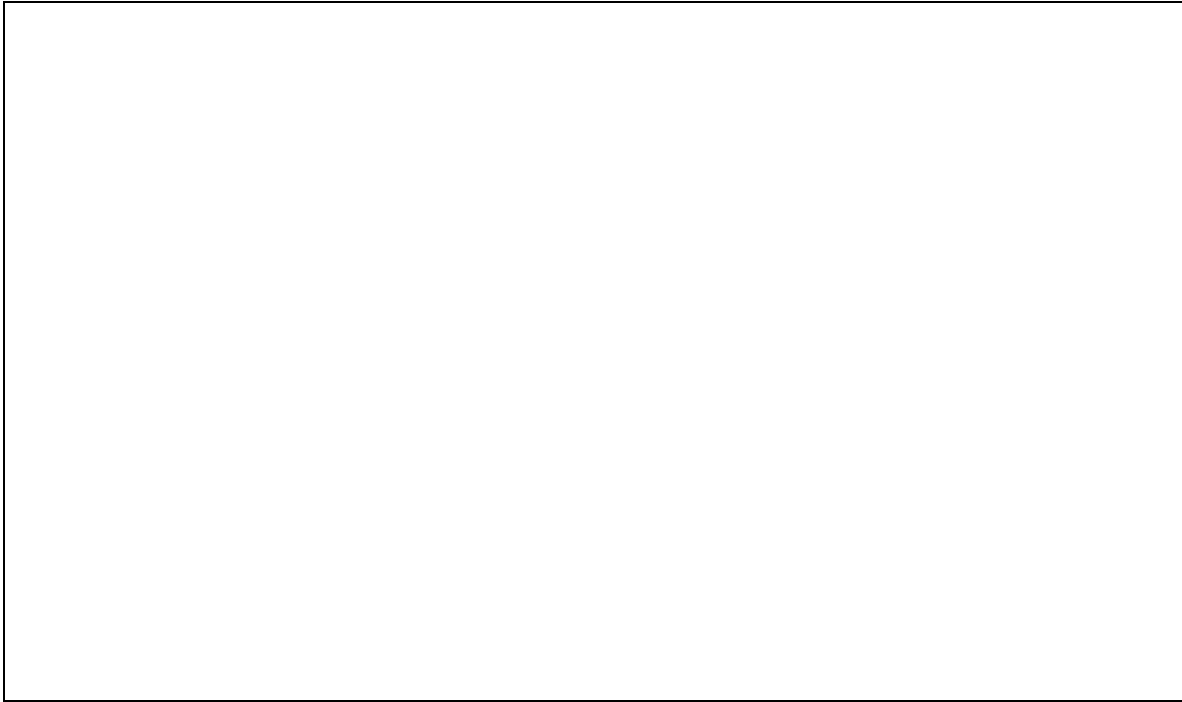
HOW WOULD YOUR BUSINESS AND LIFE TRANSFORM IF YOU TREATED
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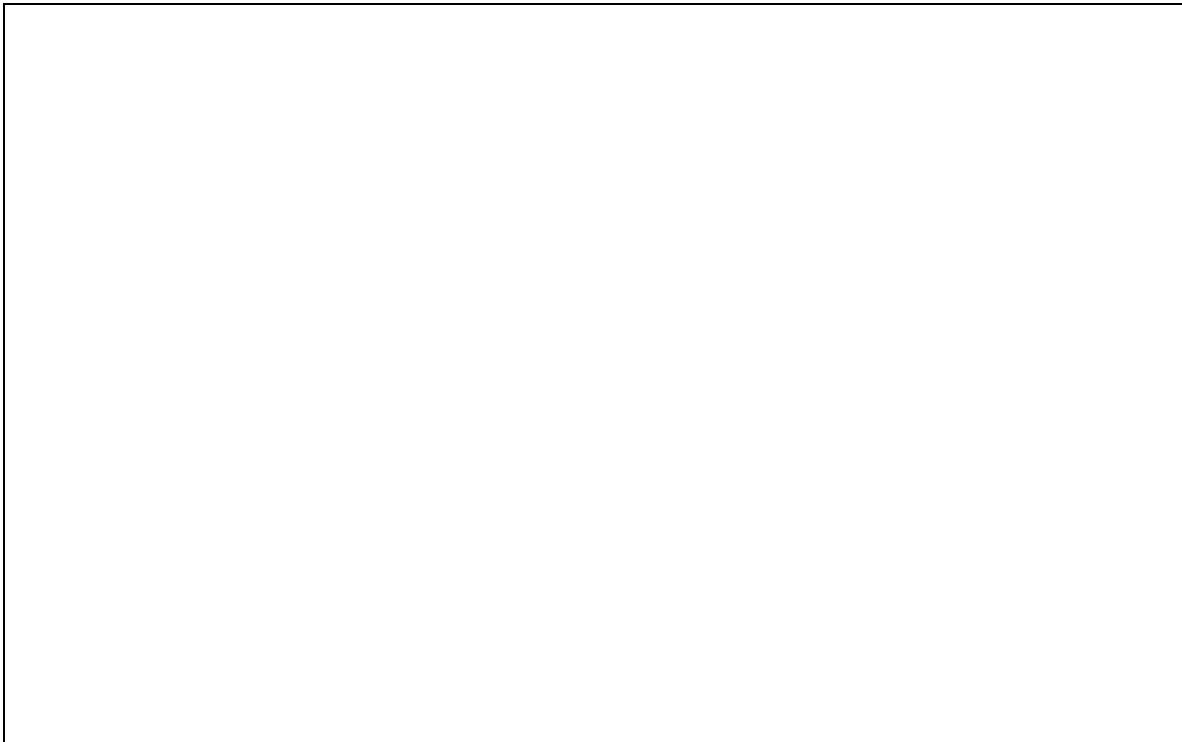
IN WHAT WAYS DO YOU NEED/CAN FORIVE YOURSELF FOR YOUR DEBT OR
PERCEIVED POOR USE OF MONEY?

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WHO DO YOU NEED TO FORGIVE WHEN IT COMES TO MONEY?



IN WHAT WAYS DO YOU REQUIRE TO STOP BEATING YOURSELF UP ABOUT MONEY?



IF MONEY WAS A LOVER HOW WOULD MONEY TREAT YOU? HOW WOULD YOU LIKE MONEY TO SHOW UP? WRITE THE VERSION OF YOUR MONEY LOVER.

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JUDGEMENT AND PROTECTION

When you judge something you are continuing to place your power outside of yourself. When you judge your current creation as bad, it creates greater amounts of limitations and resistance to transformation. When you judge something as bad, you are coming from a lack mindset and that continues to feed power into the creation of lack.

If you judge wealthy people and money as “bad” or a stress in your life, then you will resist creating more and receiving more. You will continue to perpetuate the lack cycle.

Here are judgment thoughts that you might have about other people:

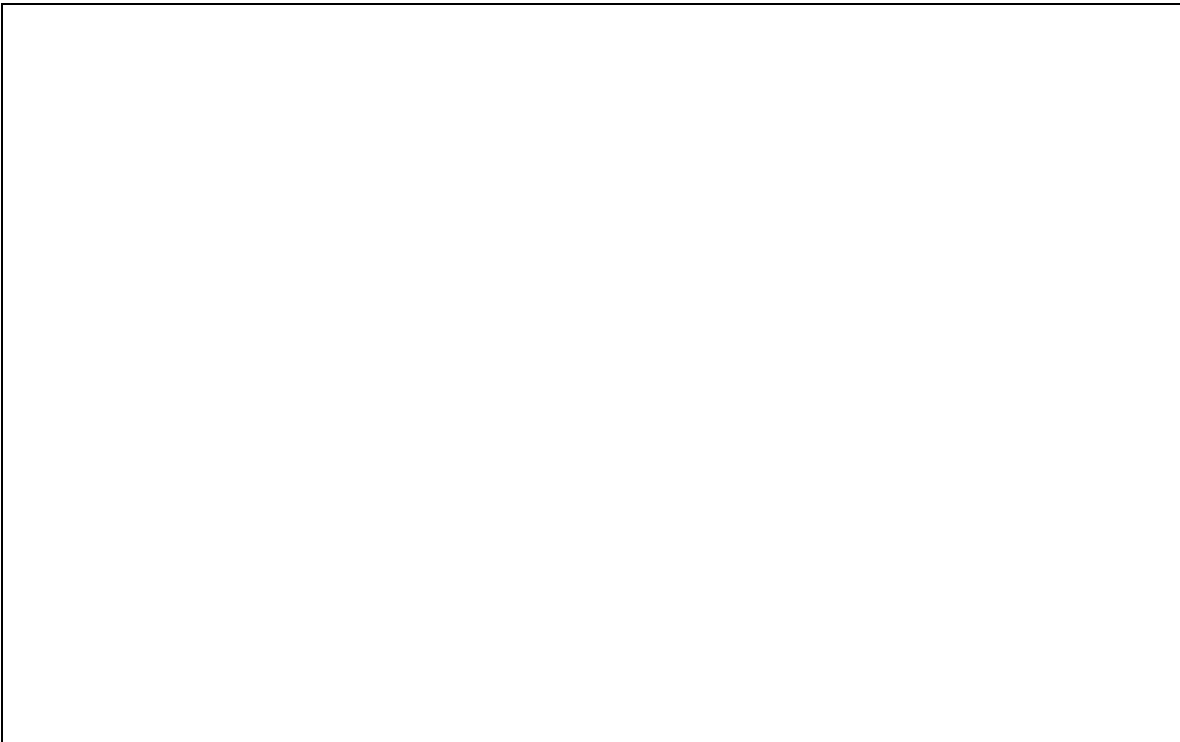
- They just want to make money
- They are greedy
- They life is to lavish or showy
- I can't imagine spending that much on...
- Traveling business class is a waste of money
- Spending that amount of money on (insert) is a waste of money
- They charge way too much for their services
- They raise their prices too often
- They are spoiled
- They are irresponsible with money
- Do they ever work? They always seem to be traveling, having fun (insert what resonates with you)

HOW DO YOU JUDGE THAT MONEY TREATS YOU POORLY?

LIST YOUR REGULAR JUDGEMENTS



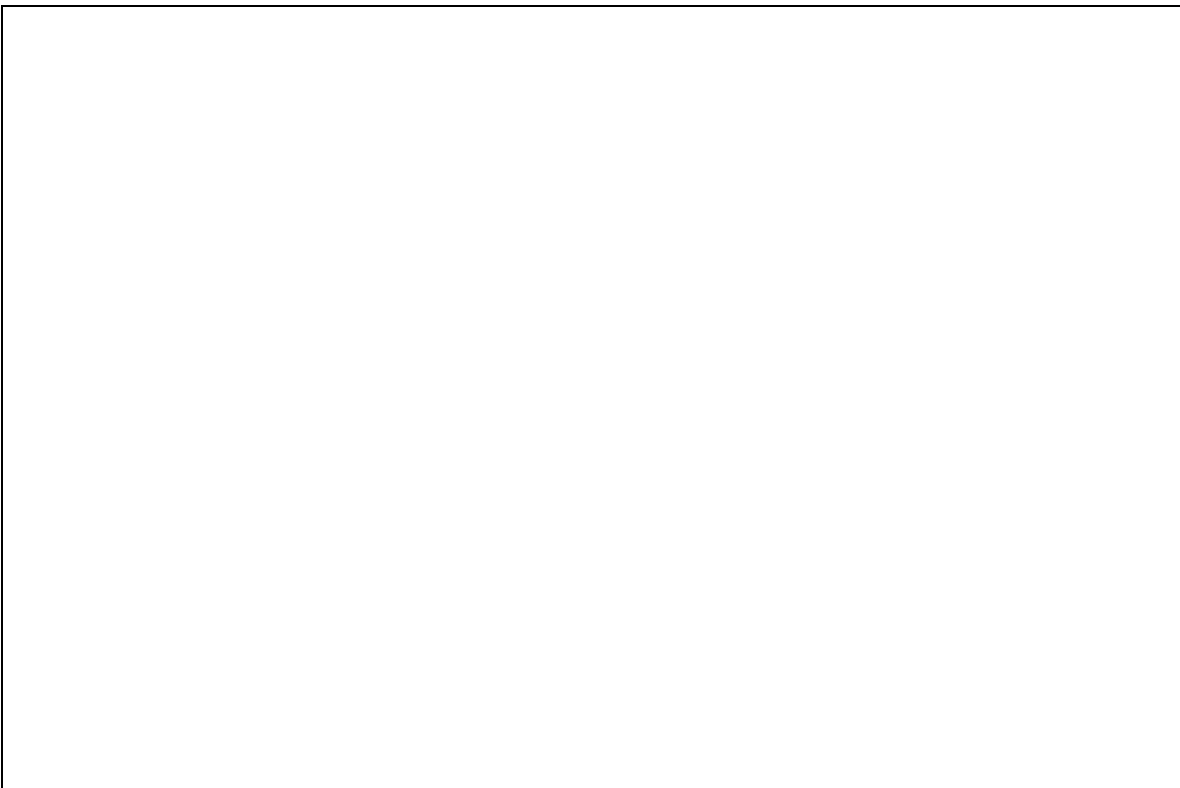
WHEN DO YOU FIND YOURSELF JUDGING OTHERS ABOUT THEIR FINANCES,
LIFESTYLE, CHOICES ETC?
WHAT ARE THOSE JUDEMENTS?




WHICH JUDGEMENTS CAN YOU SEE ARE ACTUALLY ABOUT YOU?

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HOW CAN YOU SHIFT INTO SHOWING LOVE AND COMPASSION FOR YOURSELF AND OTHERS WHEN IT COMES TO MONEY?

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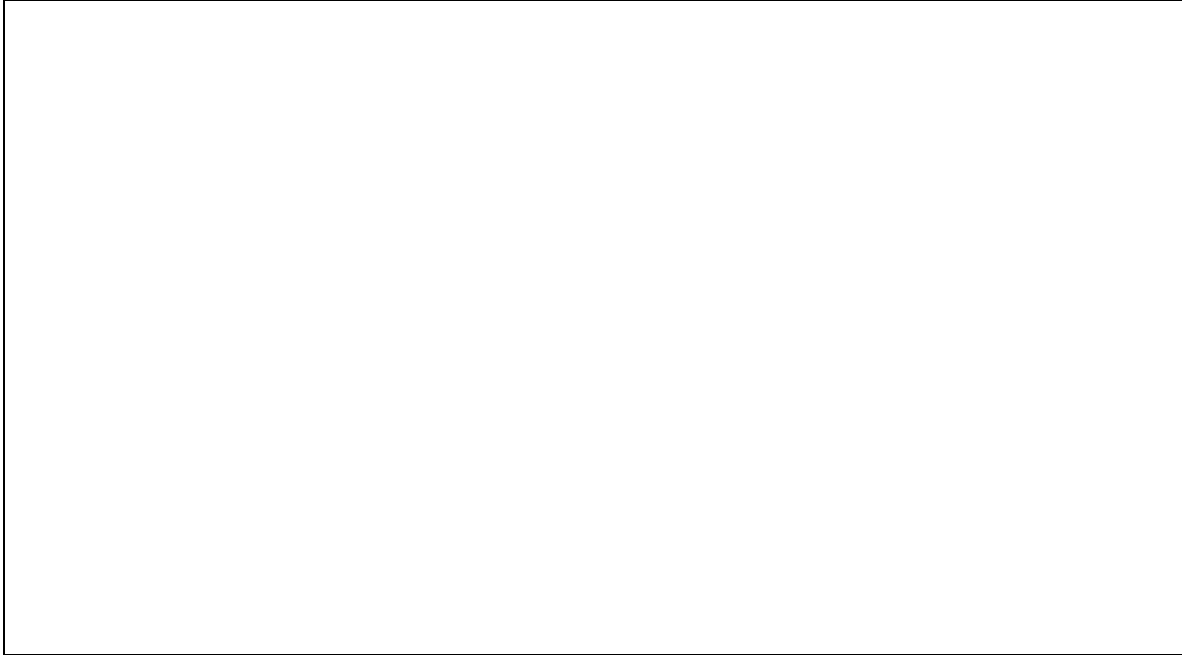
HOW WILL THIS TRANSFORM YOUR BUSINESS, LIVE, ENERGY AND JOY?

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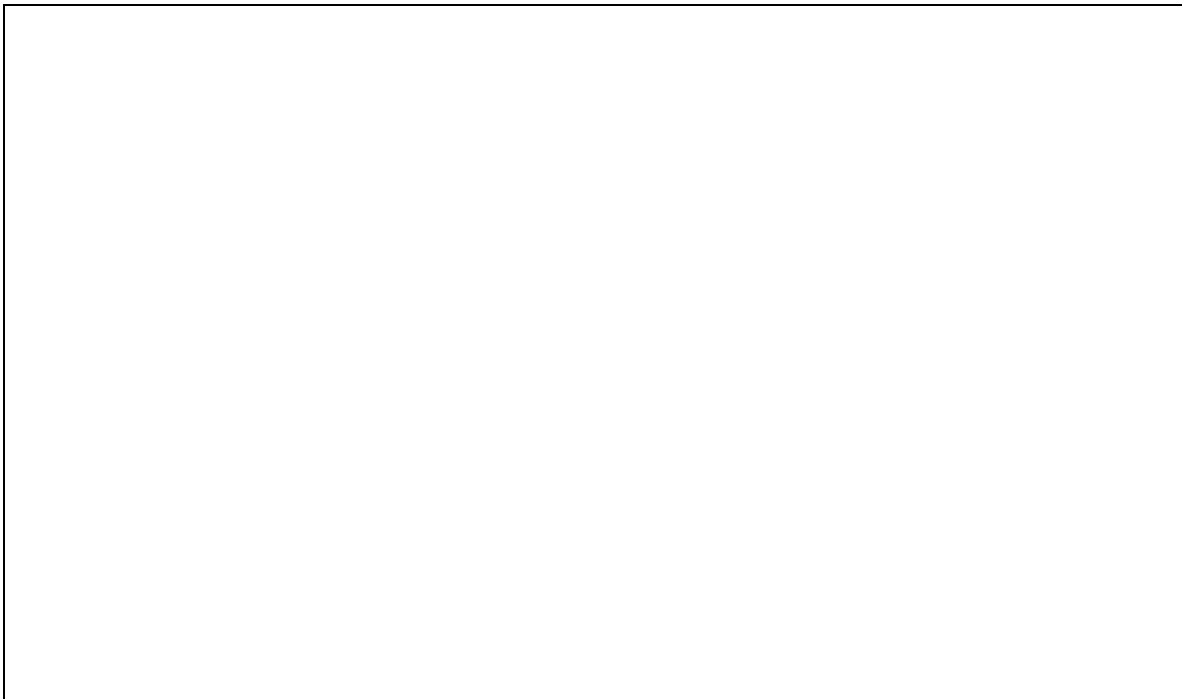
IN WHAT WAYS CAN YOU APPRECIATE YOURSELF MORE?

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HOW CAN YOU APPRECIATE THE MONEY YOU DO HAVE, AND THE MONEY YOU HAVE RECEIVED MORE? HOW CAN YOU APPRECIATE MONEY RATHER THAN THINKING IT'S NOT ENOUGH?

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IN WHAT WAYS HAVE YOU BEEN BLOCKING WHAT YOU DESIRE TO RECEIVE AND CREATE?

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HOW IS THIS REVELATION ALONE TRANSFORMATIONAL FOR YOU?

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TAKING STOCK

SUMMARIZE YOUR RELATIONSHIP WITH MONEY. WHAT HAVE YOU LEARNT BY GOING THROUGH THIS PLAYBOOK?

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TRANSFORMATION

Everyday start to shift your relationship with money, pay attention to it, express appreciation for it each time you spend it or receive it. Express appreciation for what it is you receive when you spend money. Thank money for supporting you. When you look at your bank account make sure that you are in an appreciation and positive state of being before you do. Spend time everyday speaking well to money and about money. Ask money to support you in the ways you need and desire. Ask money what it is you can do for it.

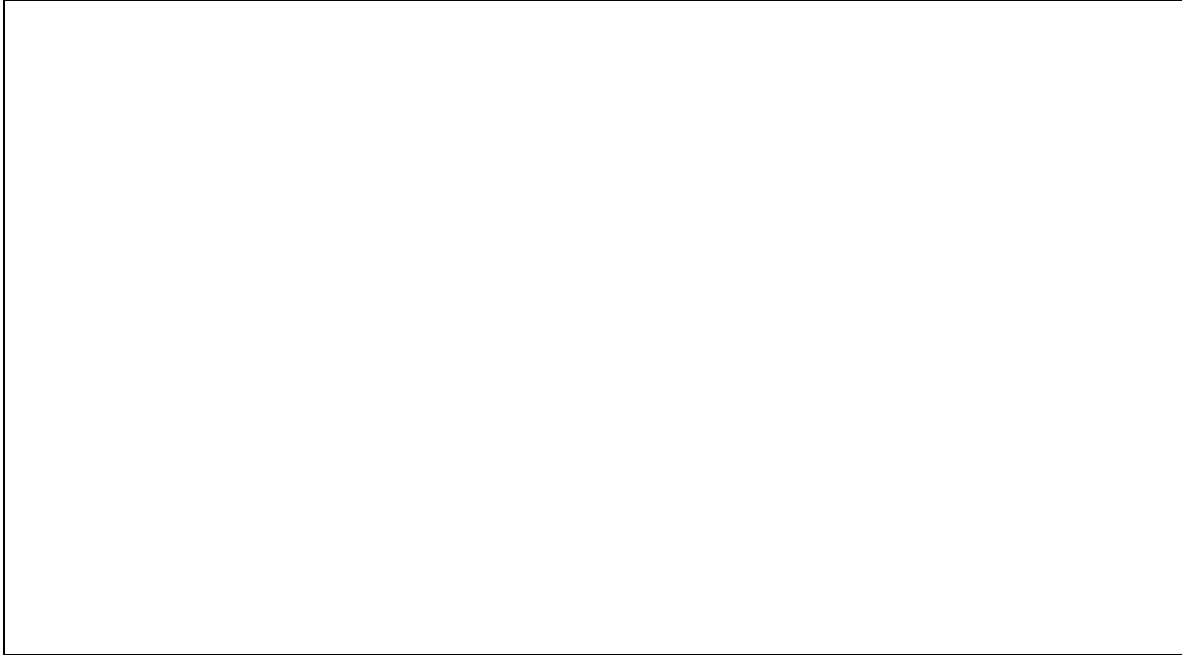
WHAT CAN YOU DEVOTE YOURSELF TO EVERYDAY WHEN IT COMES TO CREATING A MORE APPRECIATIVE AND LOVING RELATIONSHIP WITH MONEY?

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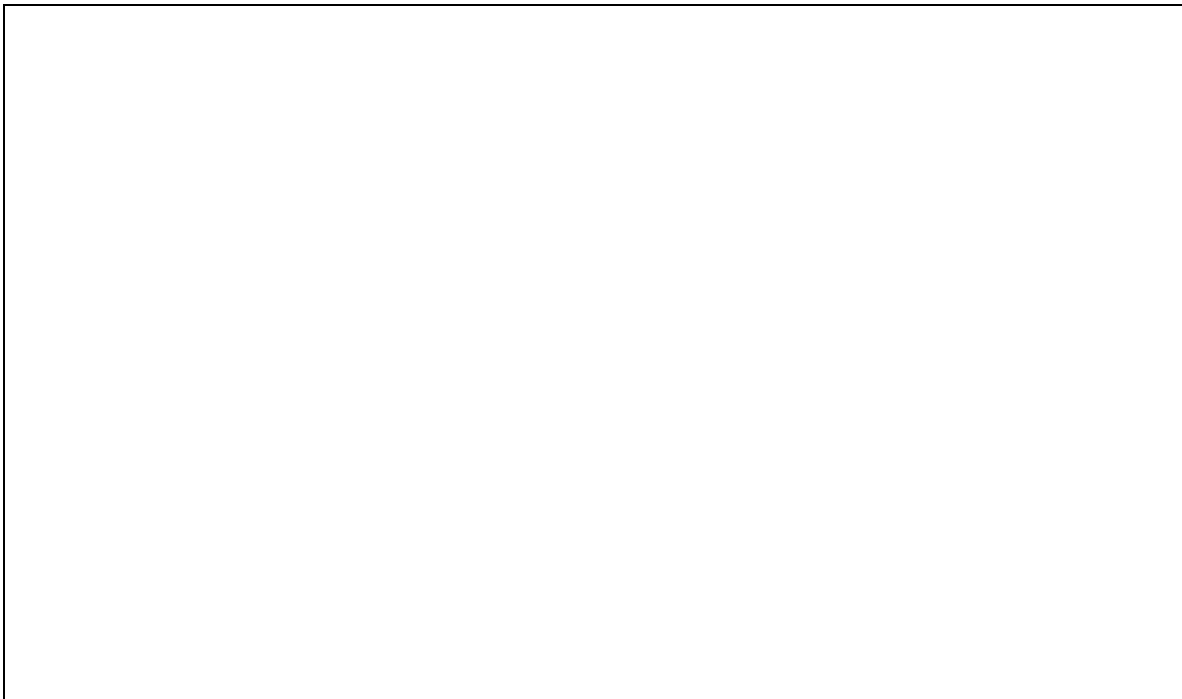
WHAT ARE YOU GRATEFUL FOR IN TERMS OF MONEY TODAY? WHAT HAVE YOU BEEN ABLE TO PURCHASE/DO/INVEST/ACHIEVE BECAUSE OF IT? LIST AT LEAST 10 THINGS

A large, empty rectangular box with a thin black border, intended for the user to list at least 10 things they are grateful for in terms of money today.

HOW DOES IT FEEL TO LOOK AT YOUR BANK ACCOUNT WITH APPRECIATION?
HOW DOES IT FEEL TO APPRECIATE WHAT YOU ALREADY HAVE? REMEMBER
WHAT YOU APPRECAITE INCREASE.

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HOW WILL THIS NEW WAY OF RELATING TO MONEY TRANSFORM YOUR
BUSINESS AND LIFE?

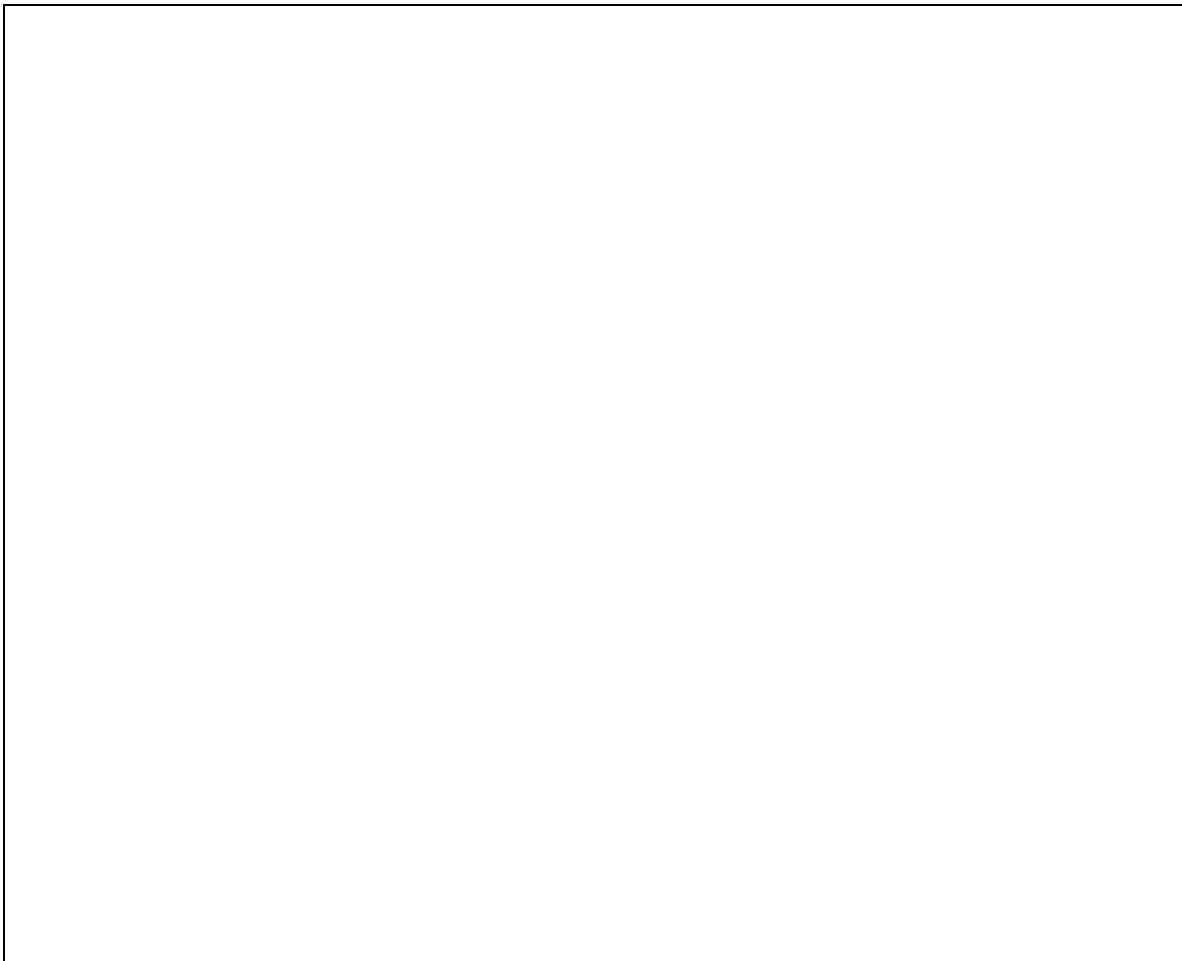
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WHEN YOU SPEND MONEY IT ACTUALLY INCREASES IT COMING INTO YOUR
LIFE

When you spend money from a place of appreciation for money and for what you are receiving when you "spend it" you are actually activating a universal law of the increase of 3. It like putting a dollar in the slot and receiving 3 dollars back.

Each time you spend money repeat to yourself 'I always have enough money for all of my desire', or 'there is more where that came from', or 'I have an infinite supply of money to express appreciation with', or 'each time I appreciate money it comes back to threefold'. Add any other statement of power that resonates with you.

WHEN CAN YOU USE THESE POWER STATEMENTS TO RETRAIN YOUR MIND
AND CREATE WEALTH?

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MONEY AND YOUR DESIRES

Start to think about your bills and what you spend money on in a different way. Appreciate the value and experience that using money brings to you and how it supports you in your business and life.

When you pay a bill appreciate what it is you are paying for. The roof over your head, the Internet, the water that comes out of your pipes, the heat that keeps your home cozy etc.

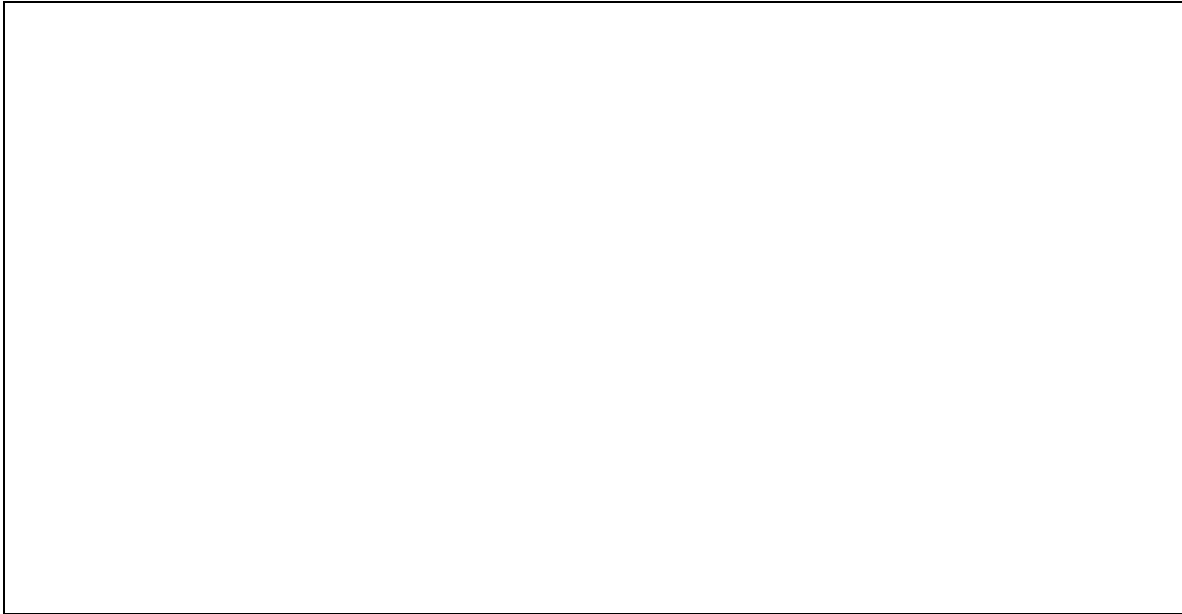
Look also at the things or experiences that you 'spend' money on that doesn't contribute to what you desire and value in your business and life.

Discover what is in alignment and what isn't.

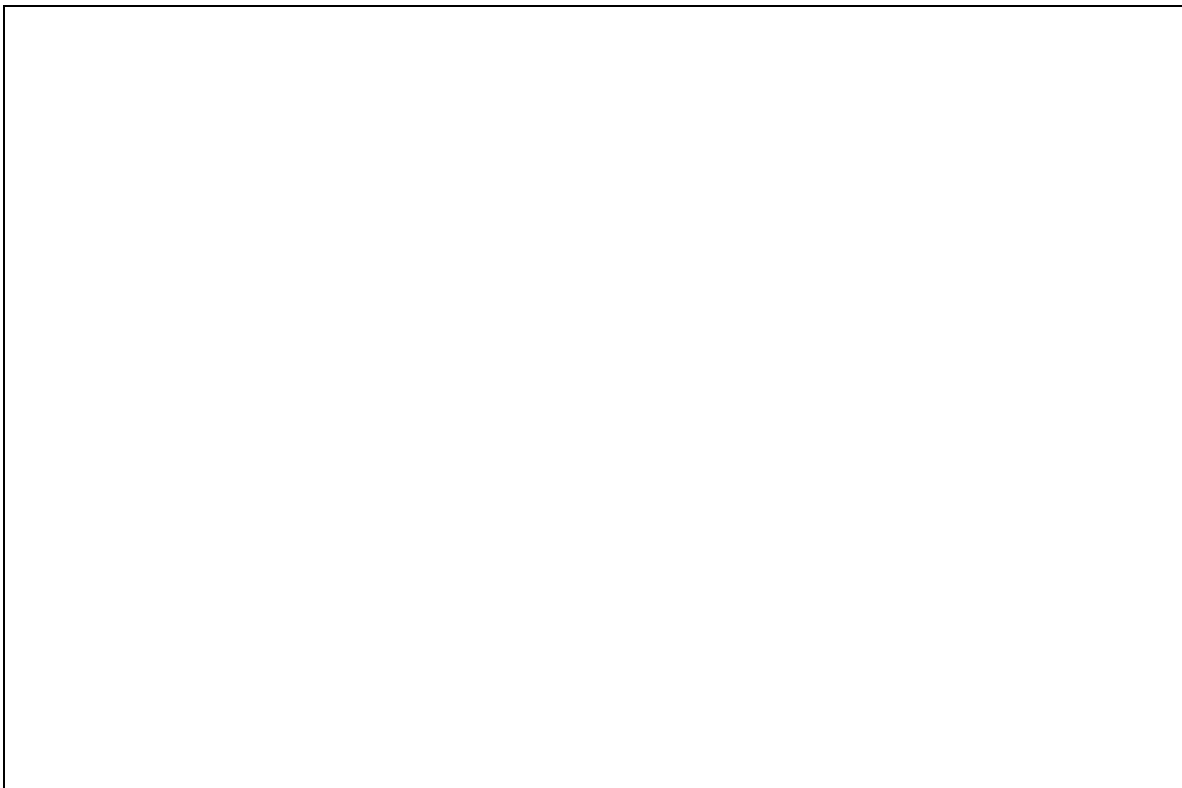
WHERE ARE SPENDING TOO LITTLE MONEY?

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HOW CAN YOU INCREASE SPENDING MONEY ON THINGS YOU DESIRE?



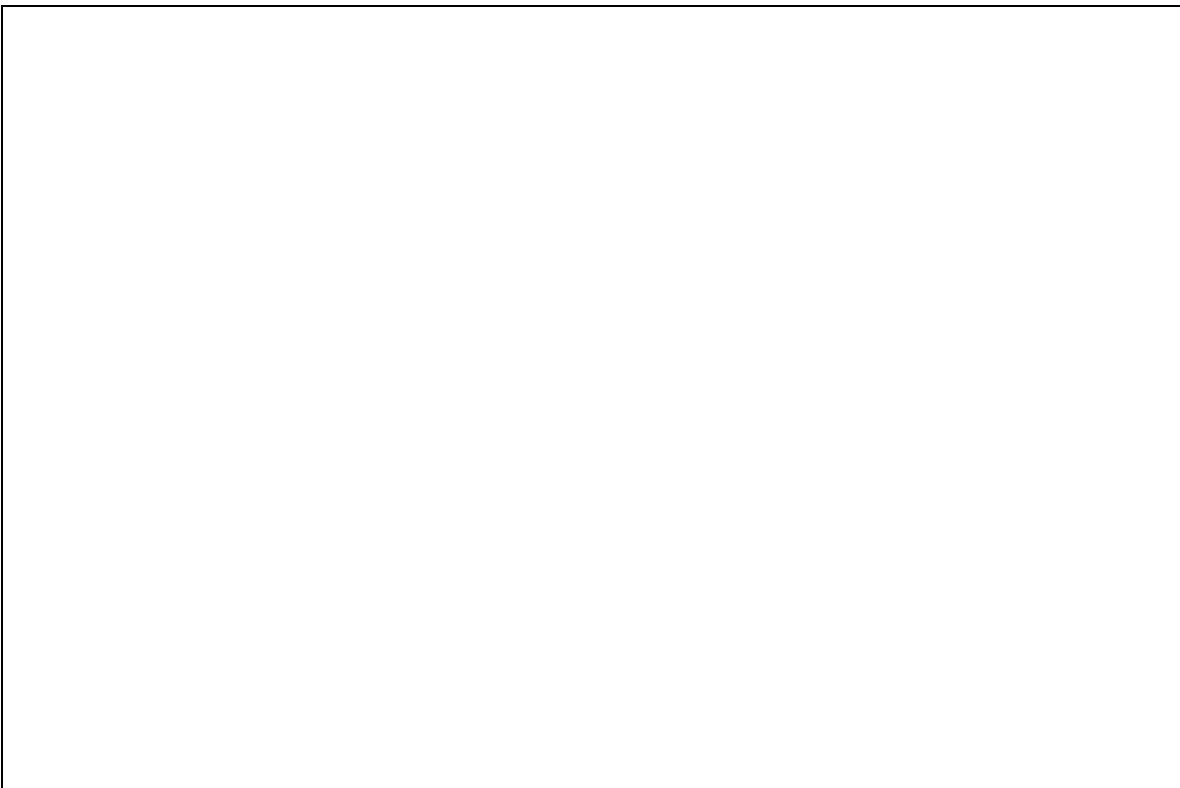
WHERE ARE YOU SPENDING MONEY OF THINGS THAT YOU DON'T VALUE OR
AREN'T BRINGING YOU THE VALUE OF HOW MUCH YOU ARE PAYING FOR
THEM?



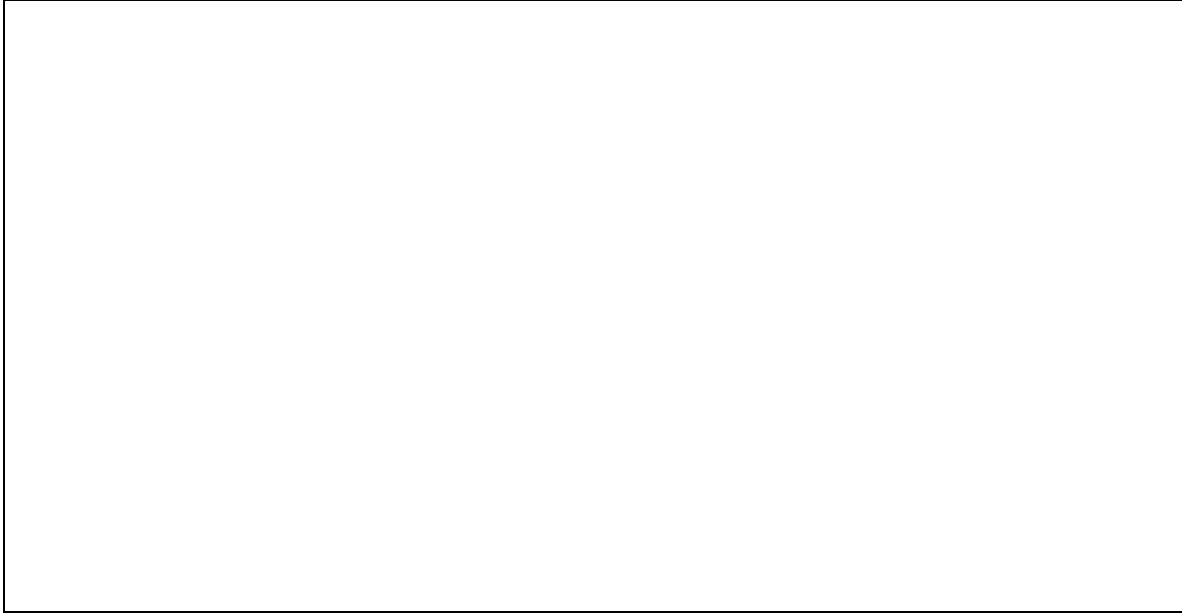
IN WHAT WAYS DO YOU DESIRE TO TRANSFORM YOUR SPENDING HABITS?

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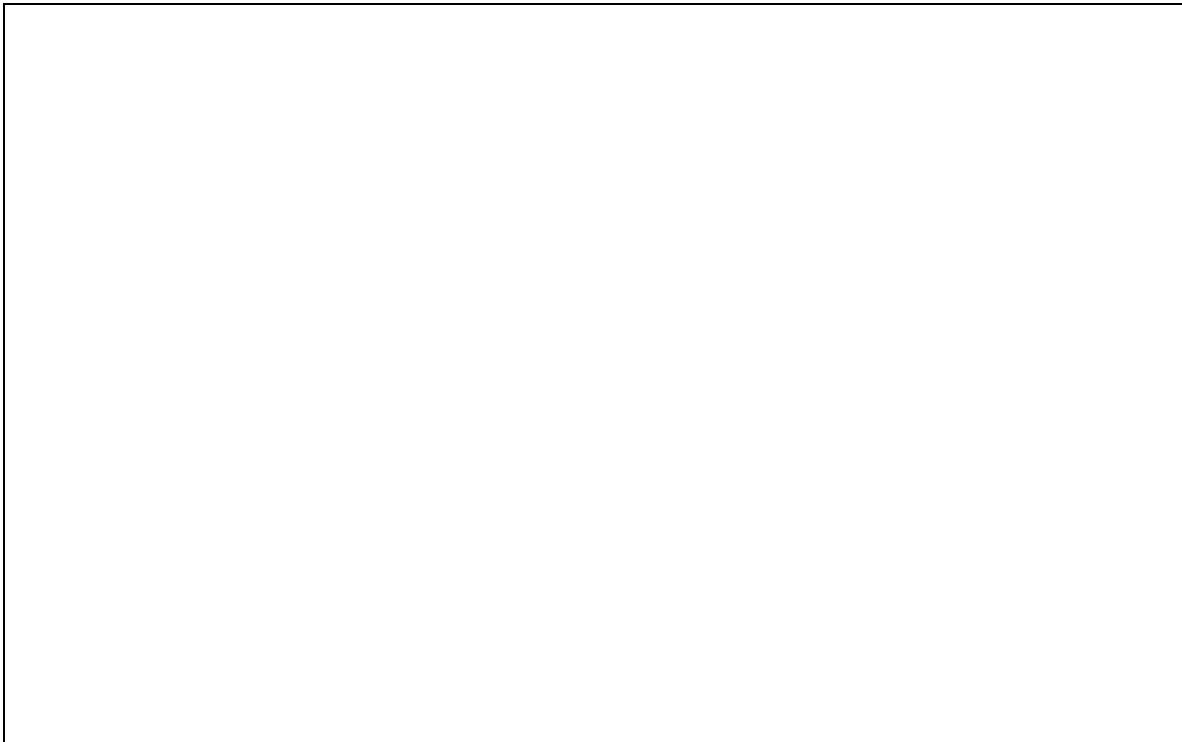
AS YOU SHIFT YOUR MINDSET TO SEE SPENDING MONEY AS AN EXPRESSION OF APPRECIATION AND AS AN INVESTMENT HOW IS THIS GOING TO TRANSFORM YOUR BUSIENSS AND LIFE?

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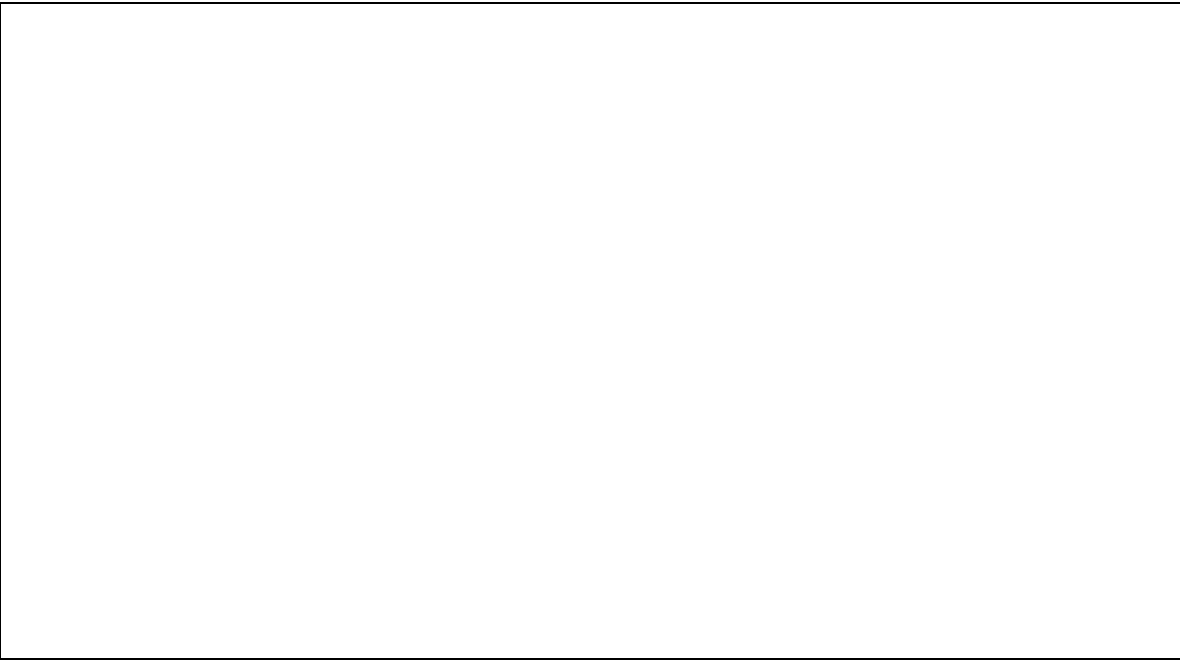
WHEN YOU LOOK AT YOUR BANK ACCOUNT IN 6 MONTHS TIME, WHAT IS THE DESIRED BALANCE YOU WOULD LIKE TO SEE? WHAT ABOUT SAVINGS, INVESTMENTS AND CREDIT CARDS?



WHEN YOU LOOK AT YOUR BANK ACCOUNT IN A YEAR, WHAT IS YOUR DESIRED BALANCE?



IF YOU HAD \$10,000 IN CASH, HOW WOULD YOU 'SPEND', EXPRESS APPRECIATION WITH IT?



IF YOU HAD \$100,000 IN CASH?



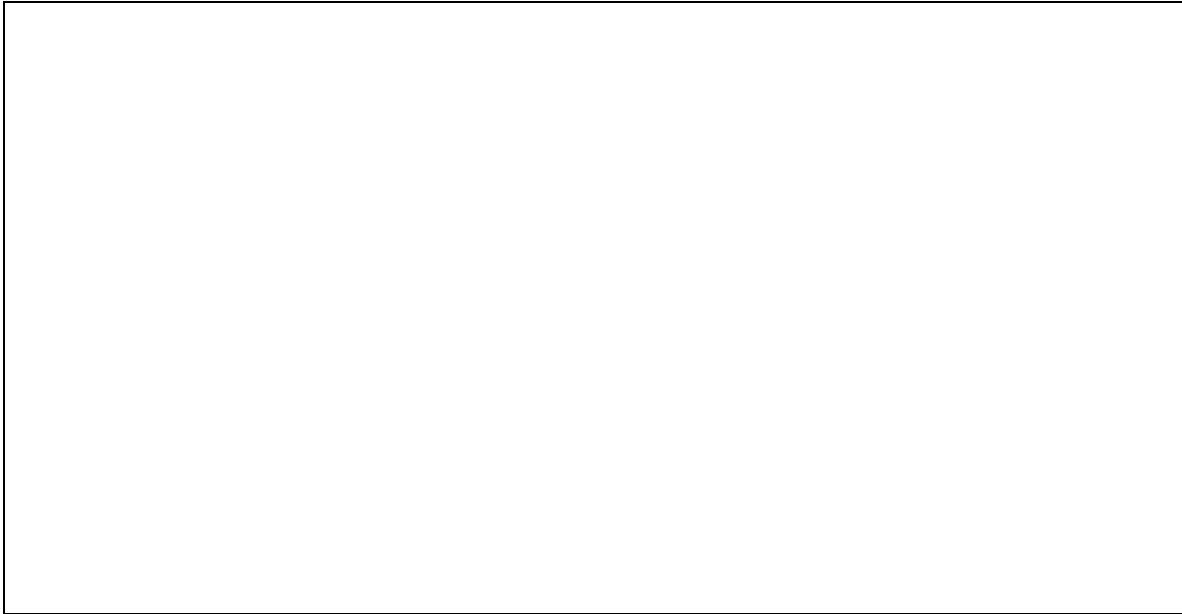
IF YOU HAD \$500,000 IN CASH?



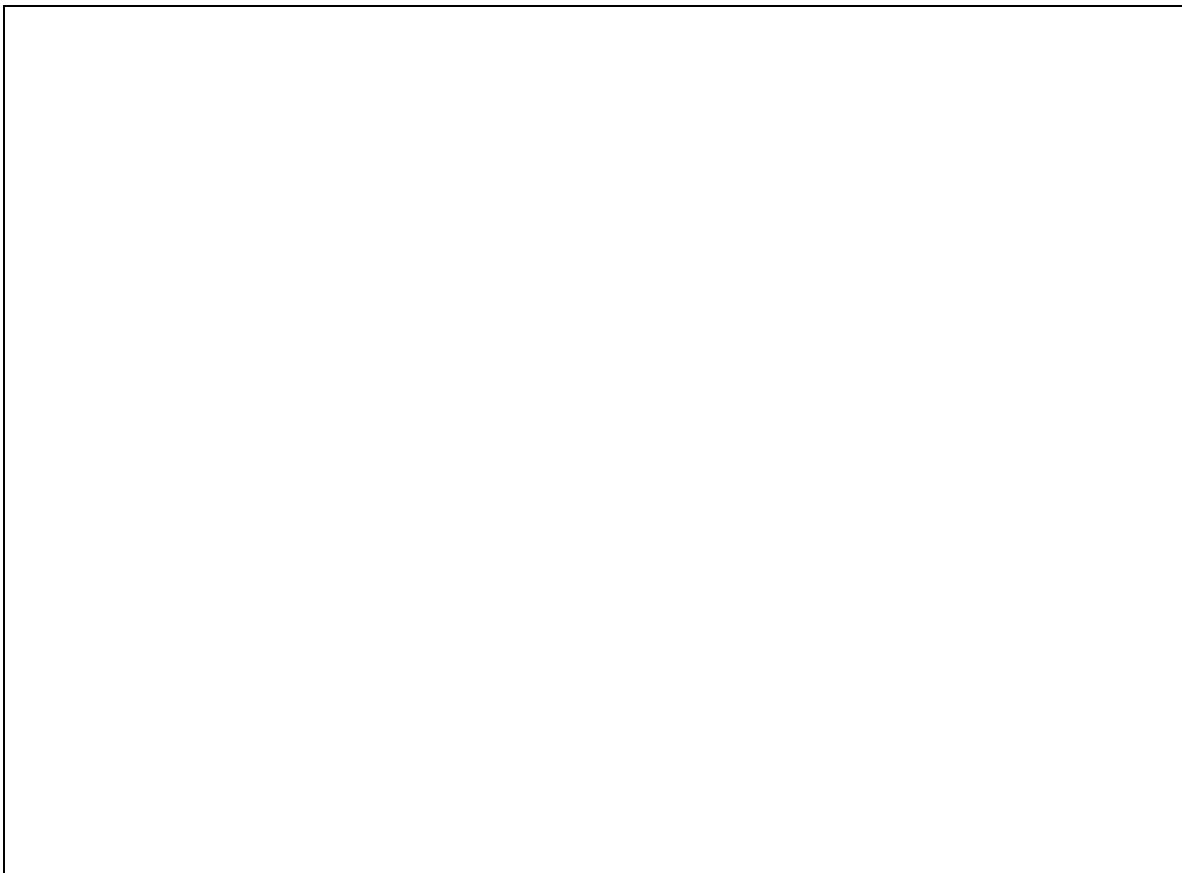
IF YOU HAD \$1,000,000 IN CASH?



HOW DO YOU FEEL ABOUT PLAYING WITH THOSE AMOUNTS OF MONEY?



DO YOU BELIEVE IT'S POSSIBLE FOR YOU? IF NOT, WHY NOT?



FALLING IN LOVE

Reflecting on everything that you have discovered and uncovered, in what ways can you allow yourself to fall in love with money, fall in love with yourself, appreciate money and yourself? How can you build a stronger and more loving relationship with it?

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“THERE IS A DIFFERENCE
BETWEEN WISHING FOR A
THING AND BEING READY TO
RECEIVE IT. NO ONE IS READY
FOR A THING, UNTIL HE
BELIEVES HE CAN ACQUIRE IT, THE
STATE OF MIND MUST BE BELIEF,
NOT MERE HOPE OR WISH.”

Napoleon Hill