

# Money Mastery Immersion



UNCOVER YOUR MONEY STORY

In this playbook, we're going to focus on your money story, narratives, beliefs, fears, and thoughts. Everyone has a money story, including you, so this guide is all about figuring out what yours actually is.

Most likely, your money story was set when you were a child, based on what your community, society and family taught and modeled for you.

So often, when we bring that money story into our adult life, it doesn't serve us. It isn't supportive of what we require and it becomes a source of restriction, limitation and excuses. It's exactly like we are running on an old outdated operating system.

We're also going to look at your thoughts and words about money, and how they may be keeping you locked into financial restriction.

Our thoughts, beliefs and feeling state create our reality. You are literally the creatrix (like what I did there) of your external experience. Your external experience simply and only reflects your internal state. Which is a powerful level of awareness to acquire and integrate. You are constantly and always creating your reality, all we are going to do is start shifting your internal state, thoughts, beliefs and feelings to consciously align with what you require and desire.

In this playbook, we're going to evaluate how you talk to yourself and money and your ability to create and receive it.


Today, let's uncover the money monsters that have been holding you back and keeping you stuck in financial struggle.

Let's do this thing!  
Blessings and love,

*Alexandra*

## INTENTION

Intentions are essential to creating results you desire in your business and life. So what is your main desired outcome for this week's work? Write an open, raw, honest and loving letter to yourself. No editing allowed ;-)

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## YOUR PAST

Your current financial experience will give you an idea of your past thinking.  
A lack of money is simply an indicator of what is going on inside on you.

If you feel unhappy, restricted, limited, disappointed, uncomfortable and disappointed with the number in your bank account/s, let's uncover what has been creating this experience of limitation, and lacking the money you require and desire.

Please note darling, that isn't about making yourself wrong, or judging yourself. This is simply shining your light of awareness of what has been an unconscious way of Being and creating. You haven't, up until this point, been aware of a better way.

This week, it's now your time to open your eyes and heart to a new way of Being, thinking, living and viewing money.

## YOUR WEALTH BLUEPRINT

Most people's wealth blueprint is set to generating thousands, not millions of dollars; some people's wealth blueprint is for generating hundreds, not even thousands; and some people's are set to below zero.

The reality is most people don't tap into their fullest potential. Most people choose mediocrity, rather than their greatness.

Most people choose limitation rather than abundance.

Most people go throughout their lives unconsciously creating.

They are asleep at the wheel. They think and work on a superficial level – based only on what they can see.

Most of us put our attention on the results, what is occurring outside of ourselves, we focus on the creation itself. But what is it that creates the actual results? It's the person (creatix) and the creative process that creates the results.

It's what is within that create what is without. It's the invisible that creates the visible. It's the intangible that creates the tangible.

Many people think that just by making more money, it will shift their wealth blueprint, but that is not the case. Money is never the problem – it is an indicator of what is going on within – fear, worry, insecurity, who-am-I-it-is, limiting beliefs, doubt.

For example, when we are broke, we fear we won't ever be able to make money or have enough. When we do make money, we fear losing it or going back to a place of not having enough. That's why it's so important to uncover the story that you are operating under and creating from. Your money story.

## COMMON MONEY STORY

Here are a few common negative stories. Simply see if any of these resonate with you. If they don't then there is no need to spend any more time with them or on them.

I'm bad with money.

I can't save.

I never have enough.

I can't make enough.

I feel guilty and ashamed for my debt.

I won't be loved or accepted if I have more money.

Desiring more money is greedy.

In order to make money I have to work really hard, because success is hard to achieve.

I'm bad at paying off debt.

I always have to evaluate every purchase.

I can always get it cheaper.

Money doesn't grow on trees.

Living within my means is the best way to live.

Wealthy people are assholes.

Rich people are fat.

Only skinny people can be rich.

I never have enough money for what I desire.

I'm not deserving of my desires.

Life is too expensive.

I have expensive taste so I need to marry a rich partner.

I'm selfish if I put my desires first.

Money flows into myself and then all of it flows out again.

Money comes from men (this was a big one for me).

Money comes in and then something happens and I lose it again.

My family and friends will reject me if I have money.

Other people will just want me for my money.


I can't be trusted with money.

Money ruins relationships.

## YOUR MONEY STORY

Let's go deeper and get more specific by taking a look at the thoughts that pertain to you as a successful woman and to your Divine vision and desires.

What do you think and feel are your current money stories?

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Describe your current relationship with money.

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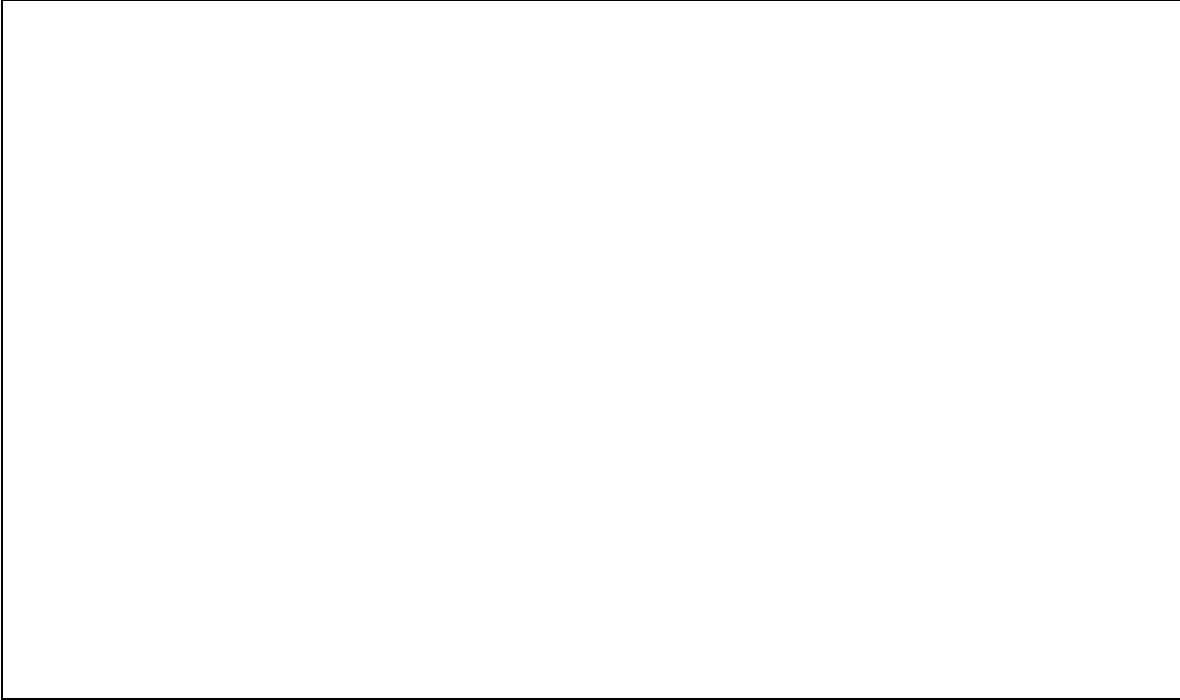
What did you learn from watching your family?



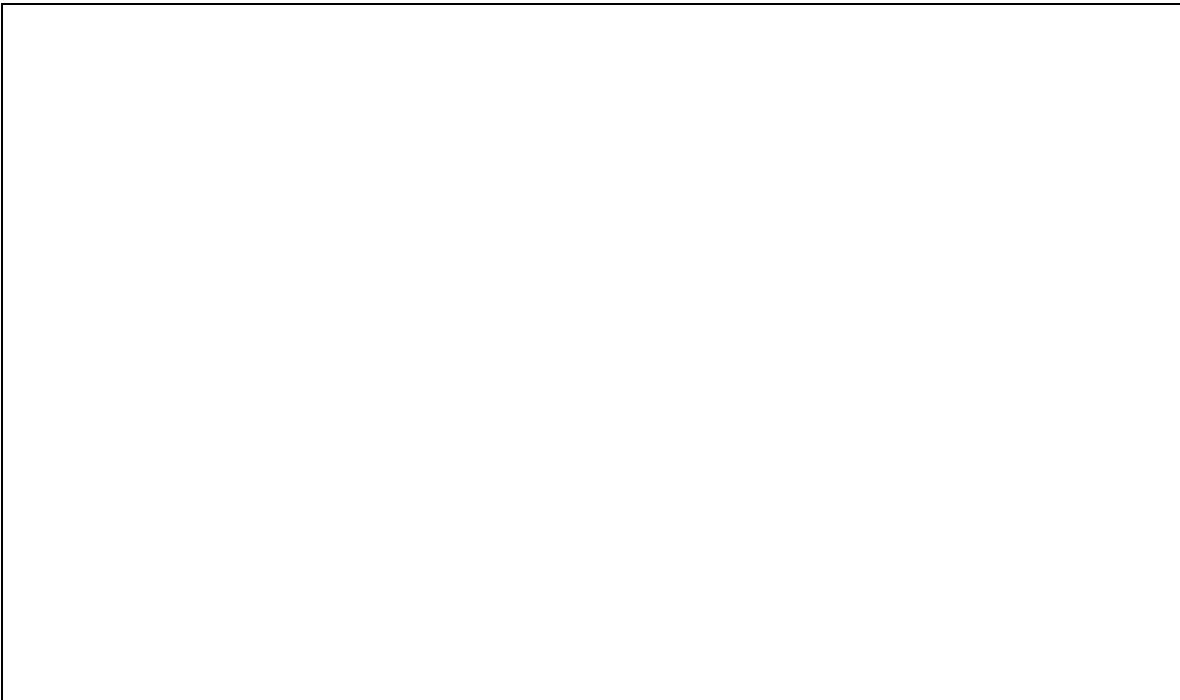
What did your family actually tell you about money? (Note: not talking about money tells you something too.)



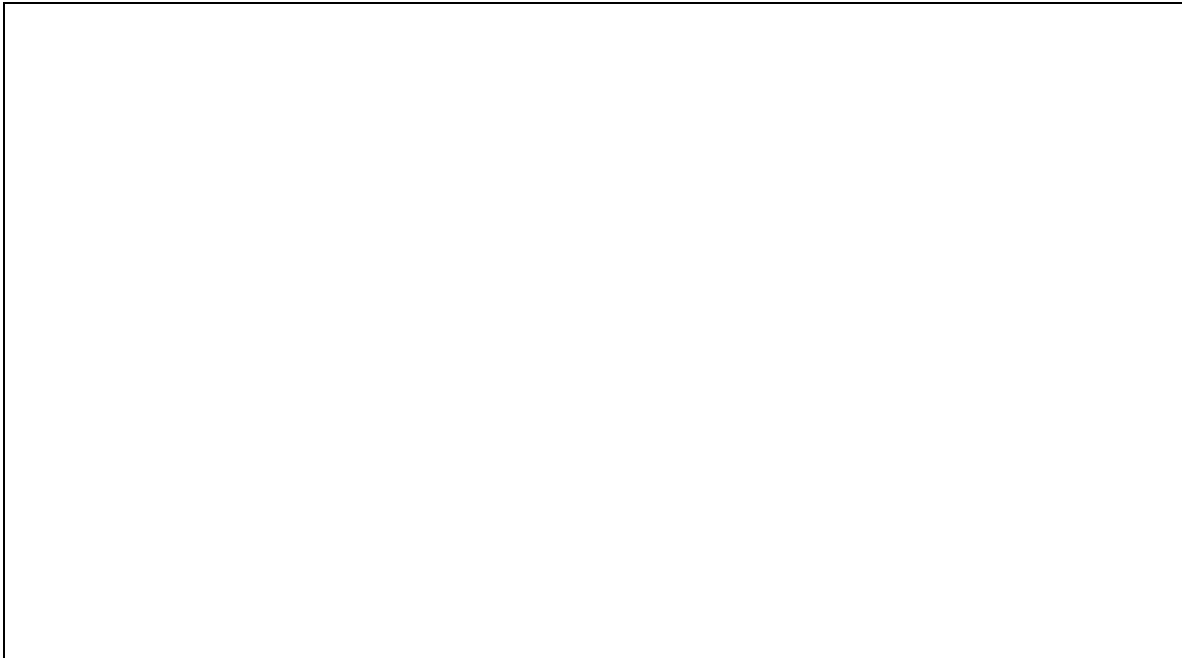
What is your earliest experience/memory around money?

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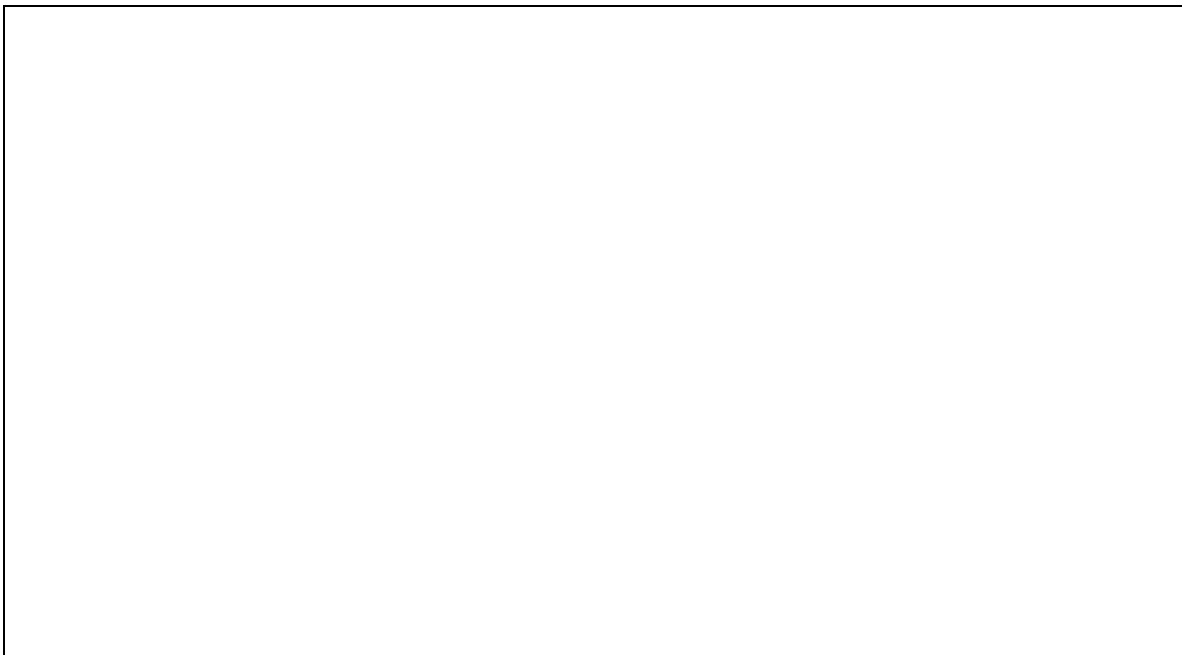
What did you think or believe about money as a child?

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What was your thoughts and belief about money as a teenager and young adult?



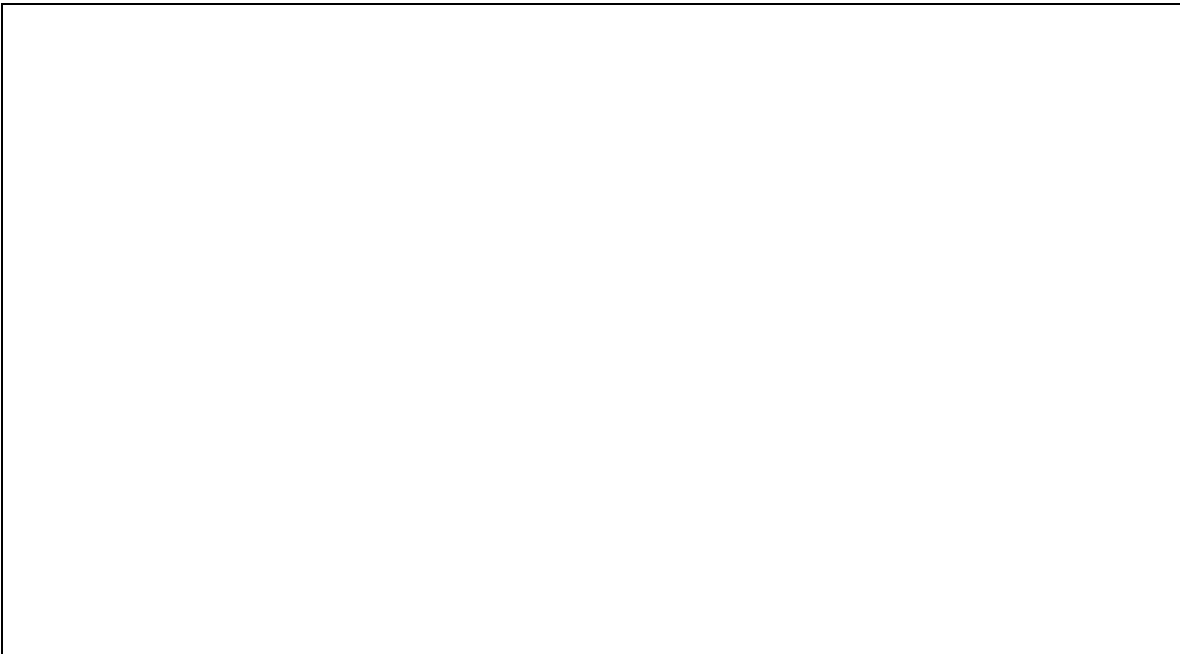
Was there a point in time that money became more negative or more of a struggle for you?



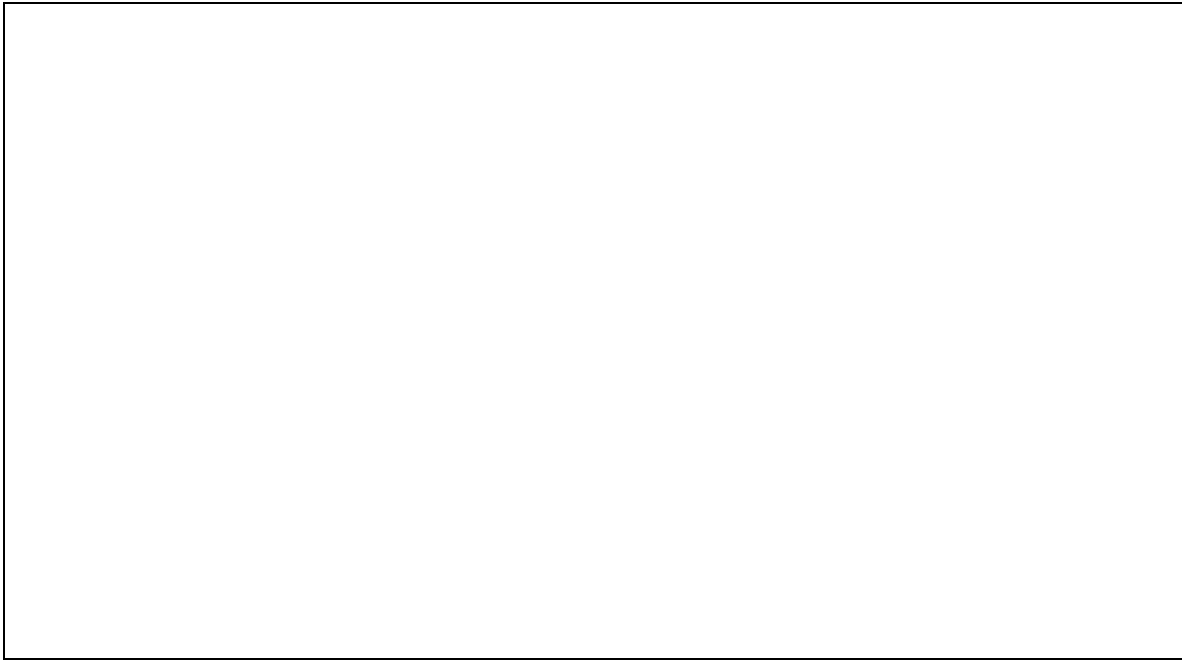
How do you feel about this new level of awareness?



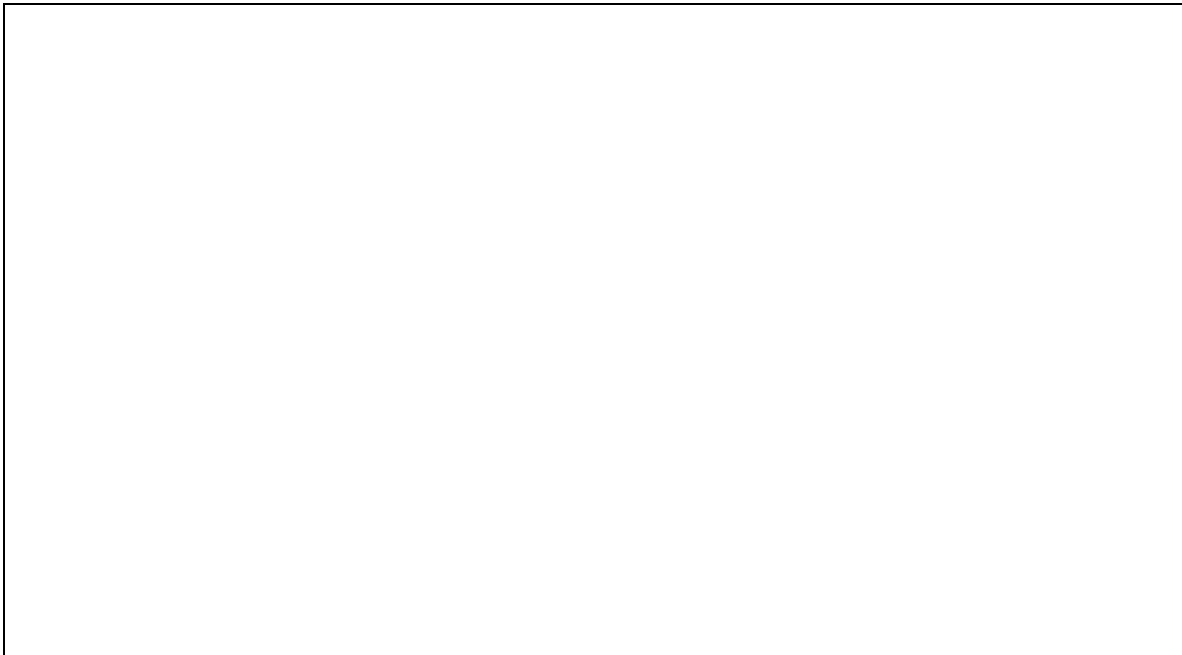
Without thinking to much, when you hear the work MONEY, what other words or emotions come to mind straight away?  
Why do think that is?



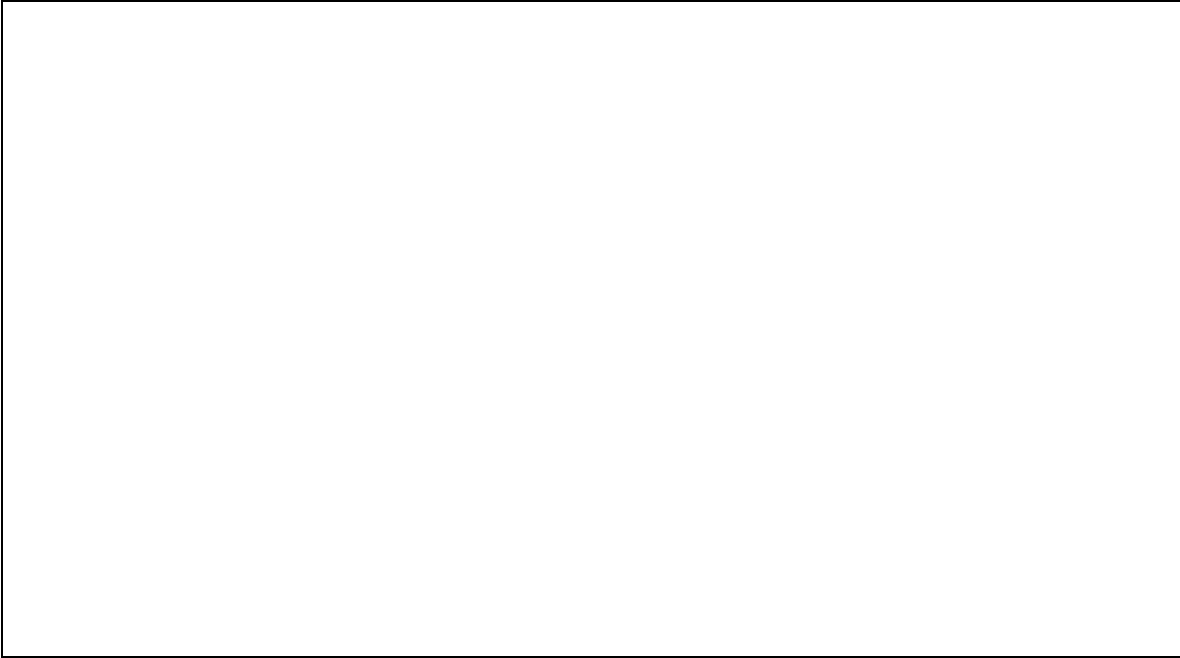
What words and/or phrases do you use to describe money to yourself and others on a daily or weekly basis? How do you talk about or refer to money?



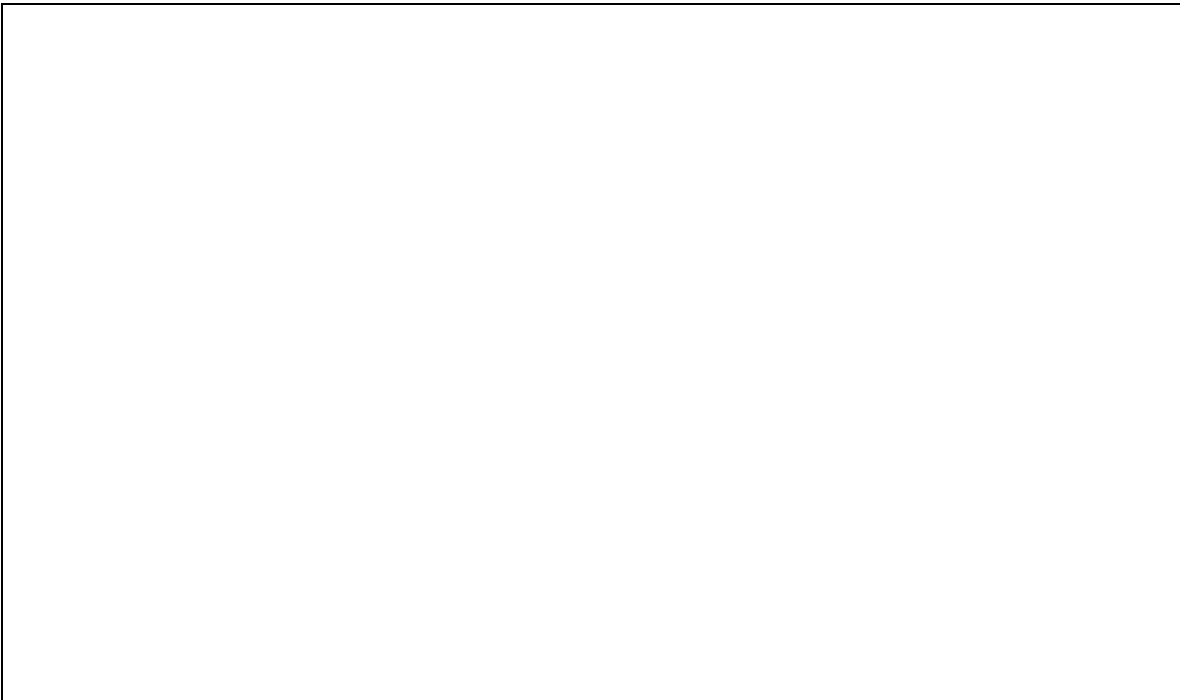
What has been your best experience with money? How long ago was that?  
How often do you think about that experience?



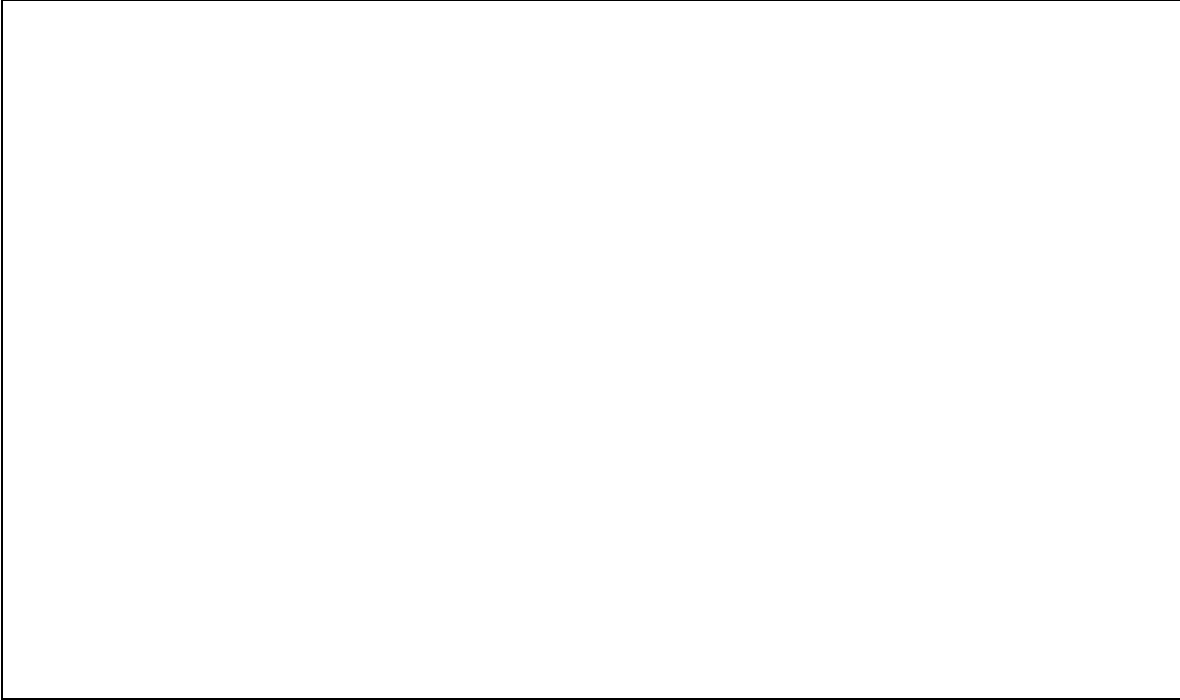
What has been your worst experience with money? When was that? How often do you think about that experience?



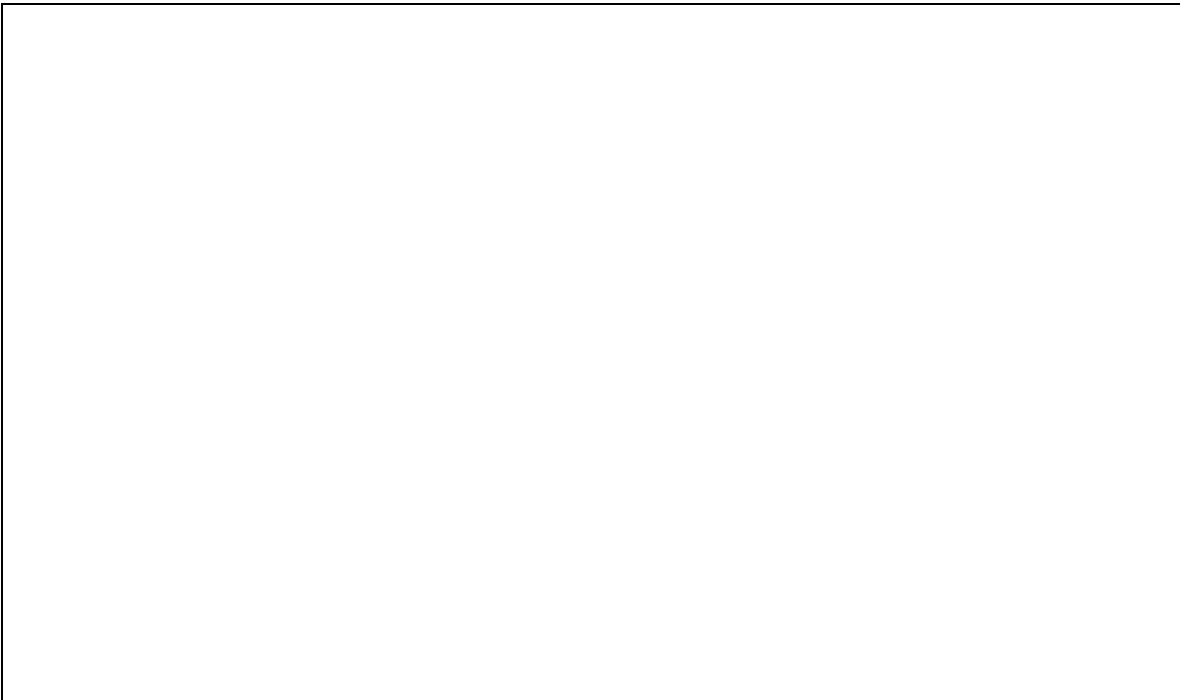
What is the biggest pain when it comes to money and your finances?



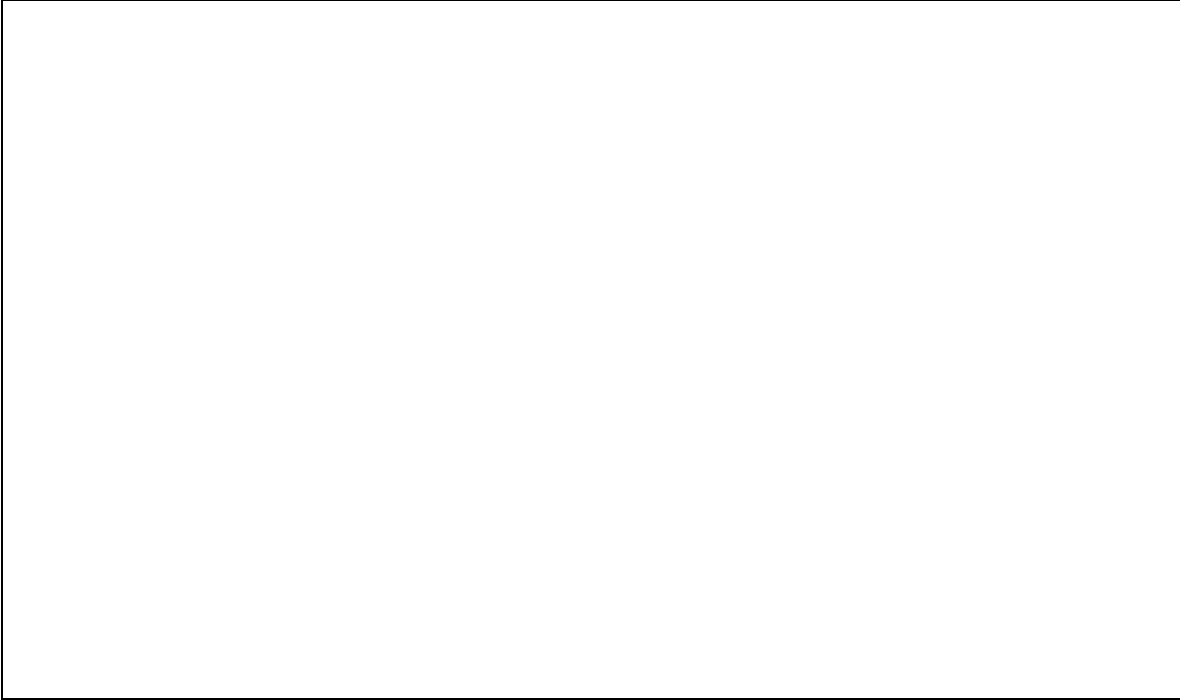
What and who do you associate money with?

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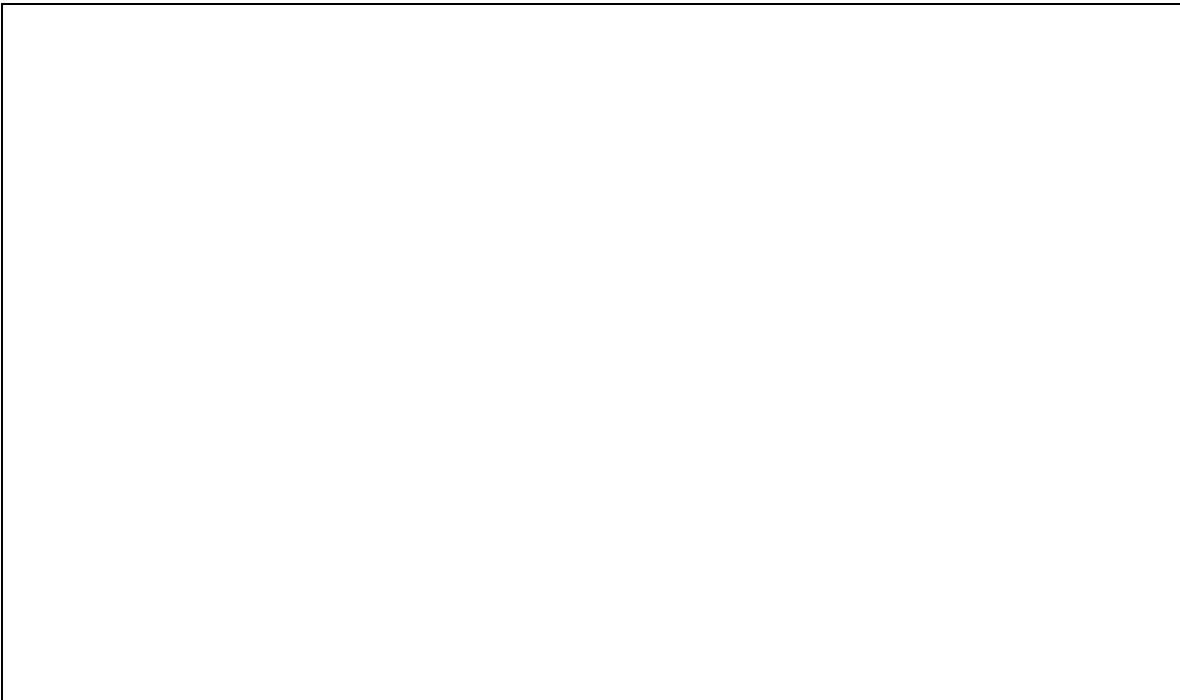
What's your #1 money frustration?

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How often is that frustration on your mind?

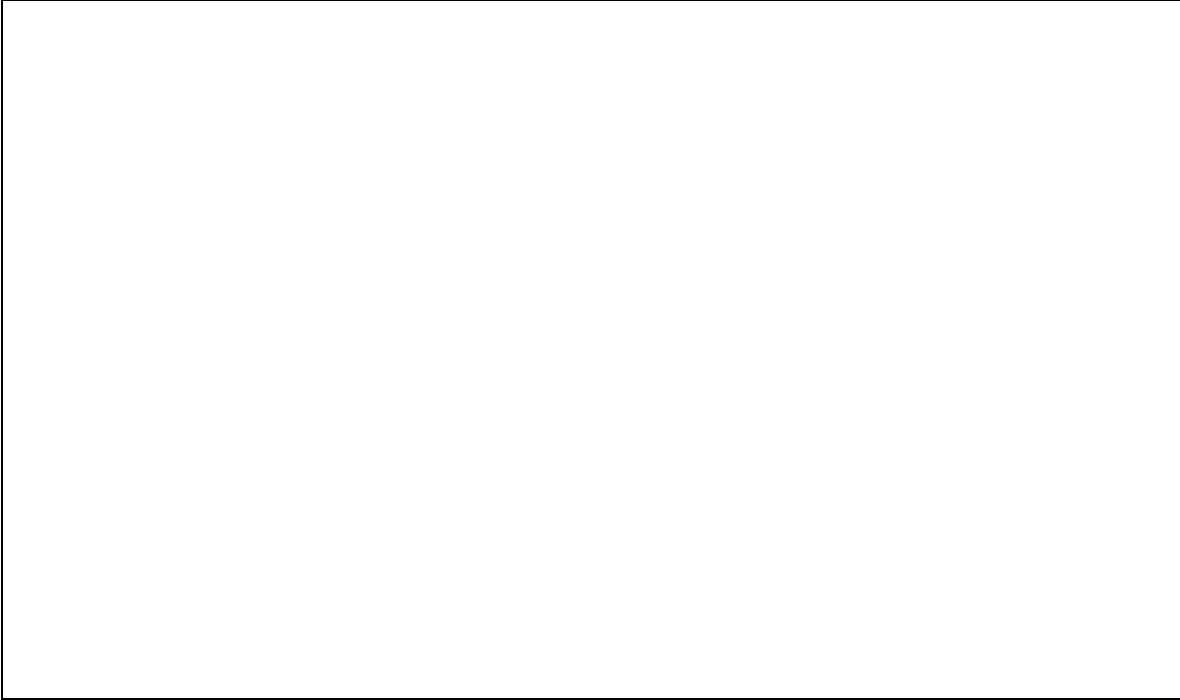


How often do you think about money?

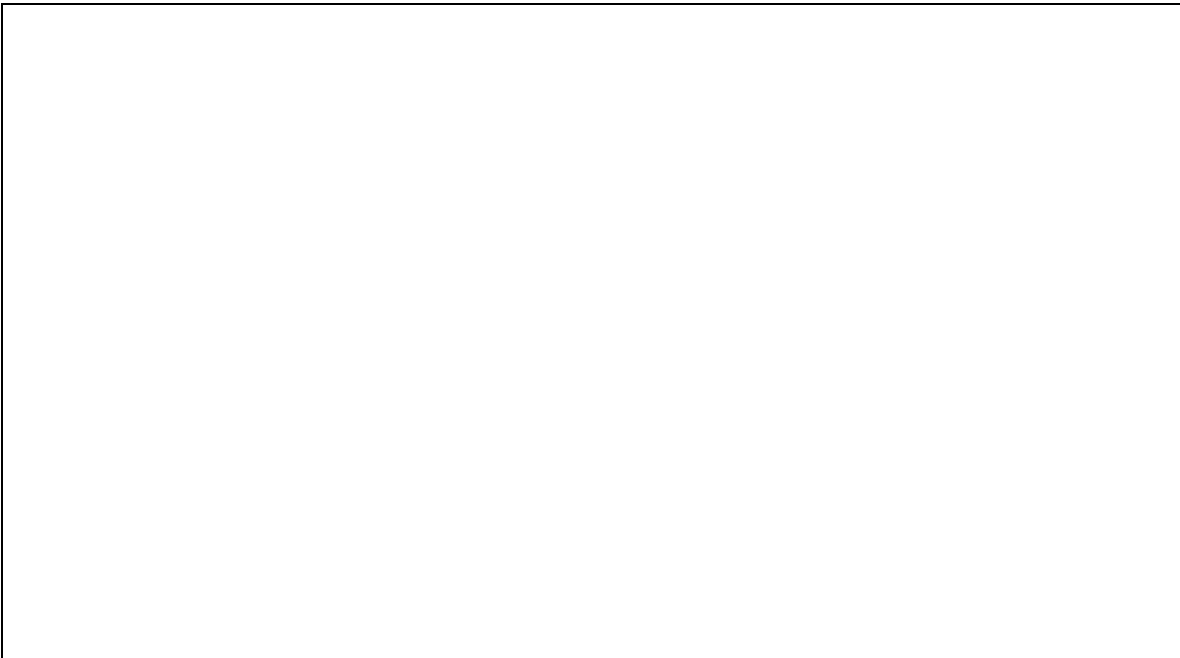




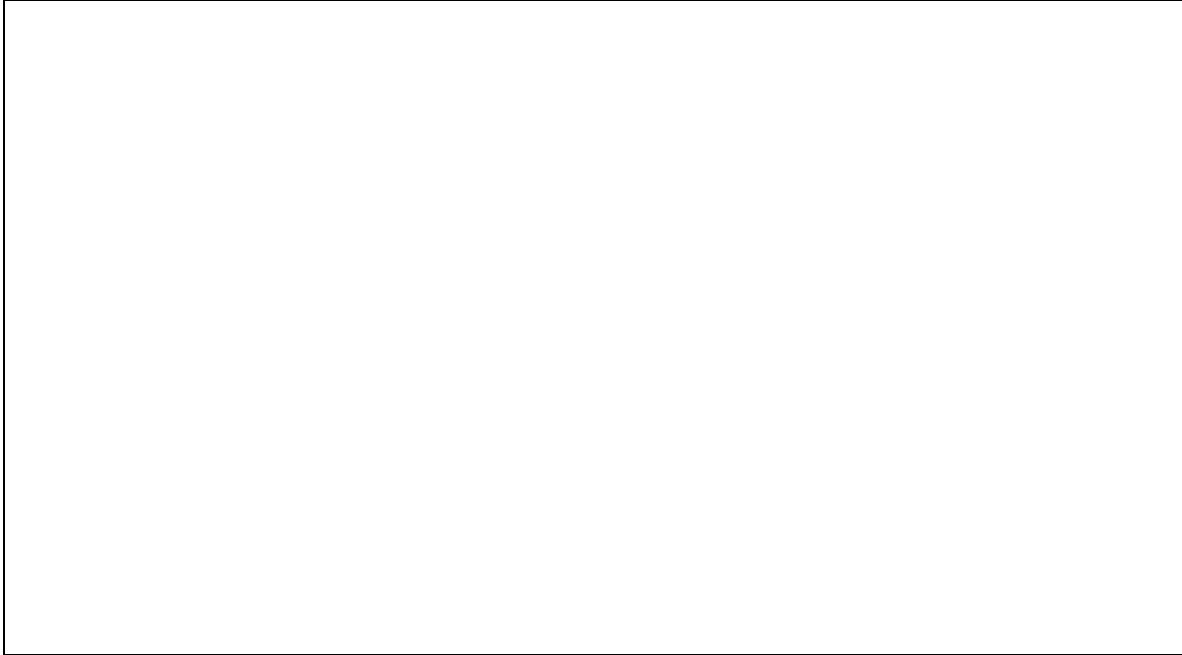
What do you dislike spending money on?



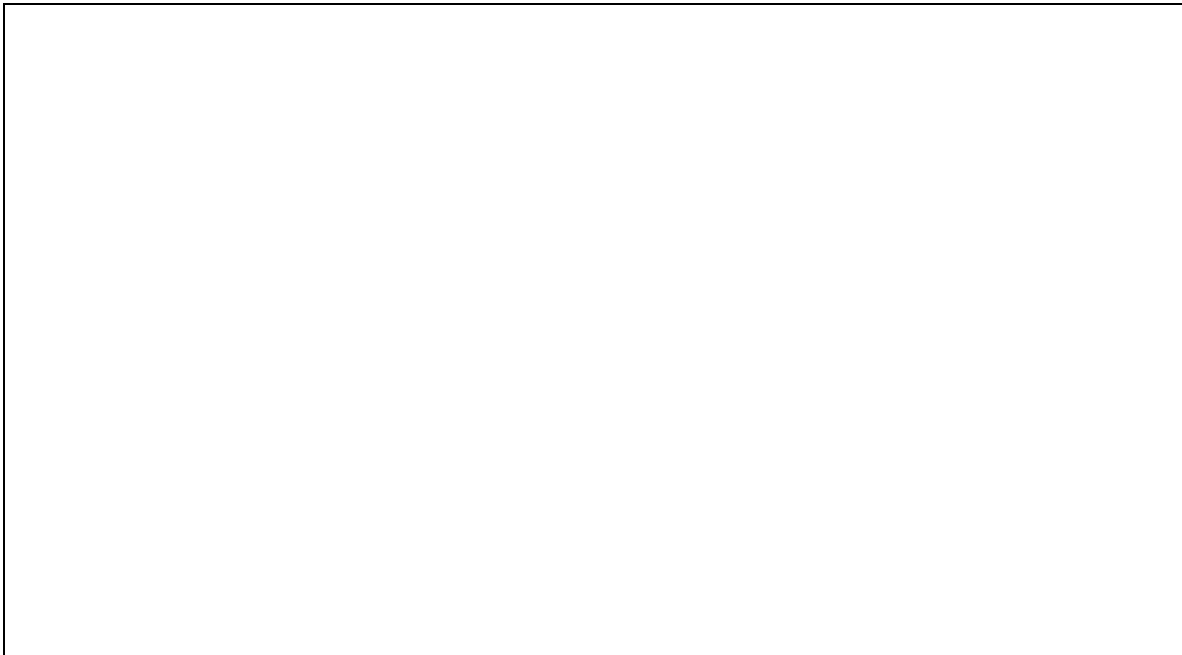
What do you love spending money on?



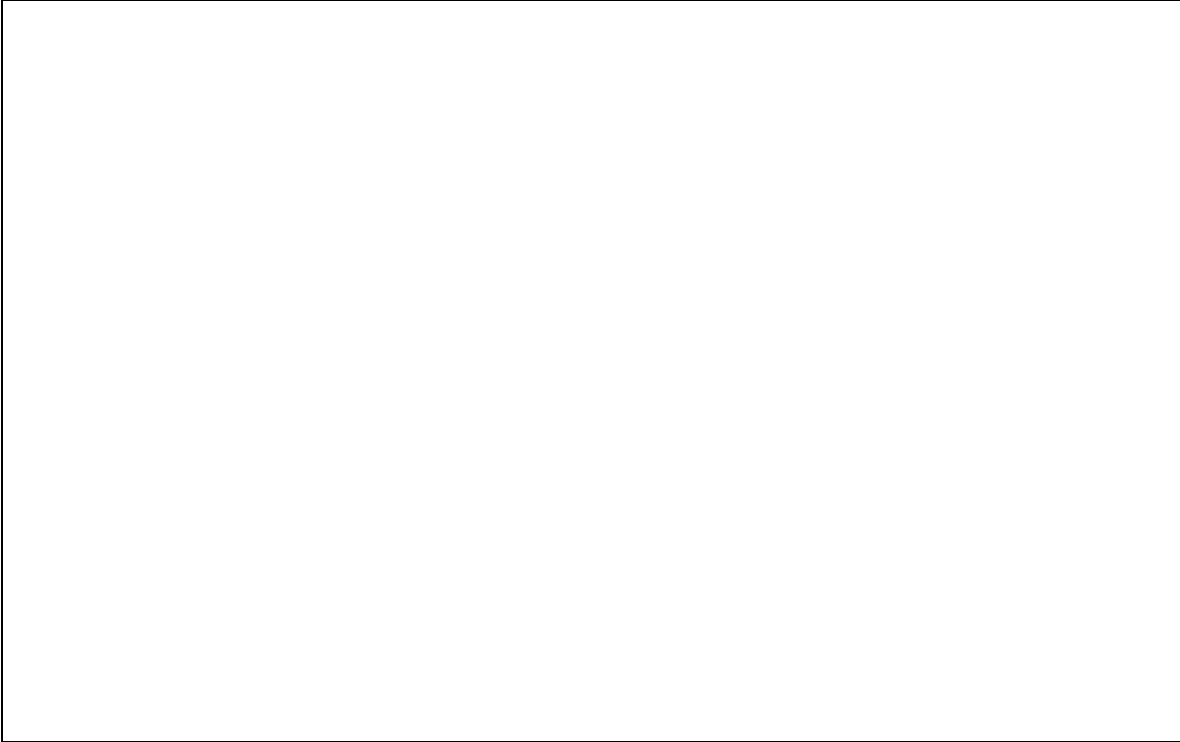
If money were a person in your life, what would that person be like, how would they treat you, how would you treat them, and how strong would that relationship be?



How do you feel about your answer above?



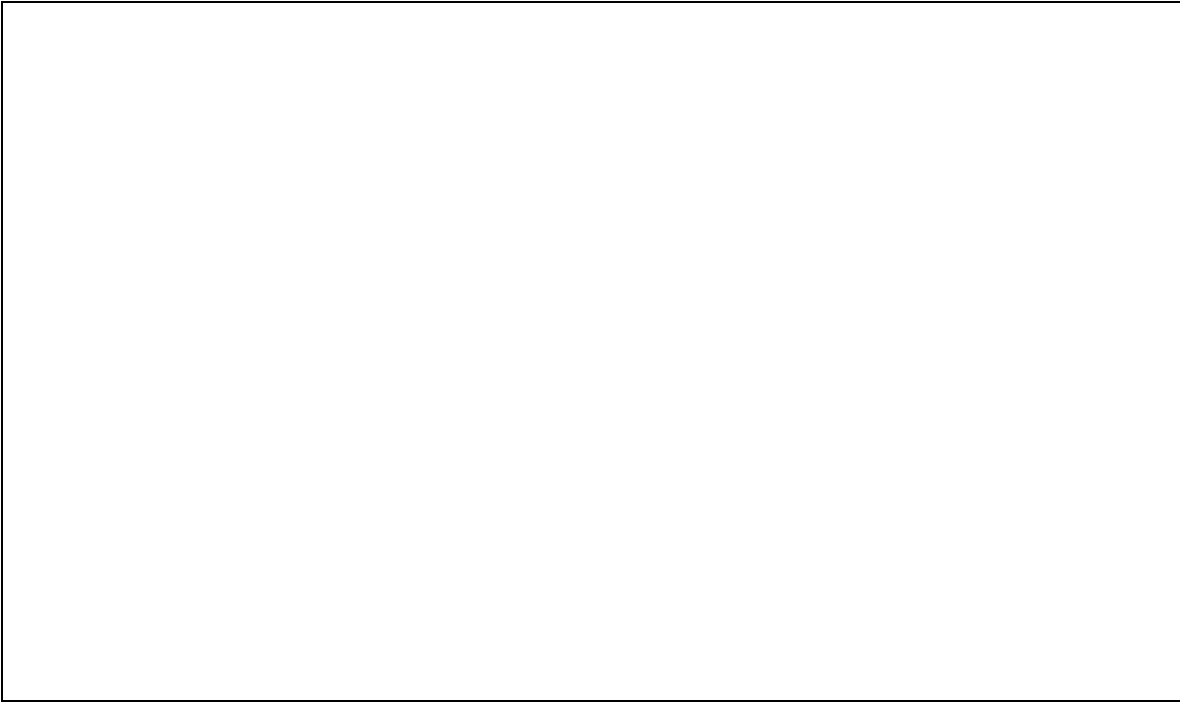
Describe your doubts and stresses around money.

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What feelings or sensations do you feel in your body when you think about money?

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In what ways do you beat yourself up regarding money?

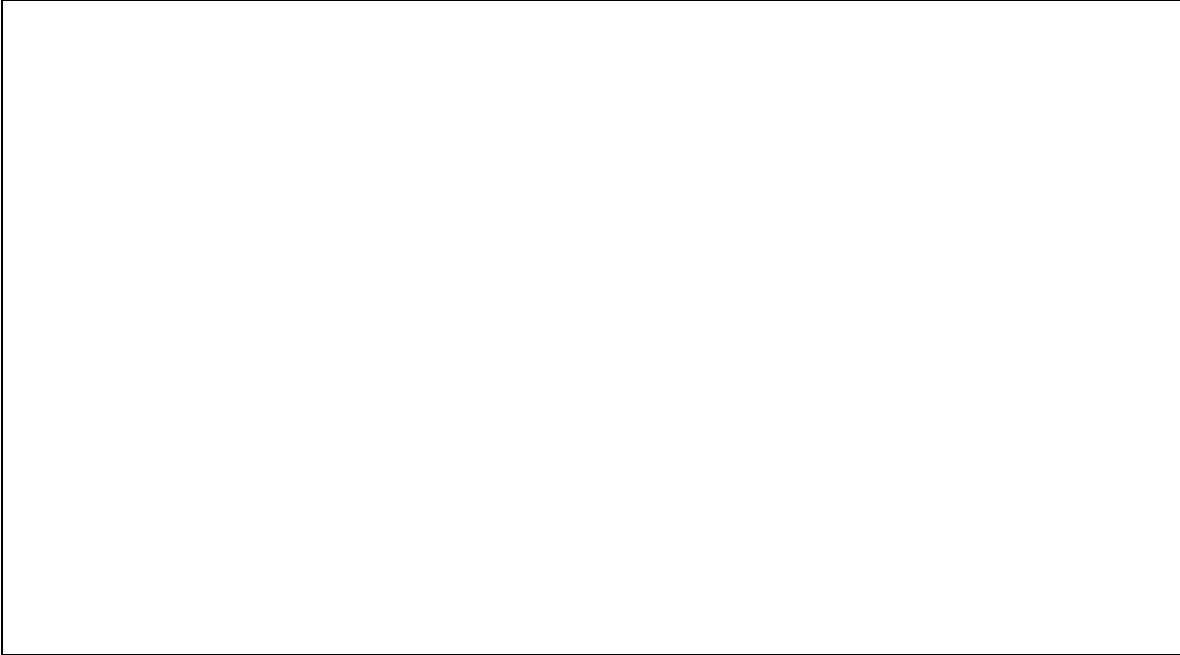
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What have you not forgiven yourself for in terms of money and finances?

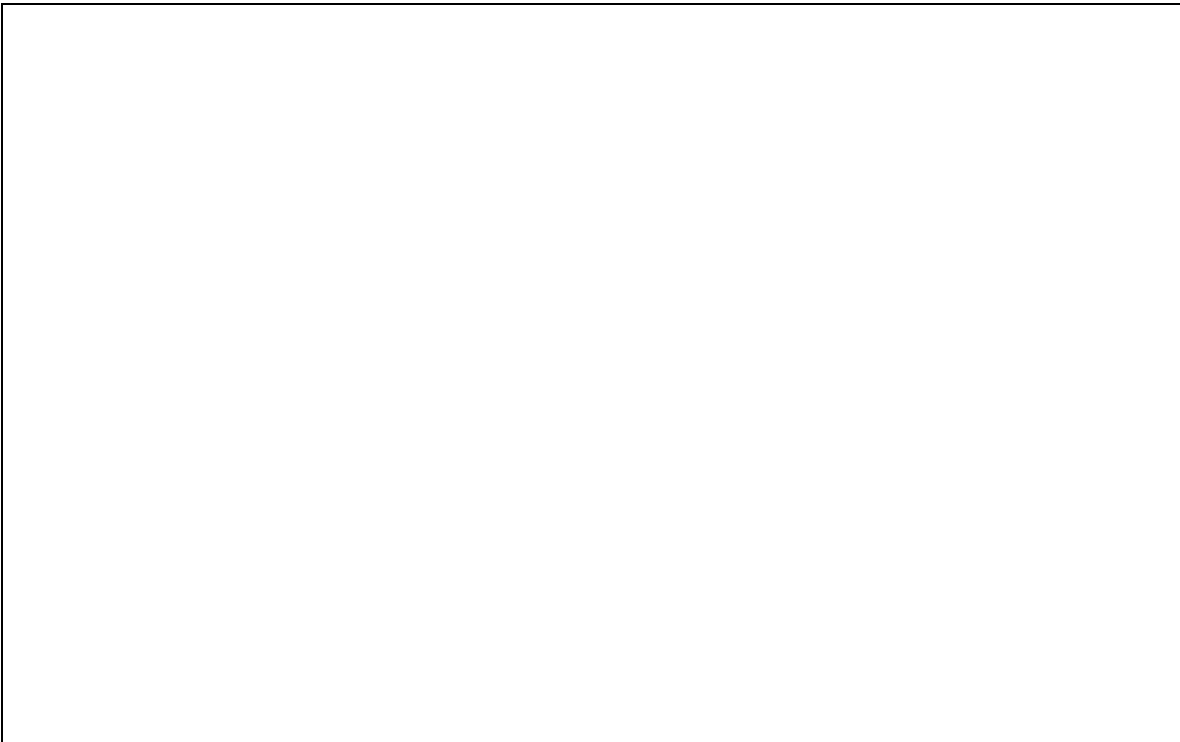
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## MONEY BELIEFS

What is your core belief about money?



What do you believe about your ability to be wealthy?



What are you telling yourself about your ability to make/create money?

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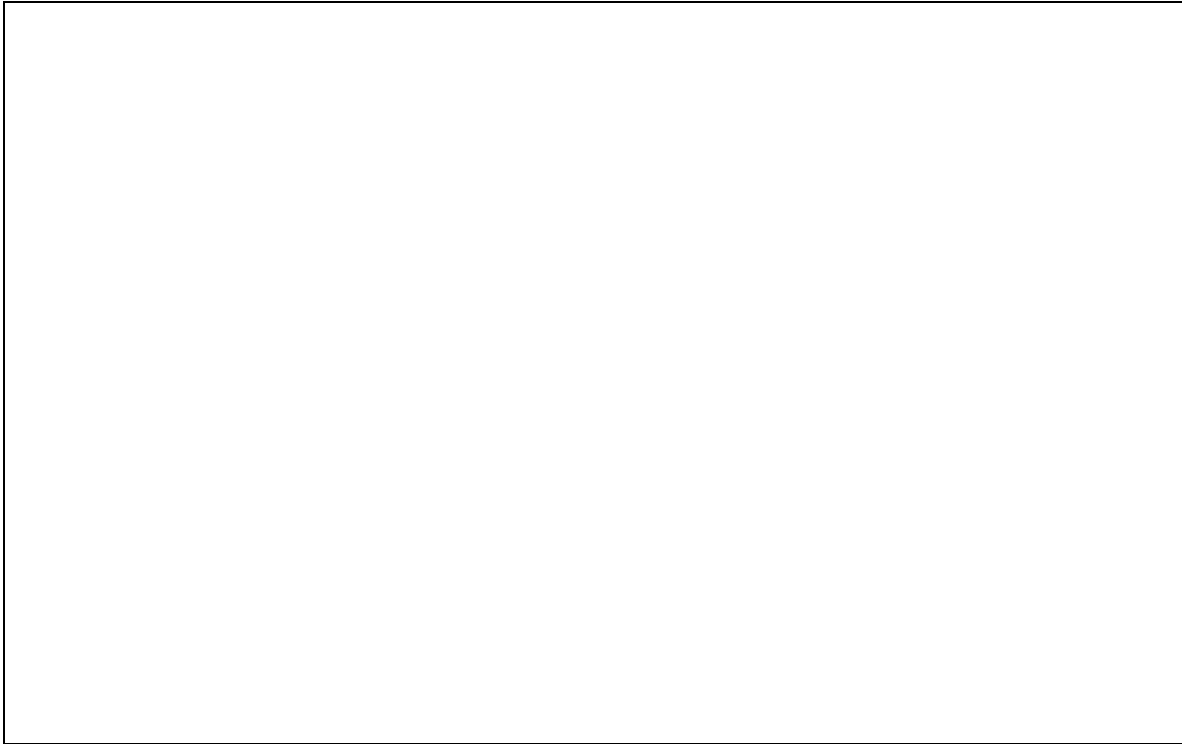
What do you think and believe about people who have 'a lot' of money?

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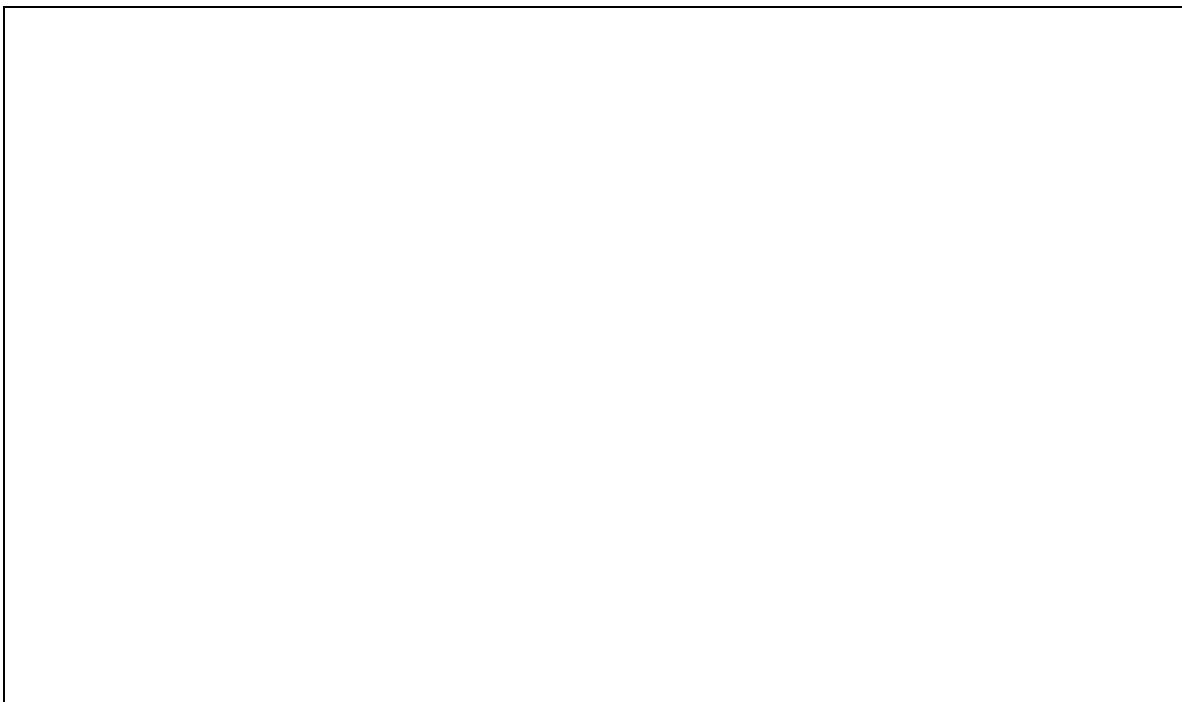
What is 'a lot' of money to you?

Where does that belief about rich people come from?

What do you believe about poor and middle class people?

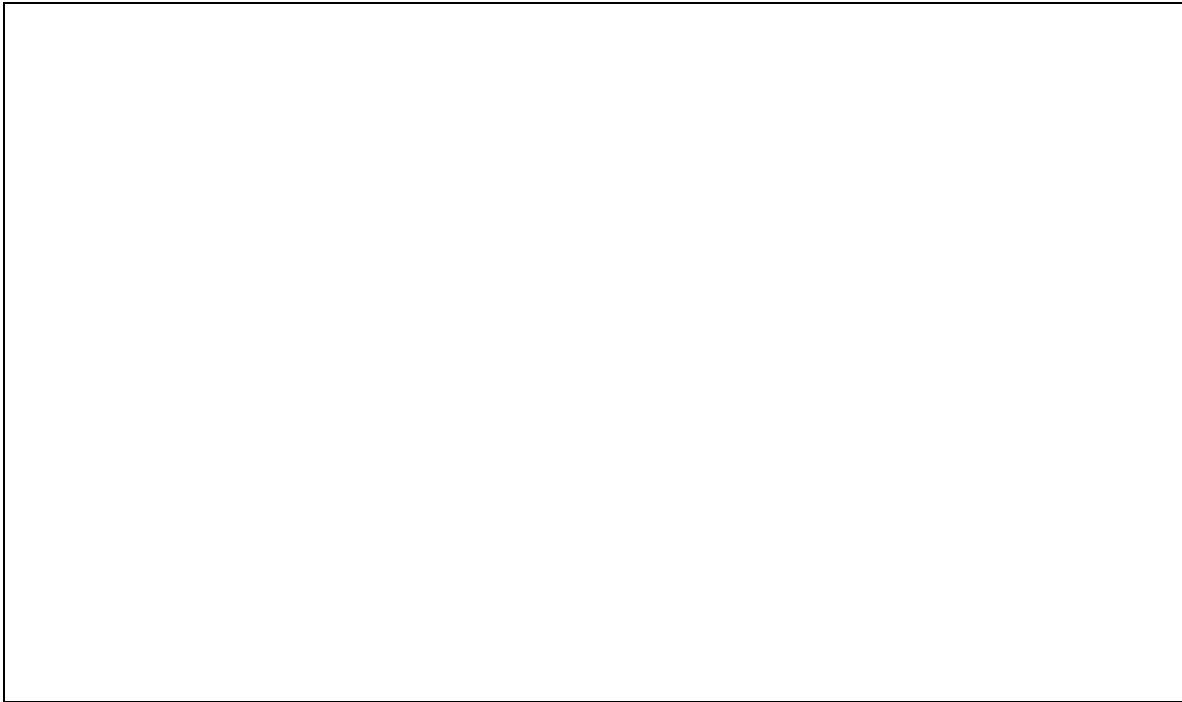


What are your thoughts and beliefs about investing in you, your business and your desires?

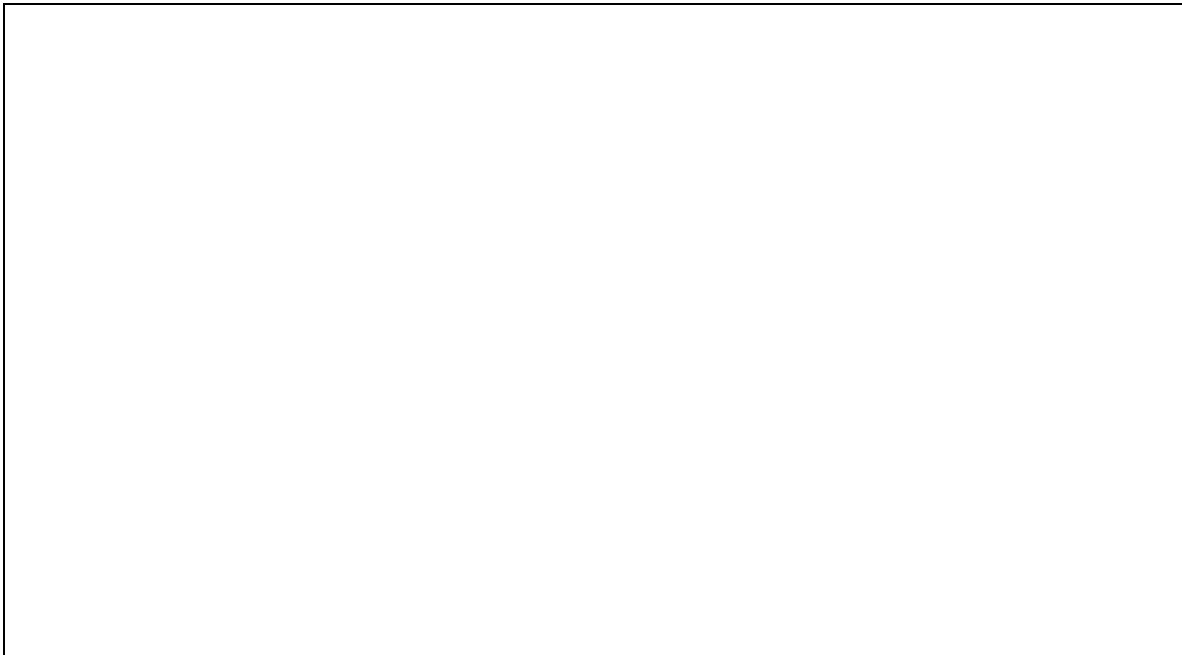




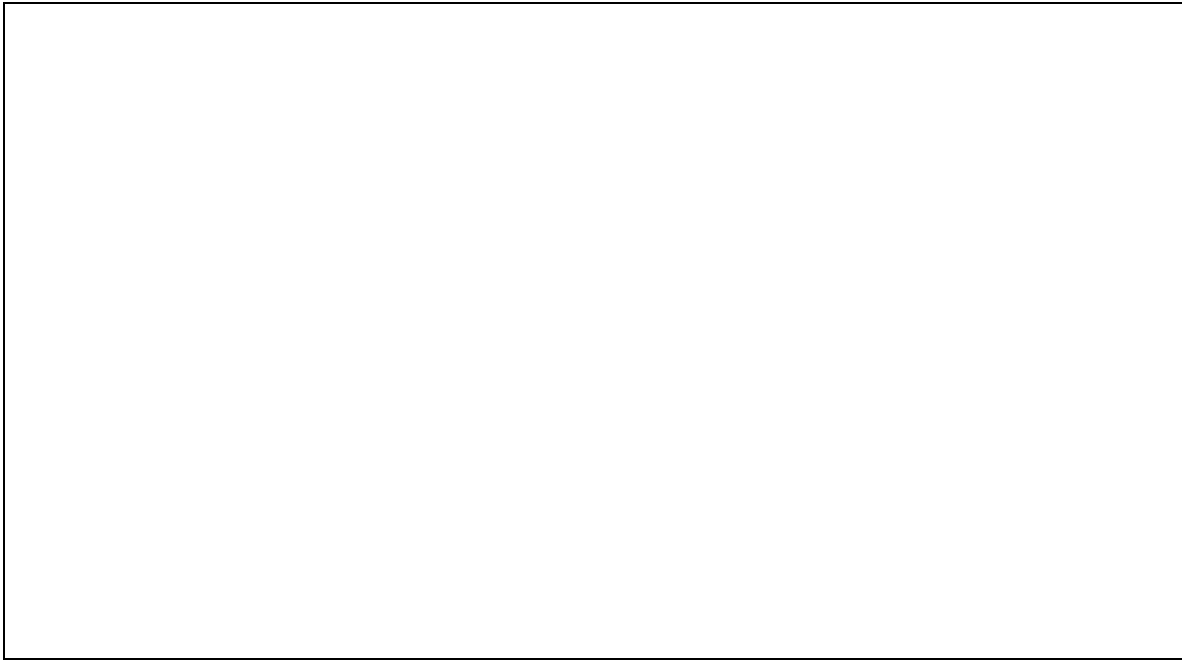
What are your beliefs around credit cards and debt? Where and who did you get that from?



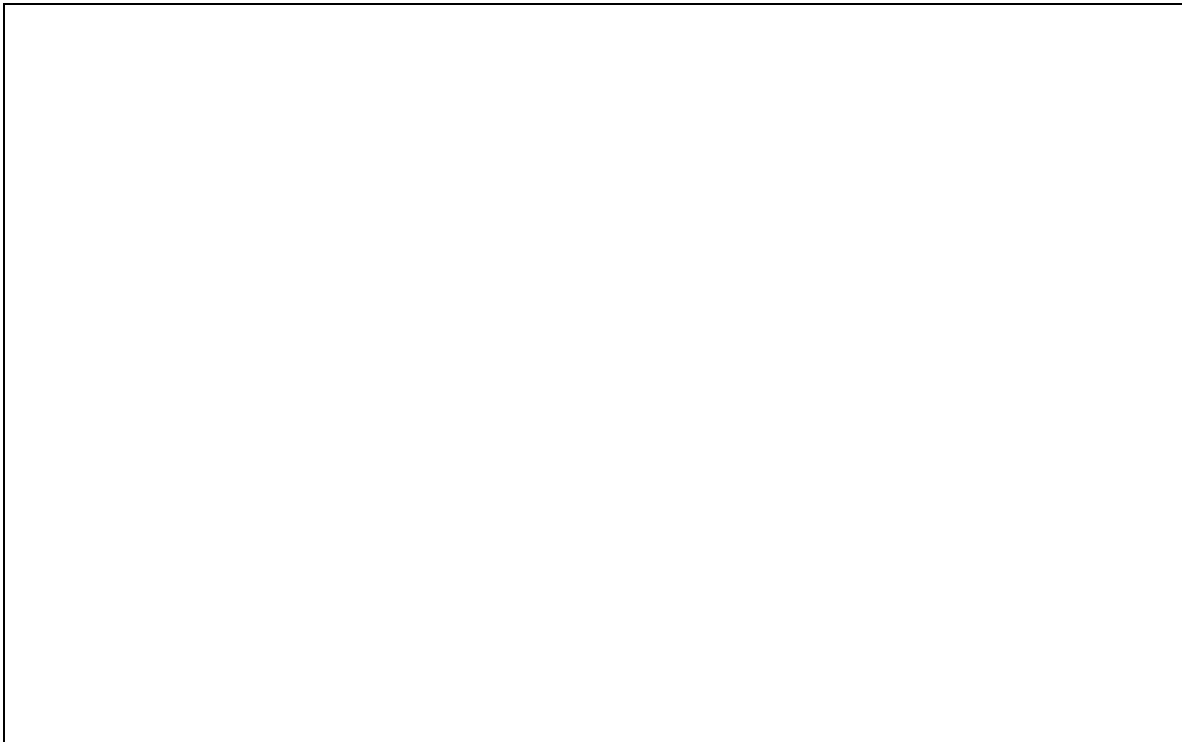
Do you believe that having more money makes things easier or more complicated?



Do you believe that you have the potential to earn as much money as you require and desire? If not, why not? If so, why so?



Do you believe that be of service to others means you shouldn't make a lot of money?

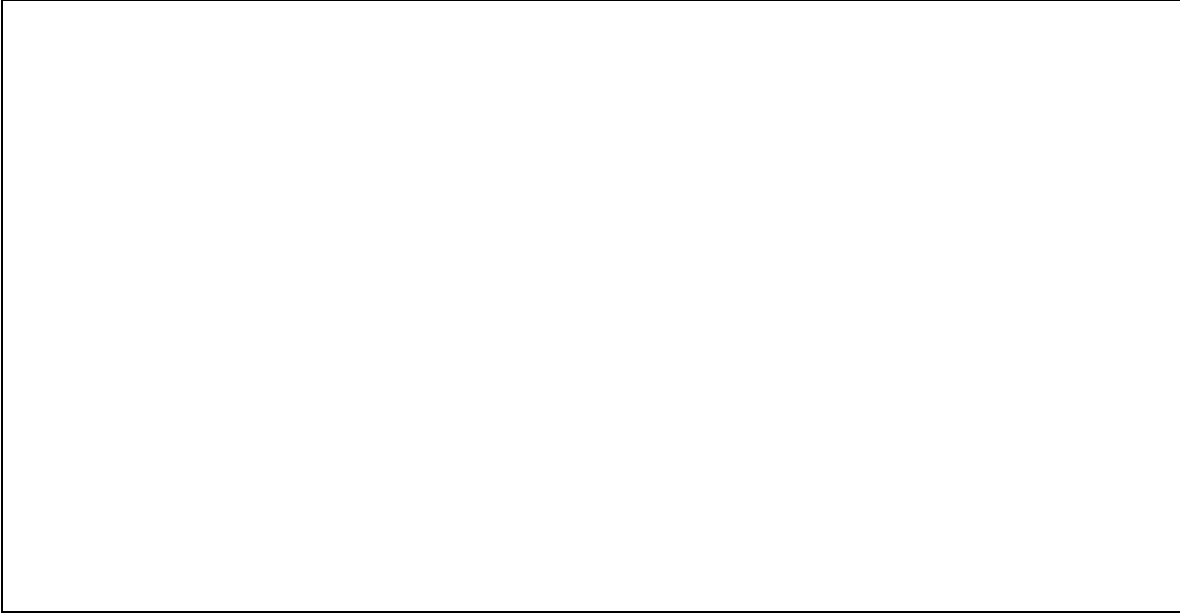


Where do you believe that money comes from?

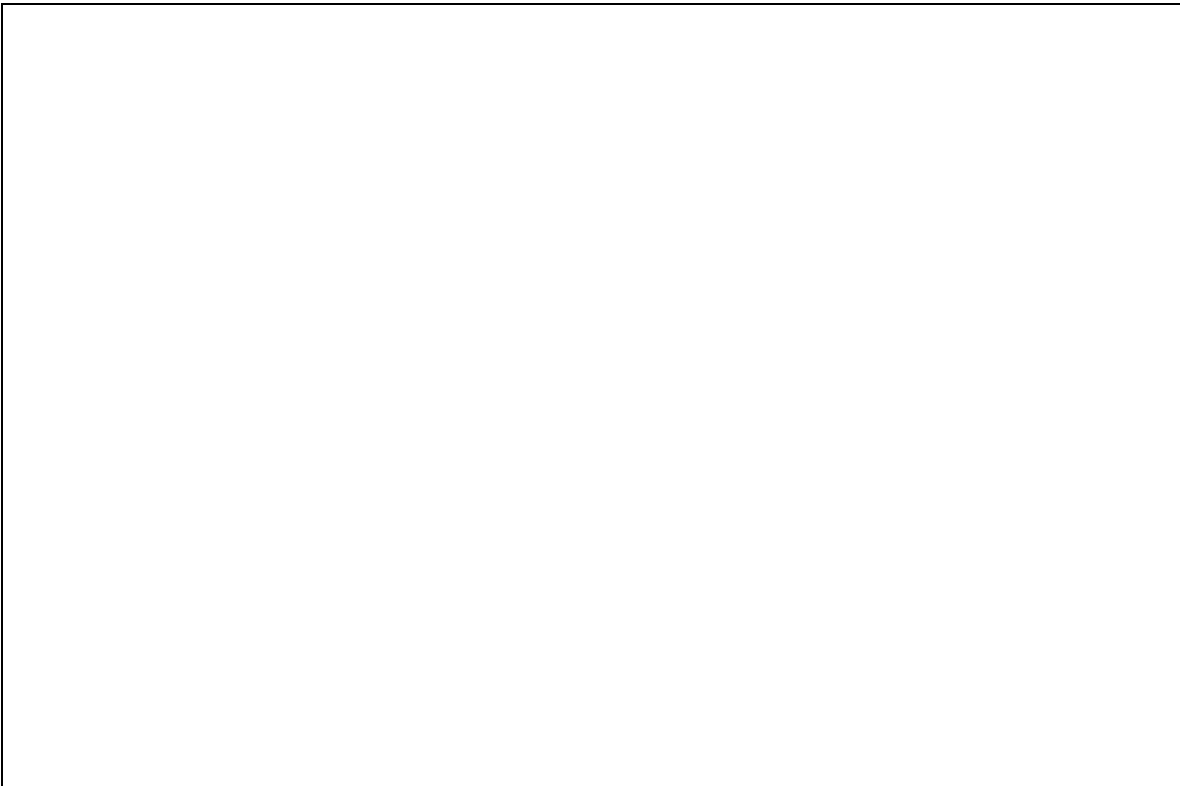
Do you believe that you deserve to charge at least what you paid for this course today or one day in the future?

## MONEY FEARS AND WORRIES

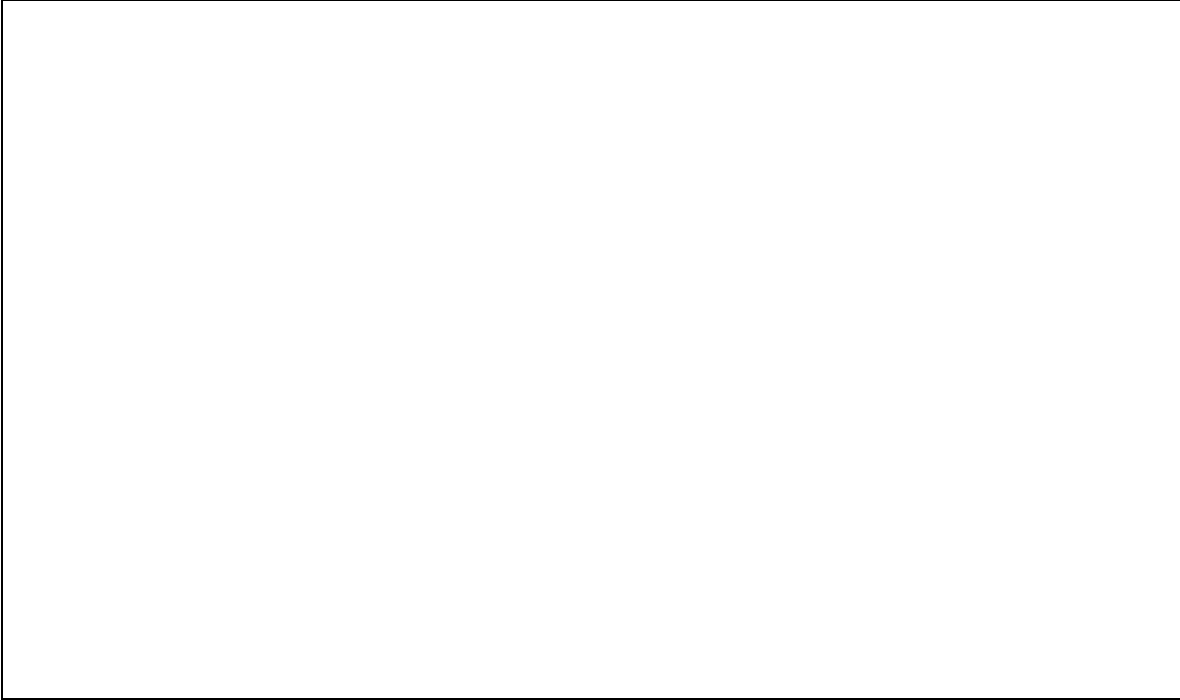
What are your core fears about money?



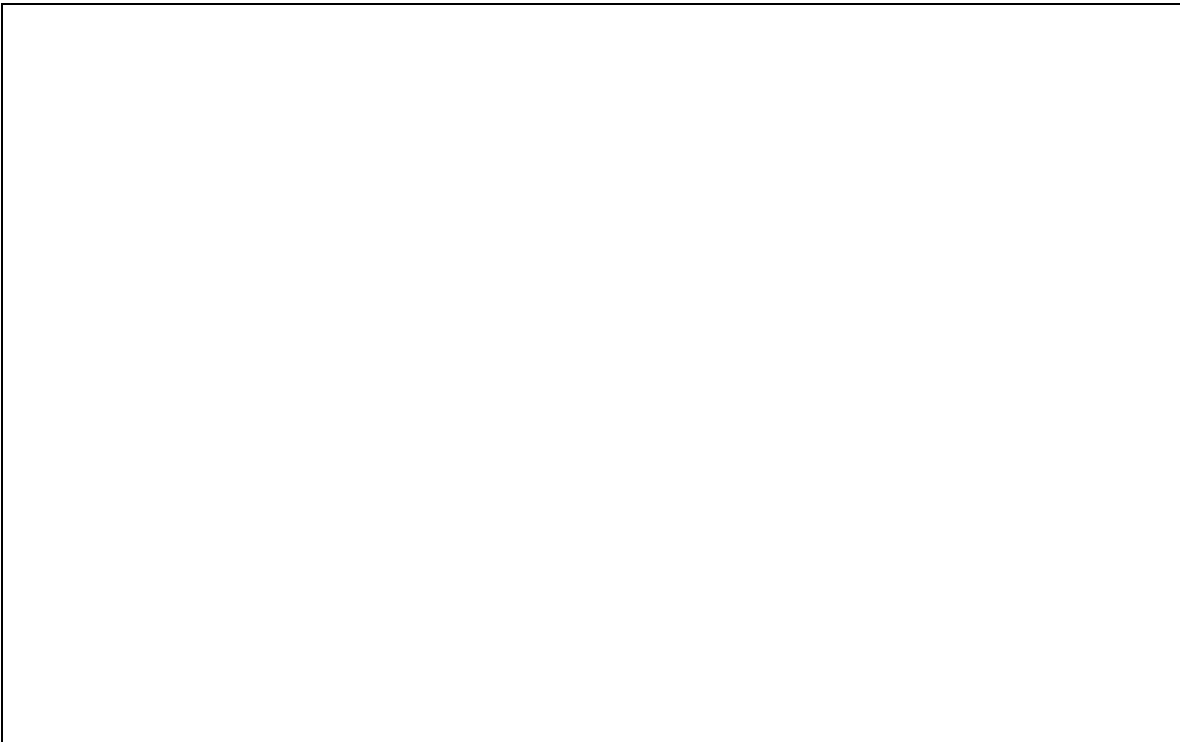
What scares you about money?



Where you think those fears come from?



How could those fears be blocking you, keeping you in limitation, and resistance to receiving money and being successful?



Are those fears based in reality?

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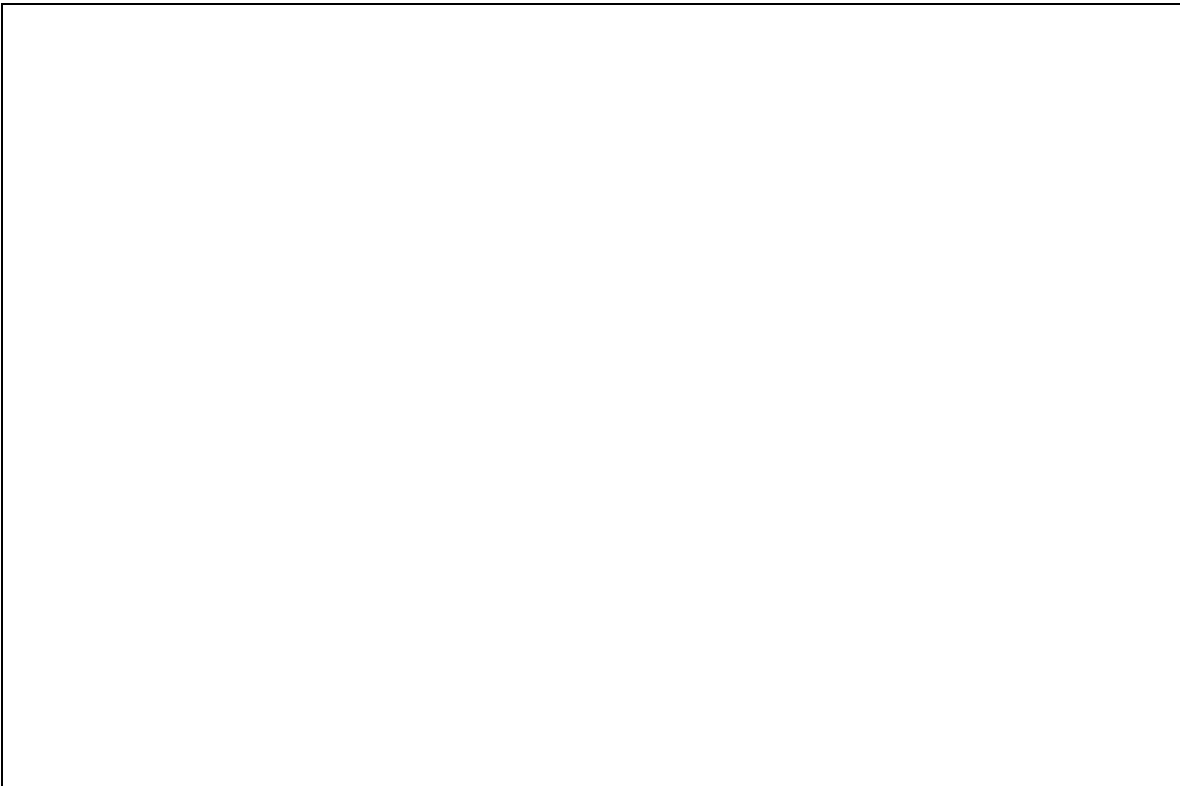
How do those fear affect you daily?

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What are your worries about money?

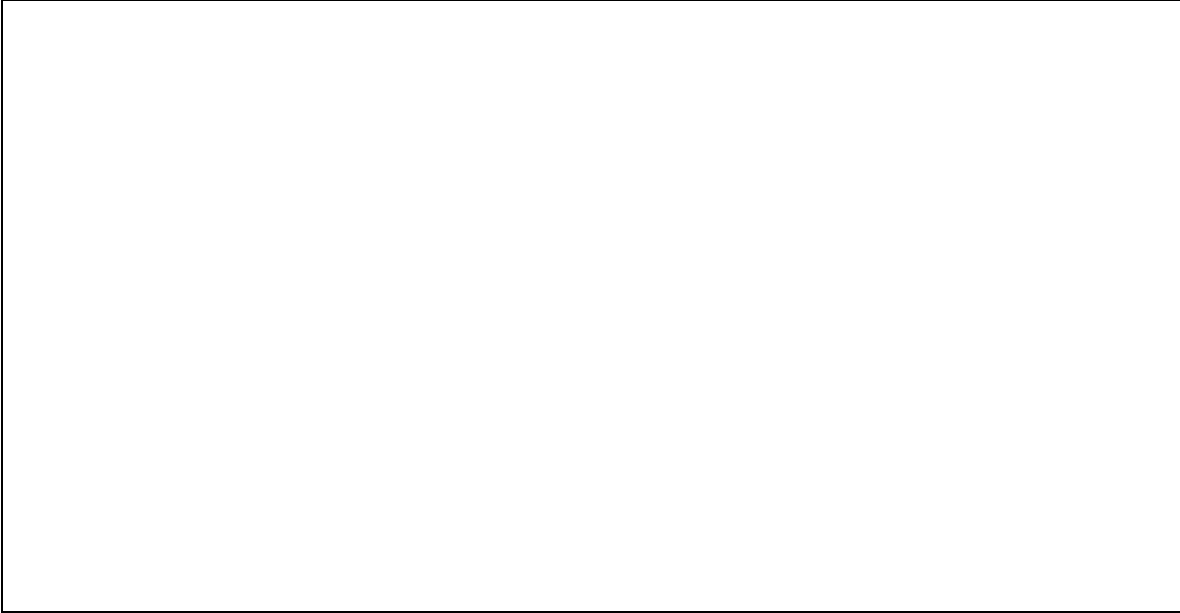


How much time and energy do you spend worrying about money?  
How does this affect you daily?



CHEAP (ICK)

How are you being cheap with yourself?

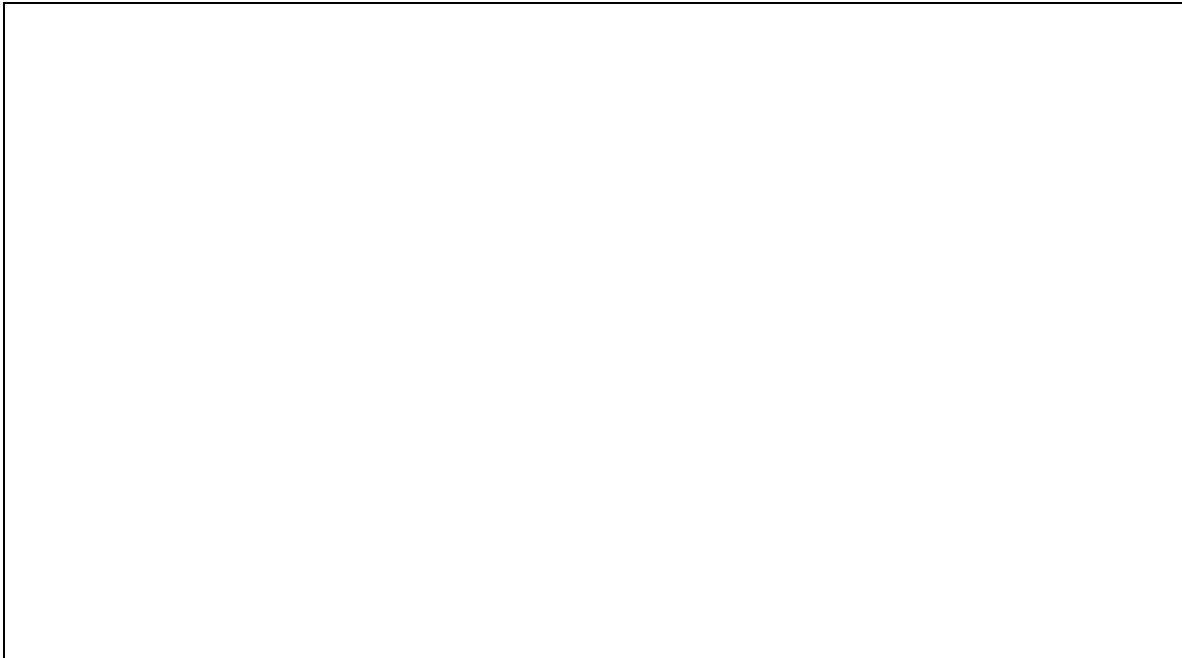
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What desires are you dismissing, putting off, or denying yourself because your thoughts around money?

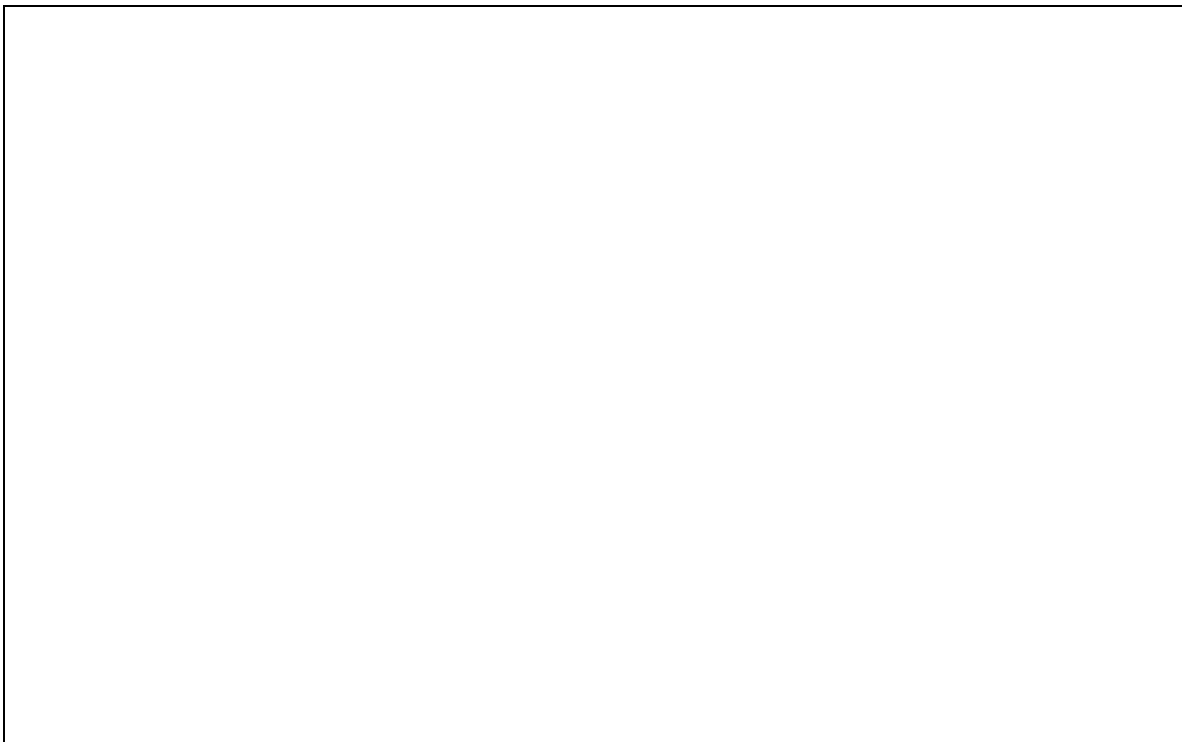
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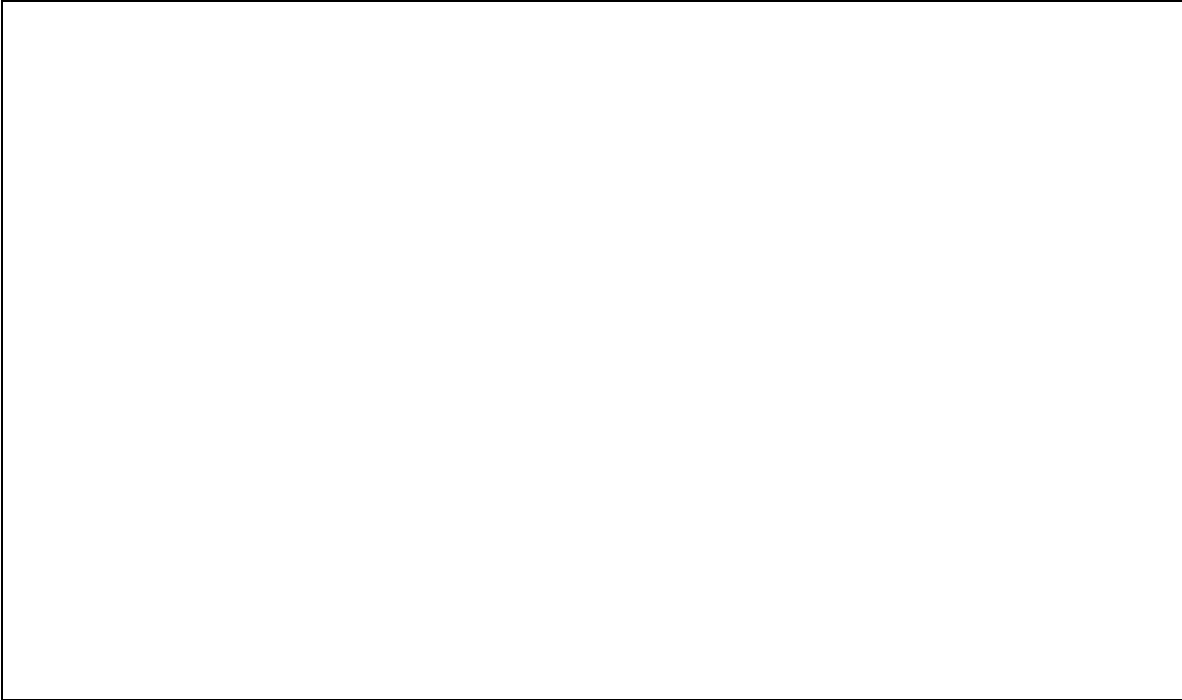
Where are you blocking money from coming into your experience by being cheap?



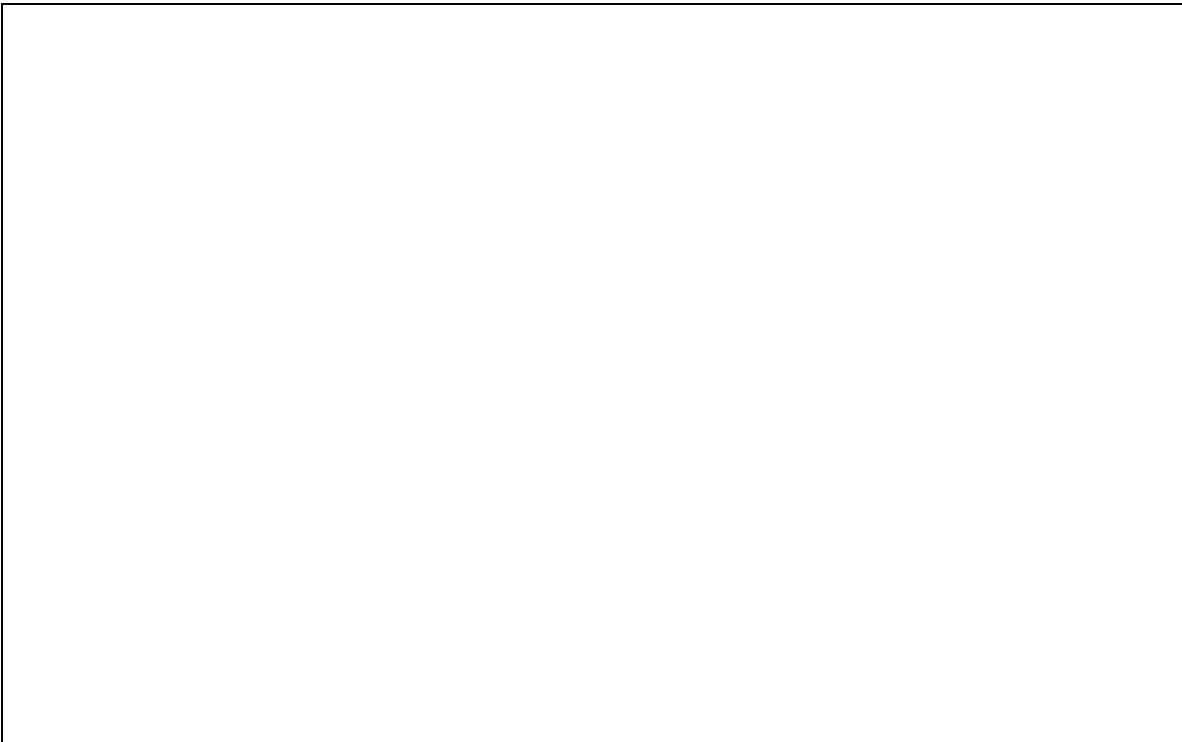
How are you playing small with the life and business you really desire and know you are meant for?



In what ways could you stop playing small today, and start playing from an expanding place? What will your life look like?

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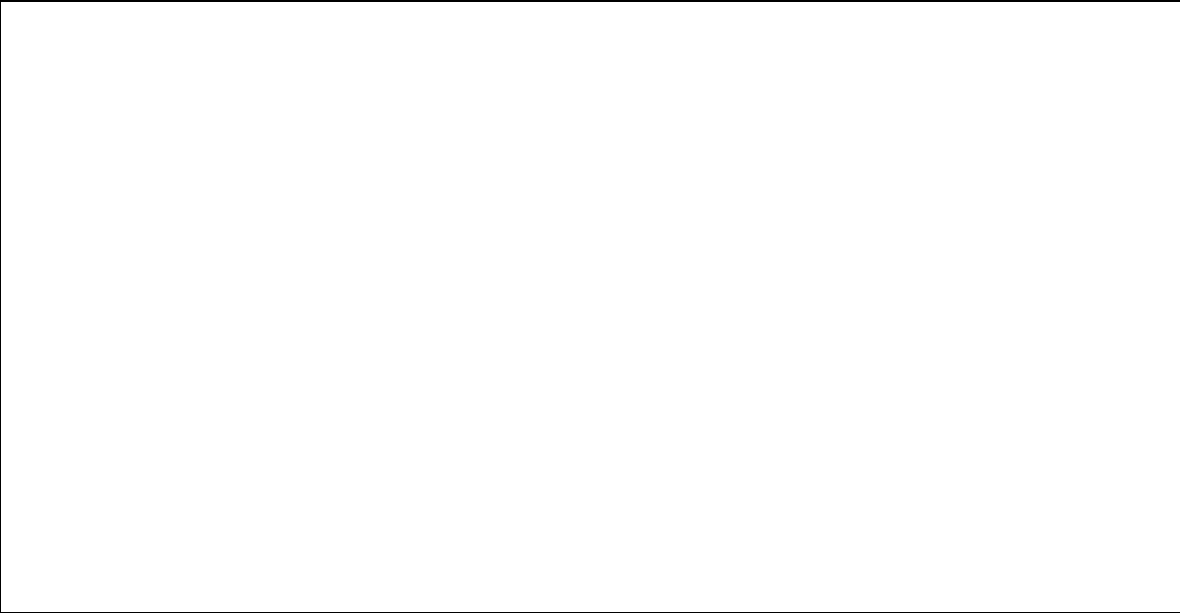
How are you holding back?

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Describe the success mindset you desire, and are devoted to integrating.

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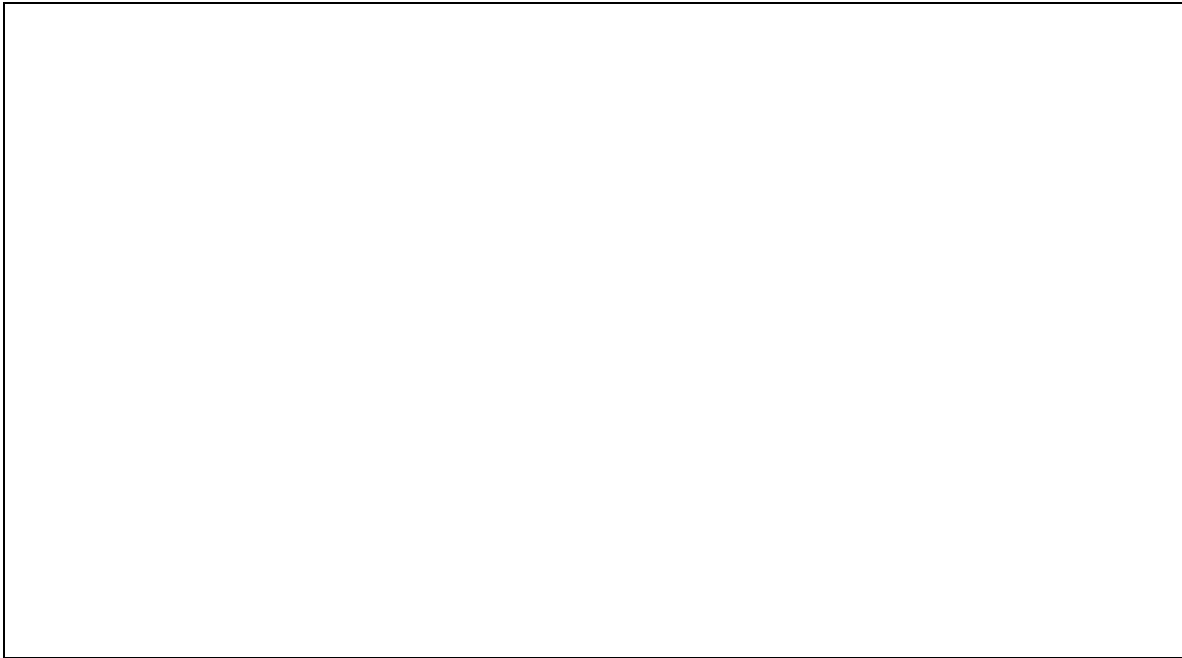
What have you learnt from the questions above?  
What are you willing to transform today?

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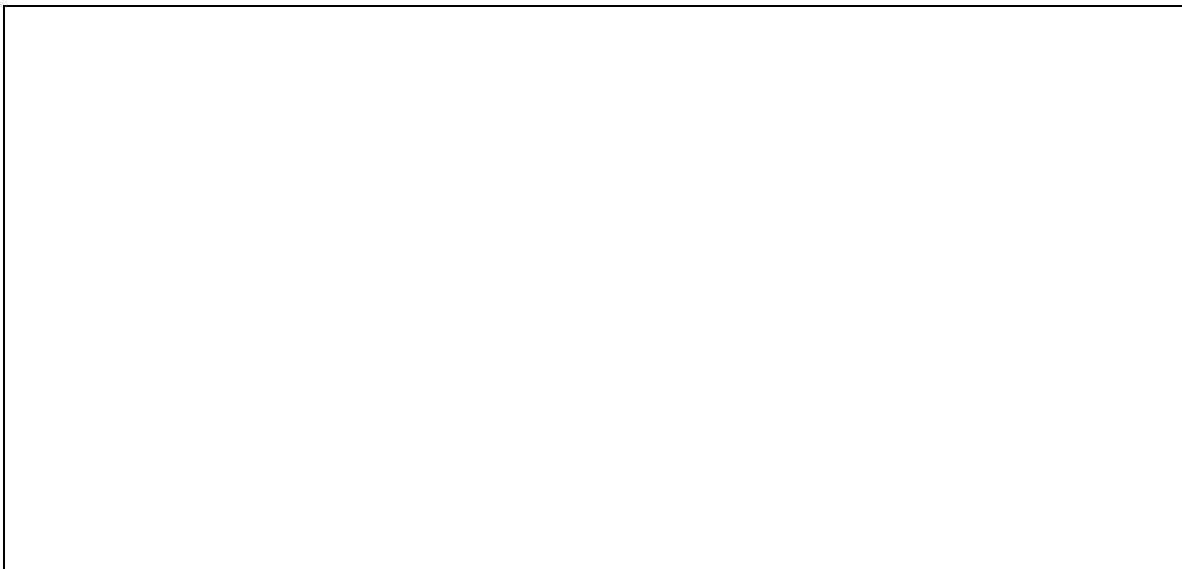
## YOU ARE WORTHY AND POWERFUL

You are not only worthy of your visions, mission, desires and dream, they are meant to be birthed through into the world.

Write down your top desires and dreams below.



Write down what you believe and feel your vision and mission are. Please don't concern yourself with nailing this; it is an ever-evolving journey.



## RICH PEOPLE

The average person has been programmed to by well meaning people to believe rich people acquire wealth through dishonesty and deceit.

In actuality, wealthy people approach money like a child who doesn't understand lack and limitation and honestly believes they can do and create anything.

That's the key here – believe you can be, do, and create anything. Start flipping the switch on the ideas and beliefs you hold that rich = (insert your negative thought here)

What did your parents tell you about rich people?

If you come from a wealthy family what did you learn about rich people?

## HARD WORK

We are conditioned to believe that working hard is the only way to increase our money and wealth.

We are lead to believe that the only way of “making” more money is to work more hours, with the exception of raises, bonuses and/or inheritances. The wealthy know big money requires thinking about it in non-linear terms. The wealthy know that money truly comes from them.

If hard work was the secret to success, every construction worker, cocktail waitress would be rich.

So while the middle class approaches money with the mind of an over analytical academic, the world class approaches money like a child who doesn't understand lack and limitation and honestly believes she can do anything.

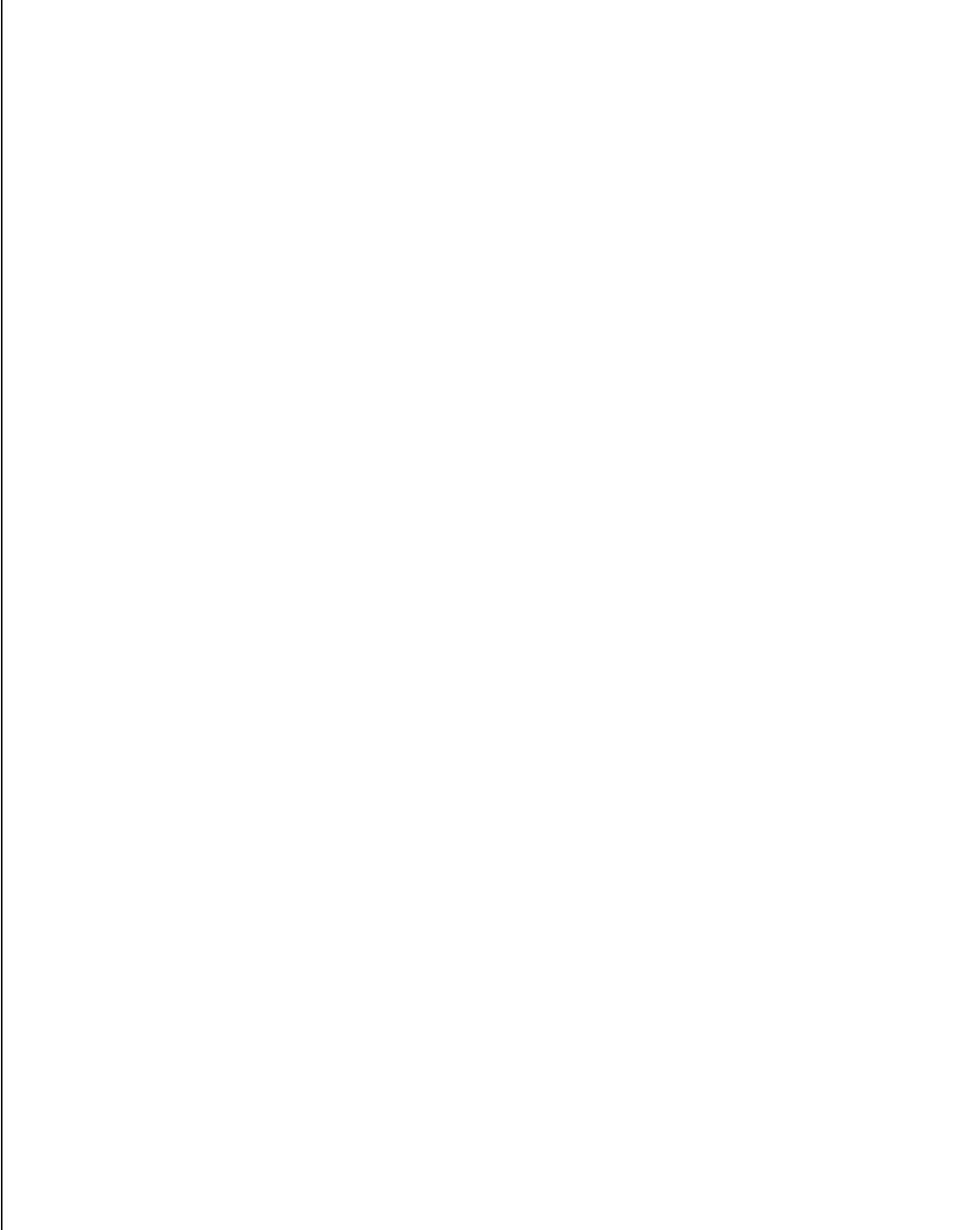
I do believe in aligned action and devotion when it comes to building, scaling and running a successful business, I also know that ‘making’ money and truly creating your delicious version of success first comes from your mindset, heartset and soulset first and foremost.

It has nothing do with hard work, hustle, pushing, striving and proving. It all has to do with YOU, your internal state and your state of BEingness.

What are you beliefs around hard work and money?

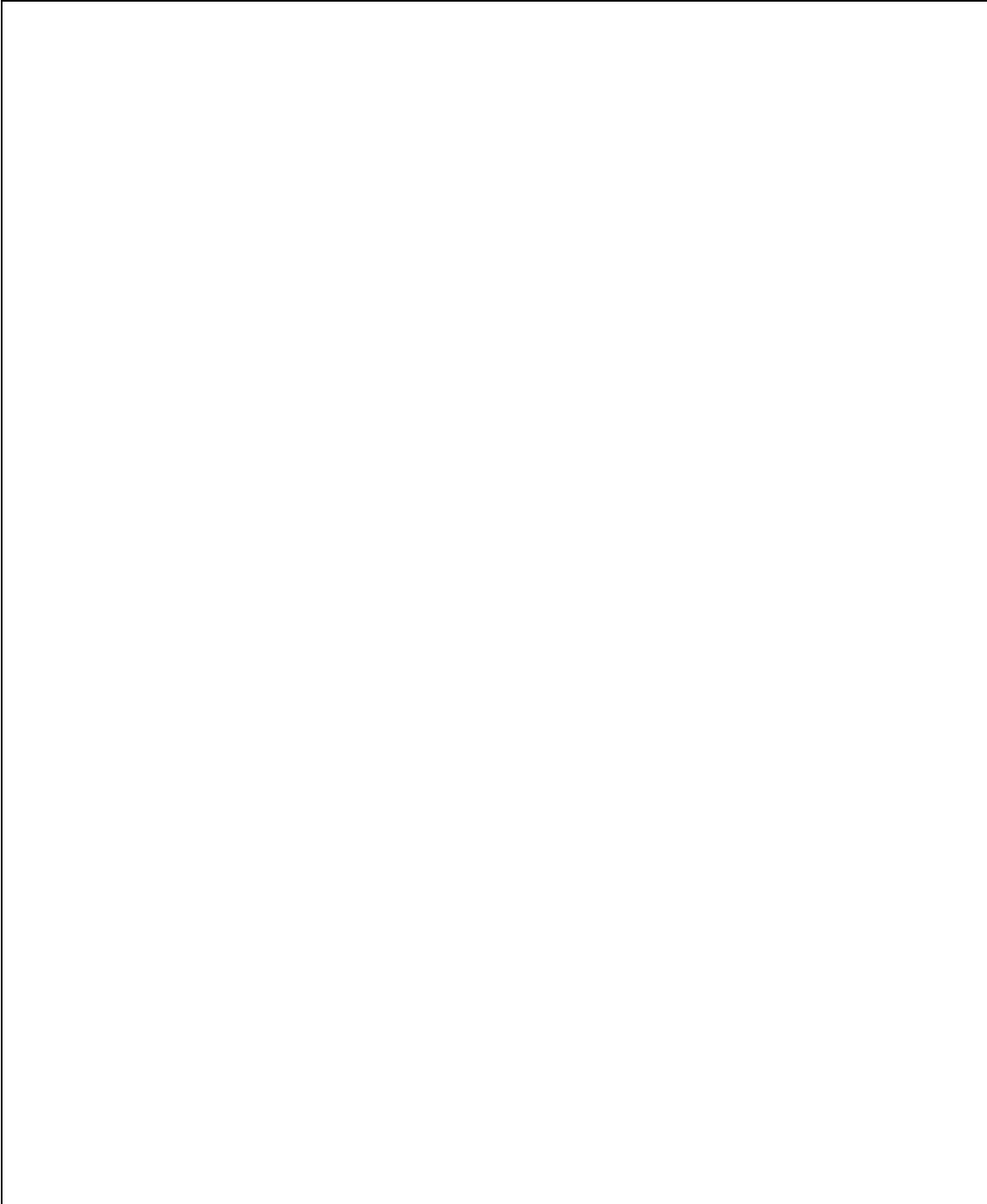
## POSITIVE MONEY STORIES

What is the positive money story you desire to implement with your new state of awareness?

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## FINAL THOUGHTS

How are you feeling right now?  
What has shifted for, now you have completed this playbook?

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