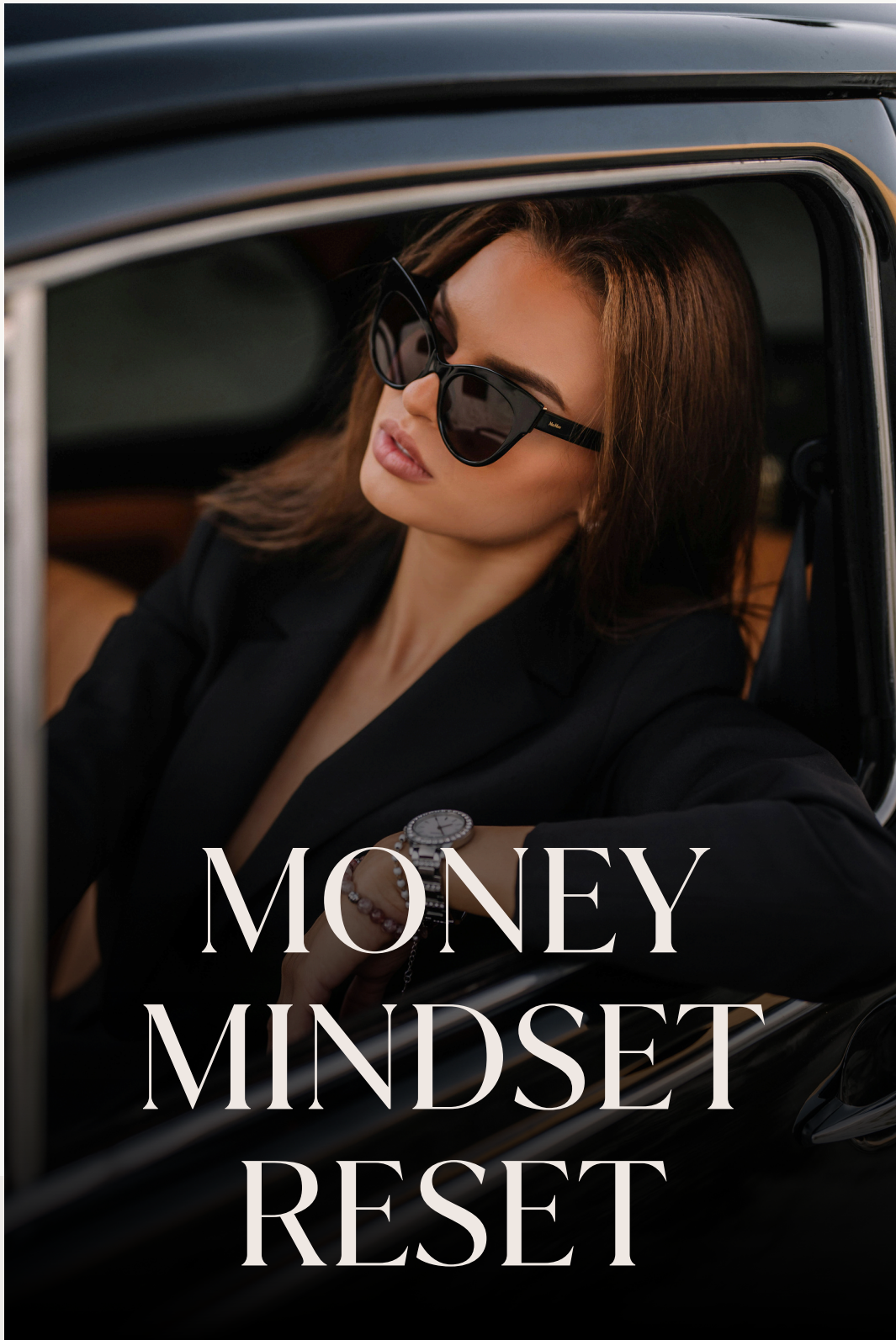




CLEAR BLOCKS & ATTRACT WEALTH IN 14 DAYS

everyday growth

DREAM. GROW. THRIVE.

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Hello,



and welcome! I will be your guide for the next 14 days (or however long it takes—no pressure). I'm so excited you're here because this workbook is more than just words on a page. It's a hands-on, action-packed, mind-shifting adventure designed to help you unblock your wealth channels and embrace the abundance that's already waiting for you.

Before we dive in, let's set the stage with a little story.

Why I Created This Workbook

A few years ago, I found myself stuck in a cycle of just “getting by.” No matter how hard I worked, it felt like there was this invisible wall keeping me from the financial freedom I dreamed of. Sound familiar?

I thought there's just something off. I dove headfirst into understanding my money blocks—turns out, there were a lot of them. Using various techniques and methods I could find I started peeling back the layers. And guess what? The more I unblocked, the more my life started to change.

I'm here to save you time and share what I've learned and what's worked for me because I know this can work for you, too.

How to Use This Workbook

Let's get one thing straight: this workbook is not magic. Reading it won't make money rain down on you (although I wish I could promise that). The magic happens when you take action.

I recommend **printing this workbook** to fully engage with the reflection pages, journaling prompts, and notes. Writing by hand deepens the experience and helps track your progress.

Here's how to make the most of it:

Do the work: every module has tasks that are designed to push you out of your comfort zone and into the energy of abundance. They may seem simple, but trust me, these small steps create big shifts.

Reflect and process: each module ends with a reflection page. Don't skip it! Take a moment to jot down your thoughts, insights, and even your resistance (because, let's face it, we all have some). Reflection is where the real breakthroughs happen.

Set your own pace: if you're aiming for a quick impact, I encourage you to dedicate **1-2 days** for each module. Some tasks are completed faster than others. While this is a 14-day course, you're welcome to go slower if needed. Just keep moving forward—progress over perfection, always.

Stay open: Some tasks might feel a little unconventional or even downright awkward. But trust me, these exercises are designed to expand your mindset in ways you never imagined.



Why the Tasks Are Non-Negotiable

This is the part where I lovingly remind you: **only action creates transformation.** Reading this workbook is like staring at a treadmill—it won't get you anywhere unless you actually step on it.

The tasks are your “treadmill moments.” They're meant to challenge your current beliefs, rewire your mindset, and open up those wealth channels that have been sitting dormant. So, commit to completing each one, even if it feels uncomfortable. **Growth happens outside your comfort zone.**

A Quick Note About Reflection Pages

I've included reflection pages after each module because I know the power of pause. These pages are your chance to process what you've learned, celebrate your wins, and release what no longer serves you. Take the time to write it down—it's like leaving breadcrumbs for your future self to follow back to this incredible transformation.

You're in Good Hands

I've walked this path myself—stumbling, learning, and ultimately transforming my relationship with money. This workbook is built on real experience, practical strategies, and a mindset shift that truly works. I believe growth should feel empowering (and maybe even a little fun), so get ready to challenge old beliefs, take bold action, and open yourself up to the abundance you deserve.

So, grab a pen, get cozy, and let's get to work. Your abundance is waiting, and I can't wait to see you claim it.

Here's to breakthroughs, big wins, and an overflowing life. Let's begin!

Module 1

Clearing Physical and Digital Clutter

Money is Energy: Let It Flow

Did you know the word currency comes from the Latin word *currens*, which means “to flow”? Just like water flows in a river, money is meant to move freely. But here’s the thing: energy can’t flow where there’s blockages. If your physical or digital spaces are cluttered, chaotic, or full of things that no longer serve you, you’re essentially telling abundance: “There’s no room here for you!”

Think of this module as hitting “refresh” on your life. By creating physical and energetic space, you’re inviting abundance to come in and stay.

Task 1

Declutter Your Physical Space

Look around your home, your car, your workspace. Are you holding onto unnecessary items? Broken dinnerware, outdated clothes, or piles of “just in case” things can all carry stagnant energy. Clearing them out doesn’t just tidy your space—it tells the universe you’re ready for something new.

Steps:

- **Clothes:** go through your wardrobe. If you haven’t worn it in a year, it’s time to donate it. Keep only the items that make you feel amazing. Wondering you will wear this after losing 10 pounds? Well, you won’t. I mean you won’t wear this 5-year-old dress, you’ll be excited to buy a new one!

- **Broken or useless items:** That chipped mug or broken gadget? Toss it. Old energy loves to linger in broken things.
- **Kid's rooms (if applicable):** Toys or clothes your kids have outgrown? Donate or discard them. Children's spaces can hold a lot of stagnant energy.

Task 2

Declutter Your Digital Space

Your digital world matters, too—it's where so much of our energy flows these days! A cluttered inbox or messy desktop can make your mind feel as chaotic as your screen.

Steps:

- **Files and folders:** organize your computer files. Create folders for clarity and delete anything unnecessary.
- **Contacts:** scroll through your phone. Are there numbers of people you haven't spoken to in years? Remove them—they're just taking up space.
- **Email:** unsubscribe from spammy newsletters and clear your inbox of junk.



Task 3

Keep Your Workspace Tidy

Whether it's a corner in your home or a corporate cubicle, your workspace is where ideas are born and energy is exchanged. Keeping it clean and organized helps creative energy flow freely.

Steps:

- **Clear your desk** of unnecessary items—only keep what inspires or serves you.
- **Wipe down surfaces.** Physical cleaning is also energetic cleaning!
- **Add something uplifting**, like a plant or a photo that motivates you.

For Car Owners: Keep Your Car Clean



If you own a car, treat it with the same care. Keep it clean inside and out, free of clutter and mess.

When you take care of what you already have, you send a powerful message to the universe (and yourself) that you appreciate and respect your current level of abundance—making you naturally aligned for even more.

Plus, driving a clean, well-maintained car just feels better and elevates your mindset every time you get behind the wheel.

Reflection

Once you've completed the tasks, take a moment to pause and reflect. Use the prompts below to capture your thoughts and insights:

What emotions came up for you while decluttering? Did anything surprise you?

Was it easy or difficult to let go of certain items? Why do you think that is?

How does your space feel now compared to before you started?

Did clearing your digital space give you a sense of mental clarity?

What message do you feel you're sending to the universe by creating this space?

How can you maintain the energy of a clutter-free, open environment moving forward?



Conclusion of Module 1

Every item you let go of creates room for something new. You've taken the first step to aligning with abundance by clearing the path. Celebrate this win—it's a powerful start to your journey!

Module 2

Prioritizing Self-Care for Abundance

You Are the Energy You Project

Let's be honest—when you're wearing your favorite outfit, your hair is freshly done, and your skin feels glowing, don't you walk differently? Stand taller? Feel unstoppable? That's the energy of self-care: confidence, worthiness, and magnetism.

Self-care isn't just about pampering yourself (though that's a great perk); it's about signaling to the universe that you value yourself. When you take the time to look and feel your best, you're telling abundance, "I am worthy of all the good things life has to offer."

Think of self-care as the foundation of your abundance mindset. If you neglect yourself, you're sending out signals of scarcity and self-doubt. But when you prioritize your well-being, you align with the high-vibrational energy that attracts wealth, opportunities, and success.



Task 1

Wear Your Best Clothes Regularly

Stop saving your favorite clothes for “special occasions.” Every day is special when you’re on the path to abundance! Wearing clothes that make you feel confident and polished elevates your mood and energy.

Steps:

- Go through your wardrobe and select outfits that make you feel amazing.
- Start wearing these regularly—whether it’s to work, errands, or even at home. I’m not saying “take out your trash with an evening dress”, but you’ve got the point, right?
- If you notice you’re missing certain pieces, consider investing in timeless, high-quality items that reflect your abundant mindset.

Pro tip: pair this with a polished appearance. Freshly styled hair and subtle makeup can work wonders for how you feel.



Task 2

Improve Your Self-Care Rituals

Your physical body is the vessel through which abundance flows. When you take care of it, you're nurturing your energy and telling yourself, "I deserve the best."

Steps:

- **Hair and skin care:** invest in good-quality products that make you feel pampered. No need to overspend, however, think of the one mid-priced product having a satisfying effect. Create a weekly ritual for deep conditioning your hair or applying a face mask.
- **Body care:** dry brushing, exfoliation, or moisturizers can make your daily routine feel indulgent. Try to include this step to your beauty routine.
- **Rest and recovery:** prioritize sleep and relaxation. Rested energy is abundant energy!

Bonus tip: incorporate mindfulness into your self-care—express gratitude for your body while taking care of it.



Task 3

Infuse Luxury Into Daily Life

Luxury doesn't have to mean designer labels or extravagant spending. It's about creating moments of intentional enjoyment and elevating the ordinary.

Steps:

- **Upgrade your meals:** use your best dinnerware and utensils. Light a candle or add a garnish to your plate—even if it's just breakfast.
- **Environment:** add little touches of luxury to your home, like a cozy throw, fresh flowers, or a signature scent through candles or diffusers.
- **Mindset:** treat yourself to small luxuries—whether that's a cappuccino at a boutique café or a beautifully designed notebook for journaling.

Key insight: you're training your mind to feel comfortable with luxury and abundance, even in small doses.



Reflection

After completing this module, take time to reflect on how these changes are impacting you. Use the prompts below:

How did wearing your best clothes make you feel about yourself and your day?

What emotions came up during your upgraded self-care rituals?

Did you notice any shifts in your energy or mindset after infusing luxury into your daily routine?

Were there moments where you hesitated to prioritize yourself? What does that reveal about your current mindset?

How can you continue to integrate self-care and luxury into your life, even in small ways?



Conclusion of Module 2

Self-care is an act of self-love, and self-love is the gateway to abundance. By taking care of yourself and embracing the energy of luxury, you're not just looking the part—you're becoming the part. Keep showing up for yourself, and abundance will naturally follow!

Module 3

Expanding Your Wealth Mindset

The Energy of Wealth Starts in Your Mind

Let's be real: how many times have you brushed off a compliment with, "Oh, this old thing?" Or declined help because you didn't want to feel like a burden? These small, everyday habits may seem harmless, but they're actually reinforcing a mindset of lack. To welcome abundance into your life, you must first train yourself to receive it.

Wealth and abundance start in the mind. Expanding your wealth mindset means becoming comfortable with luxury, celebrating yourself, and allowing yourself to receive—whether it's a gift, a compliment, or an opportunity. Energy moves where attention flows. By focusing your attention on abundance and acting as if you already embody wealth, you create the energetic foundation for it to flow freely into your life.

This module is about stepping into the mindset of abundance. When you normalize wealth in your everyday life, you reprogram your subconscious to believe, "This is who I am, and this is what I deserve."



Task 1

Visit Places of Luxury

If luxury feels unfamiliar or intimidating, it's time to change that. By visiting places that exude abundance—like upscale stores, luxury hotels, or high-end car dealerships—you're exposing yourself to the energy of wealth and making it feel normal.

Steps:

- **Choose a place:** visit an expensive clothing store just to try on some clothes, go to a luxury hotel lobby for a cup of coffee, or book a test drive for your dream car.
- **Immerse yourself:** walk around as if you belong there. Notice the details—the scents, the textures, the sounds. Let yourself soak in the experience.
- **Affirmation practice:** while there, repeat affirmations like, “I am worthy of this luxury” or “Abundance is my natural state.”

Key insight: this isn't about spending money; it's about reprogramming your energy to feel comfortable in environments of abundance. Nobody knows how much money you have, or what goods/services you can afford right now. If this is extremely uncomfortable, take it slow. Just keep in mind that the more uncomfortable the more effective it is. And remember - nobody knows.



Task 2

Speak the Language of Abundance

The words we use carry energy, and our language shapes how we see the world. When we speak in terms of scarcity—saying things like “I can’t afford that” or “Money doesn’t grow on trees”—we reinforce limiting beliefs. By consciously adopting a language of abundance, you align your thoughts and words with wealth and prosperity.

Steps:

1. **Identify scarcity phrases:** take note of any negative or limiting phrases you commonly use about money or success. Examples include:

- “That’s too expensive”
- “I’ll never make that much”
- “I’m broke”

2. **Replace with abundance language:** transform those phrases into empowering ones:

- “I choose to invest in what matters to me”
- “I’m open to earning and receiving more”
- “Money flows to me in expected and unexpected ways”

3. **Daily practice:** catch yourself in the moment and reframe your words whenever you slip into scarcity language.

Key insight: words have power. By aligning your language with abundance, you’re reinforcing the mindset that wealth and opportunities are always within reach.

Task 3

Practice Receiving with Gratitude

Many of us struggle with receiving. We deflect compliments, reject help, or feel unworthy of gifts. This blocks the flow of abundance because it disrupts the energy exchange. To expand your wealth mindset, you must become a peaceful receiver.

Steps:

- **Compliments:** the next time someone compliments you, simply say, “Thank you,” without downplaying it.
- **Offers of help:** accept assistance with gratitude instead of feeling guilty or unworthy.
- **Money:** be mindful and kindly accept the offerings in the form of money. Whether it’s your mom, or a friend willing to pay you for your help or services. Refusal blocks the way to you.
- **Mindset:** reflect on how it feels to receive. Remind yourself that receiving is part of the natural flow of energy—you’re giving someone else the joy of giving.

Key insight: every time you receive with gratitude, you open your channel for abundance to flow into your life.



Reflection

Take a moment after completing these tasks to reflect on your experience and insights:

How did visiting a place of luxury make you feel? Were there any feelings of discomfort or worthiness that came up?

How did visiting a place of luxury affect your perception of what's possible for you?

Were there any "aha" moments where you realized how often you speak in terms of scarcity?

How can you continue using language to reinforce an abundant mindset in your daily life?

What emotions arose when you received a compliment or help without deflecting?

What can you do to continue normalizing luxury and abundance moving forward?



Conclusion of Module 3

Abundance isn't a distant dream—it's an energy that's already within your reach. By normalizing wealth, celebrating yourself, and becoming a grateful receiver, you're laying the groundwork for even greater abundance to flow your way. Keep expanding your mindset—you're already stepping into your power!

Module 4

Rewriting Money Beliefs

Your Beliefs About Money Shape Your World

Imagine for a moment that your money beliefs are like a set of invisible glasses. If those glasses are tinted with scarcity, you see a world where opportunities are limited, wealth is hard to come by, and abundance feels out of reach. But what if you could swap those glasses for a pair that reveals a world full of potential and prosperity?

Here's the thing: many of the beliefs we carry about money weren't even ours to begin with. Maybe you heard your parents say, "Money doesn't grow on trees," or you internalized the idea that wealthy people must have done something shady to get there. These little stories quietly sink in and shape how you approach earning, spending, and saving.

The good news? You don't have to keep wearing those old, foggy glasses. In this module, you'll uncover the beliefs that have been holding you back and rewrite them into a story that empowers you. Because the truth is, money isn't a villain, a struggle, or something reserved for "other people." It's energy. And energy loves to flow toward those who are open to receiving it.



Task 1

Identify and Rewrite Limiting Beliefs

We all have those little phrases tucked away in our minds that sound like truth but are really just outdated scripts. Maybe it's "I'm terrible with money," or "I'll never be rich." These beliefs are like a closed door, keeping abundance out. To welcome wealth, you need to open that door by rewriting the story.

Here's how:

1. **Spot the beliefs:** think about moments when you've felt stuck or frustrated with money. What thoughts came up? Write them down. For example:

- "Money is hard to earn"
- "I don't deserve to be rich"
- "I'll never get ahead"

2. **Flip the script:** turn those limiting beliefs into new beliefs, a.k.a. affirmations that feel empowering. Like this:

- "Money is hard to earn" → "Money flows to me with ease"
- "I'll never get ahead" → "I'm always progressing toward greater abundance"
- "I don't deserve to be rich" → "I am worthy of wealth and success"

3. **Speak your truth:** affirmations aren't magic words you say once—they're a daily practice. Write them on sticky notes, save them as phone reminders, or whisper them to yourself when doubt creeps in.

Now use the next page to fill in your limiting beliefs and convert them to powerful personal new beliefs!

<i>Limiting belief</i>	<i>New belief</i>
	
	
	
	
	
	
	
	

Task 2

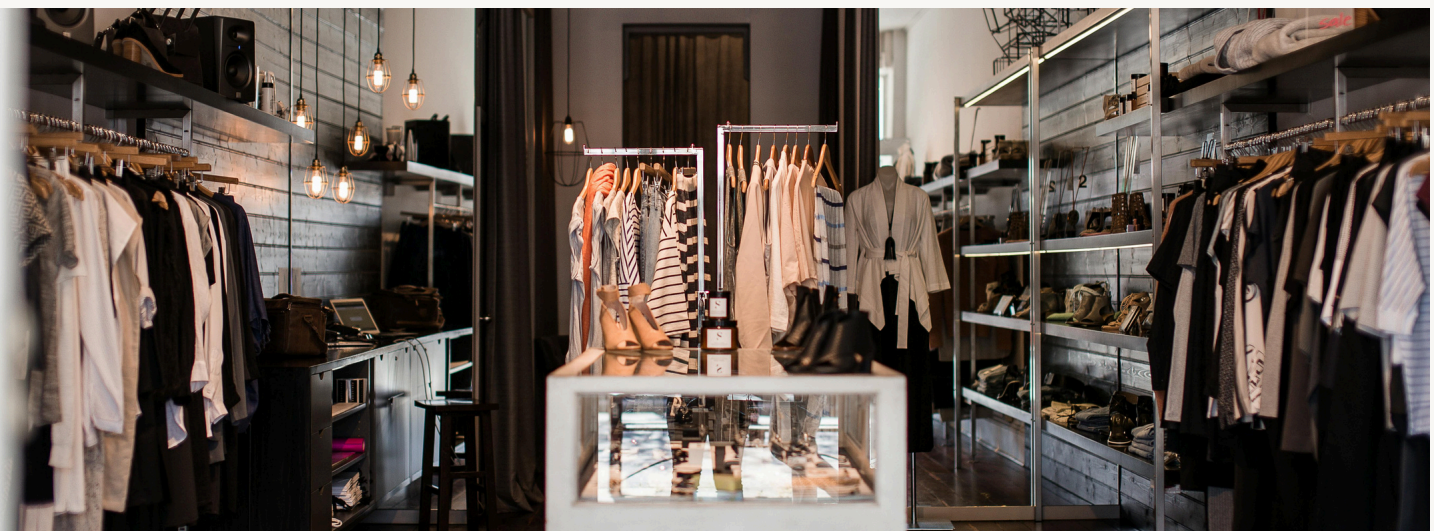
Shift Your Spending Habits

Let's talk about spending. Have you ever bought something cheap because it was "good enough," only to regret it later? Or skipped investing in something you truly wanted because it felt "too much"? These choices reflect a scarcity mindset, where you're afraid to let go of money.

But here's the secret: spending money isn't losing it. It's circulating energy. When you spend with intention—whether it's on something meaningful, high-quality, or joyful—you're telling the universe, "I trust there's always more where that came from."

Try this:

- **Track it:** for the next week, write down everything you spend money on. Notice when you're making scarcity-driven choices, like buying the cheapest option or skipping out on self-care.
- **Make a shift:** when you spend, ask yourself: Does this align with my values? Am I choosing abundance or fear?
- **Celebrate the flow:** anytime you spend, say, "I'm grateful to circulate money for this," and trust that it will return to you multiplied.



Task 3

See Money as Energy

Money isn't just numbers in your bank account—it's movement. It's flow. When you hold onto it too tightly or fearfully, it stagnates. But when you let it move—by investing, giving, or spending wisely—it expands.

Here's what to do:

- **Invest in yourself:** what's something you've been putting off that could help you grow? Maybe it's a course, a book, or even a new outfit that makes you feel confident.
- **Give with an open heart:** donate to a cause that matters to you or surprise someone with a small act of generosity. Remember, even a smaller amount matters.
- **Visualize the cycle:** whenever you give or spend, imagine money flowing back to you in bigger, better ways.



Reflection

Take a moment after completing these tasks to reflect on your experience and insights:

What money beliefs did you uncover that surprised you? How did it feel to rewrite them into affirmations?

Did you notice patterns in your spending that felt tied to scarcity? How can you shift those habits moving forward?

How did it feel to view money as energy instead of something finite?

What happened when you practiced gratitude for spending or giving? Did it shift your perspective?

How can you continue to rewrite your money story daily?



Conclusion of Module 4

This process is about creating space for a new relationship with money—one where abundance feels natural and effortless. Each belief you rewrite and each conscious choice you make opens the door a little wider for wealth to flow into your life. You've got this!

Module 5

Practicing Gratitude and Manifestation

Turning Gratitude into a Magnet for Abundance

Have you ever noticed how some people seem to attract good fortune effortlessly? It's not because they're luckier than the rest of us—it's because they've mastered the art of gratitude. Gratitude isn't just about saying “thank you”; it's a powerful signal to the universe that you're ready to welcome more of the good stuff into your life. Think of it like watering a garden: when you focus on what's already blooming, you naturally invite more growth.

In this module, you'll harness gratitude and pair it with the magic of manifestation. By actively envisioning your dream life and celebrating what you already have, you're laying the groundwork for a life filled with abundance. The beauty is that these practices are simple, powerful, and—most importantly—life-changing when done consistently.



Task 1

Keep a Daily Gratitude Journal

Picture this: you wake up in the morning, grab your coffee (or tea), and take five minutes to reflect on the blessings in your life. Suddenly, the stress about bills feels smaller, and the possibilities for abundance feel endless. This is the power of a gratitude journal—it shifts your focus from lack to abundance, one entry at a time.

How to do it:

1. **Set aside time:** carve out a few minutes each morning or evening to write. Consistency matters more than how long you spend.
2. **Get specific:** don't just write, "I'm grateful for money." Be detailed: "I'm grateful for the \$20 I found in my coat pocket," or "I'm grateful I had enough to pay for dinner with friends."
3. **Feel it:** don't just list things—immerse yourself in the feeling of gratitude. Close your eyes and let the warmth of appreciation sink in.

Pro tip: on challenging days, find gratitude in the small things—a cozy bed, a kind smile, or even the ability to breathe deeply. To bring it to the next level, give thanks for things you want to attract as it's already true.



Task 2

Create a Vision Board

If gratitude is the garden, a vision board is the map. It's a visual representation of where you want your life to go—a collection of images, words, and ideas that light up your soul. When you look at it, you're not just dreaming; you're setting a powerful intention for the universe to work with.

How to do it:

1. **Gather your supplies:** grab a corkboard, poster, or even a digital canvas (Pinterest works great). Collect magazines, printouts, or photos that represent your financial goals. You can opt for digital version of it as well!

2. **Focus on feeling:** don't just slap on pictures of money—think about what wealth means to you. Is it freedom to travel? A cozy home? A thriving business? Find images that evoke those feelings.

3. **Make it personal:** add affirmations, quotes, or even handwritten notes. This is your vision, so make it meaningful.

4. **Place it where you'll see it:** your vision board should inspire you daily. Put it somewhere visible—by your desk, on your fridge, or as your phone wallpaper. If you prefer it private, that's fine as well, just keep it accessible anytime.

Pro tip: spend a few minutes each day looking at your vision board. Imagine yourself already living that life. But be cautious! Don't get obsessed—retreat, reflect and realign when needed.



Task 3

Practice Manifestation Techniques

Manifestation is more than just wishing—it's about aligning your energy, actions, and mindset with what you want. Think of it as placing an order with the universe, trusting that it will deliver, and preparing yourself to receive it.

Technique 1: Scripting

Scripting is like writing a journal entry from your future self.

1. **Set the scene:** Imagine it's a day in your dream life.
2. **Write in the present tense:** describe what you see, feel, and experience as if it's already happening. **For example:**
“I woke up this morning in my beautiful, sunlit home, feeling so grateful for the financial freedom I've created. I checked my bank account and smiled at the abundance flowing in.”
3. **Let it flow:** don't overthink—write with excitement and emotion.

Technique 2: Visualization

Visualization is daydreaming with a purpose.

1. **Find a quiet space:** sit somewhere calm where you won't be interrupted.
2. **Close your eyes and picture it:** imagine yourself achieving a financial milestone—getting a raise, traveling, or paying off debt.
3. **Engage your senses:** what do you see, hear, and feel? Immerse yourself in the experience as if it's real.

Pro tip: you have to know what you want. Be as specific as possible, for example “I am a high-earning woman” sounds a bit abstract, right? What is “high” to you? Is it 10K/month? 50K?

Reflection

Take a moment after completing these tasks to reflect on your experience and insights:

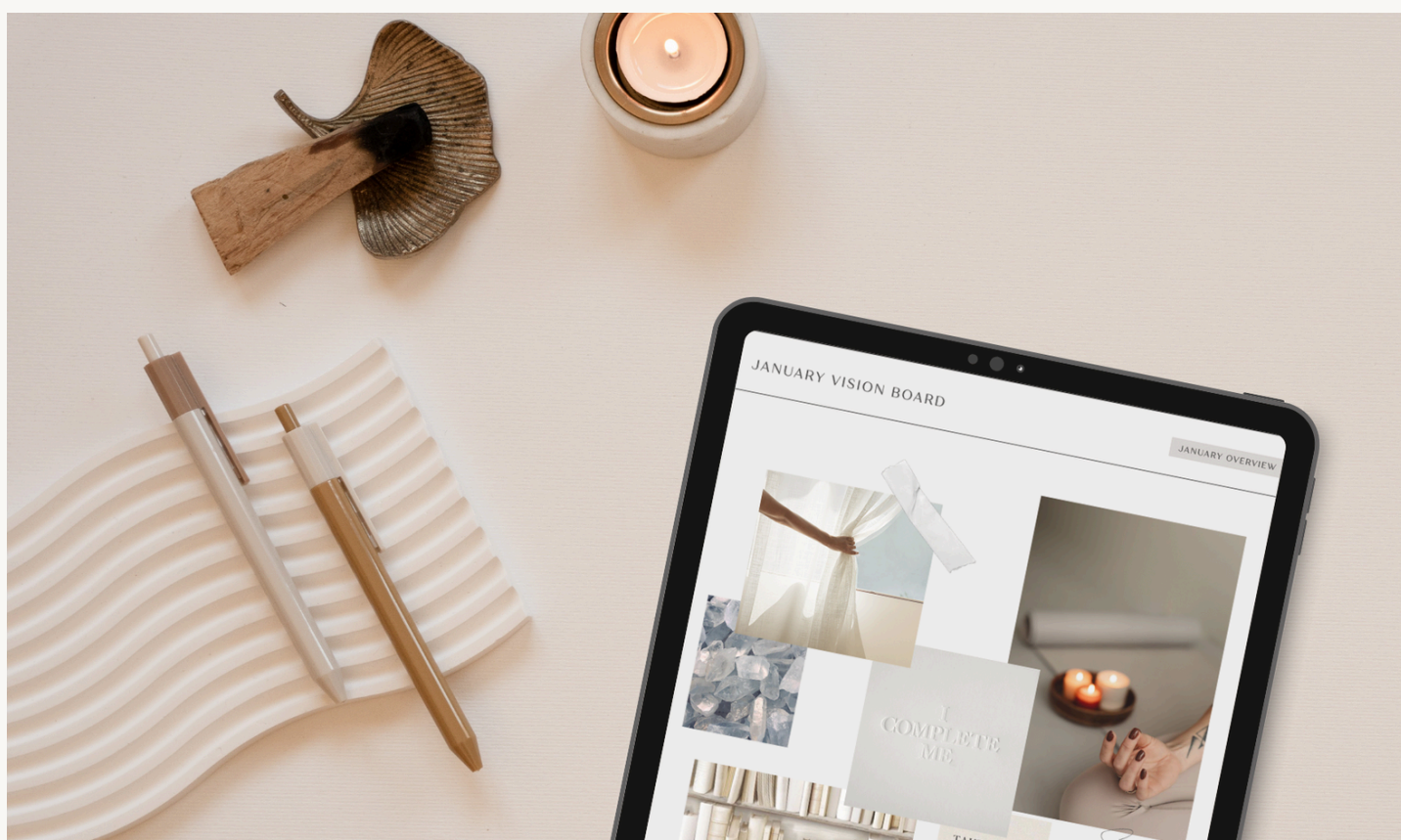
What were you most grateful for today? How did it feel to focus on those blessings?

What does your ideal financial future look like? Did anything surprise you while creating your vision board?

When you practiced scripting or visualization, how did your body and emotions respond?

Are there areas of your life where you could express more gratitude? How might this shift your perspective?

What actions can you take to align yourself more closely with the vision you've created?



Conclusion of Module 5

Gratitude and manifestation are more than just tools—they're habits that build a foundation for abundance. The more you focus on what you have and what you're creating, the more the universe conspires to bring it to you. So, take a deep breath, trust the process, and watch your dreams unfold!

Module 6

Balancing Energies for Abundance

Finding Harmony: The Dance of Masculine and Feminine Energies

Imagine a river. The water flows freely, twisting and turning, always moving forward—that's feminine energy, representing creativity, intuition, and flow. Now, imagine the riverbanks holding that water in place, giving it structure and direction—that's masculine energy, representing decisiveness, confidence, and action. Both are essential. Without the water, the river would be dry, and without the banks, the water would scatter aimlessly.

The same balance exists within us. Too much masculine energy without the feminine can lead to burnout, rigidity, and frustration. On the other hand, overly active feminine energy without the masculine can result in indecision, chaos, and lack of direction. The key is balance—aligning these energies so they work together to create abundance.

In this module, we'll dive into healing your inner child, activating masculine energy to take charge of your finances, and embracing feminine energy to let creativity and intuition guide your path.



Task 1

Heal Your Inner Child

Our childhood often shapes our relationship with money. Maybe you heard phrases like, “Money doesn’t grow on trees,” or witnessed stress around finances. These early experiences can create beliefs that silently block abundance. Healing your inner child means revisiting those memories and rewriting the stories.

How to do it:

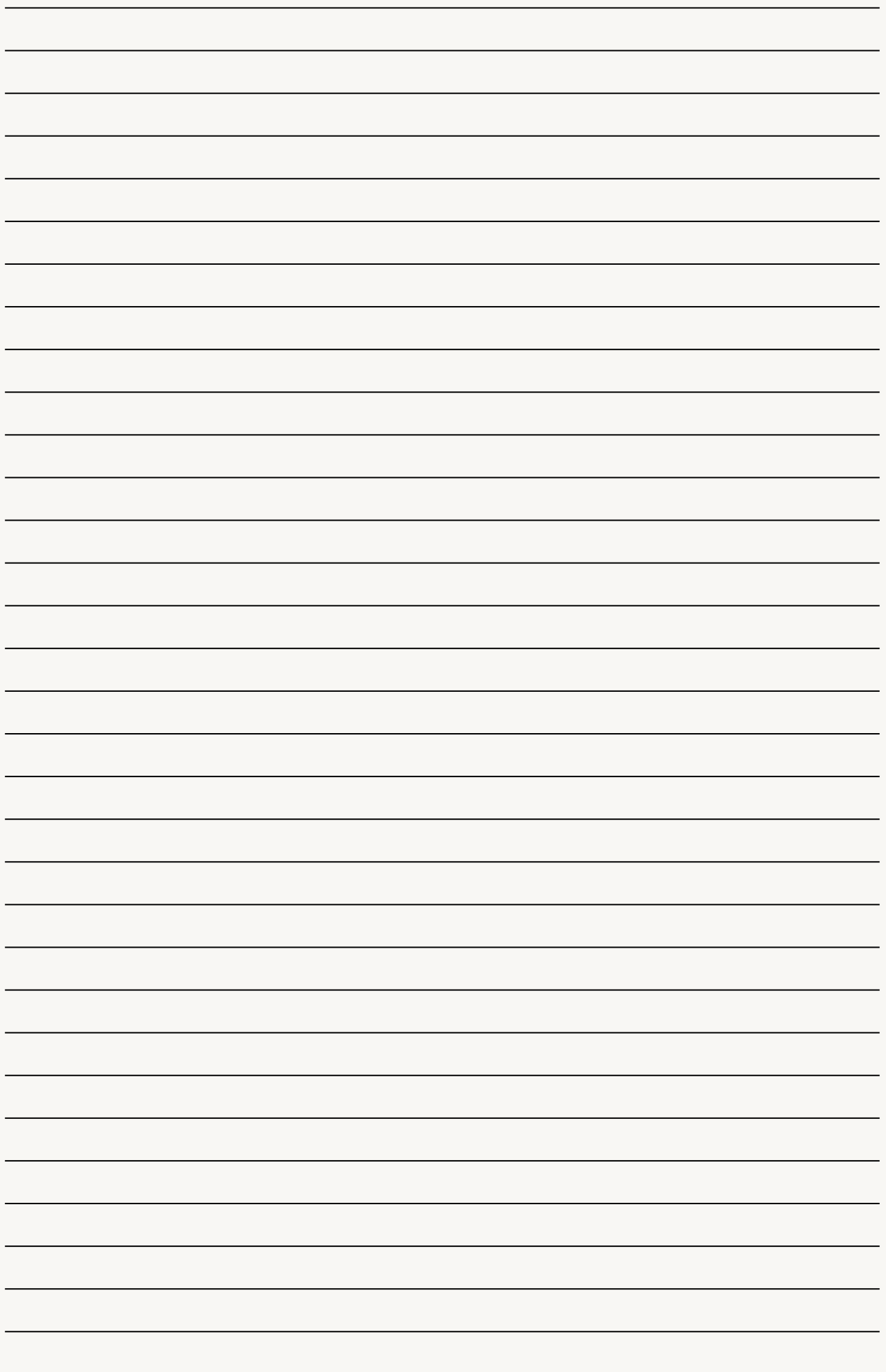
1. **Reflect on childhood beliefs:** sit quietly and think about your earliest memories related to money. Did you feel supported? Were finances a source of stress or joy in your home?
2. **Write a letter to your inner child:** imagine yourself as a child and write to them from your adult perspective.

Think of a child wishing for something with all their heart—pure, unfiltered desire, full of excitement and certainty. They don’t second-guess themselves or wonder if it’s “too much.” They simply want it, wholeheartedly. That child still lives within you. In a letter, speak to your inner child and assure them that it’s safe to wish boldly again.

Remind them that possibilities are endless and no dream is too big or too strange. It's not only safe to want—it's **powerful**.



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Task 2

Activate Masculine Energy

Masculine energy gives us structure and confidence to take bold actions toward our goals. When it's activated, we feel grounded, decisive, and ready to move forward. Think of it as your internal CEO.

How to do it:

1. **Practice decisiveness:** start small—choose your outfit for the day without second-guessing or decide what to eat for dinner quickly. This builds confidence in making bigger decisions.
2. **Set clear financial goals:** write down specific, actionable money goals. For example, instead of saying, “I want to save money,” decide, “I will save \$500 this month by cutting back on eating out.”
3. **Take immediate action:** masculine energy thrives on action. If you've been procrastinating on something—like opening a savings account or researching investments—do it today. Even small steps count.



Task 3

Embrace Feminine Energy

Feminine energy allows us to dream, flow, and trust our intuition. It's where creativity and inspiration live. Balancing it with masculine energy ensures your actions feel aligned and purposeful.

How to do it:

1. **Tune into your intuition:** spend five minutes each day in quiet, asking yourself what steps feel right for you. Don't overanalyze—just listen to your inner voice.
2. **Explore creative expression:** Paint, write, dance, or simply daydream. Creativity unlocks new ideas and perspectives, often leading to unexpected opportunities for abundance.
3. **Practice receiving:** Feminine energy is also about receptivity. Accept compliments, help, or gifts with grace, reminding yourself that you are worthy of abundance.



Reflection

Take a moment after completing these tasks to reflect on your experience and insights:

What childhood experiences or beliefs around money might still influence your relationship with abundance today?

How did it feel to reconnect with your inner child? What insights came up for you?

When you activated your masculine energy, what actions felt most empowering? How did it change your perspective?

How did embracing your feminine energy—through creativity or intuition—enhance your sense of flow and abundance?

What steps can you take to maintain a balance between these two energies moving forward?



Conclusion of Module 6

Abundance flows when we're both open to receiving and bold enough to take action. Think of your masculine and feminine energies as dance partners—each leading when the moment is right. By healing your inner child, stepping into your power, and trusting your intuition, you're creating the perfect rhythm for wealth and fulfillment to enter your life. So, step into the dance floor of abundance and let the music play!

Module 7

Healing the Father Figure Connection

The Father Money Blueprint: Unraveling the Influence of Your Father Figure

Have you ever noticed how certain financial habits or beliefs seem to be deeply ingrained—almost automatic? Maybe you feel guilty when spending money on yourself, or perhaps you associate wealth with stress and responsibility. These patterns often trace back to our earliest role models, especially our father figures.

Whether your father was present, absent, supportive, or critical, his relationship with money and success likely shaped your own. Did he work tirelessly but never seem to have enough? Was he generous, reckless, overly cautious? Even if you grew up in a household where money wasn't openly discussed, his energy left an imprint.

This module is about uncovering those hidden influences, rewriting the financial stories you inherited, and strengthening your **inner father energy**—the part of you that embodies responsibility, structure, and leadership in your own financial life.

Note: For those who grew up without father figure, see **Module 7a**.



Task 1

Reflect on the Influence of Your Father Figure

Our father figure, whether biological, adoptive, or symbolic, often sets the first example of financial responsibility, ambition, and security. Recognizing how this influence affects your current money mindset is a powerful first step.

How to do it:

- **Write your observations:** Think back to your childhood. What was your father's (or primary male role model's) attitude toward money? Was he a provider, a risk-taker, a saver, a spender? How did he talk about money, if at all?
- **Identify patterns in yourself:** look at your financial habits today. Do you mirror any of his behaviors? Do you rebel against them? Are there fears or blocks that seem to stem from his beliefs?
- **Recognize emotional responses:** notice any feelings that come up—resentment, admiration, fear, guilt. These emotions hold clues to what needs healing.

Use the next pages to complete this task.



Reflecting on the Influence of Your Father Figure

What financial lessons (spoken or unspoken) did you learn from your father figure?

Did he believe money was scarce or abundant?

Did he manage money wisely, struggle with it, or avoid talking about it?

How did your father figure's relationship with money affect your own?

Do you notice yourself repeating his habits, or have you rebelled against them?

If he was overly frugal, do you now overspend to compensate?

If he was careless with money, do you now feel hyper-controlling over finances?

***What emotions come up when you think about his financial influence?
Gratitude? Resentment? Pressure? Fear? Security?***

How does this emotion still affect your financial decisions today?

What did your father figure teach you about success and self-worth?

Did he encourage ambition and financial independence, or was work seen as a struggle?

Were you taught that success required sacrifice, or that money could be earned with ease?

***If you could rewrite your financial inheritance (the beliefs you absorbed),
what would you change?***

What beliefs do you want to keep, and which do you want to let go of?

What is the new financial identity you want to create for yourself?

Do you feel the need to forgive your father figure for any financial struggles or limiting beliefs passed down? Why or why not?

If yes, what would releasing this resentment look like for you?

If no, how can you still detach from any negative influence?

How can you embody a strong, supportive, and wise financial leader for yourself now?

What would it look like to become your own healthy father figure when it comes to money and success?

What actions can you take to develop financial confidence and security on your own terms?



Your father figure's influence may have shaped your early beliefs about money, but you have the power to rewrite your financial story. Recognizing these patterns allows you to consciously choose what to keep, what to release, and what new beliefs to embrace.

Moving forward, step into your own leadership, make empowered financial choices, and create a relationship with money that aligns with your highest vision of abundance.

Task 2

Rewrite Limiting Narratives

The financial beliefs we absorb from our father figures don't have to define us. If those beliefs are limiting, it's time to rewrite the script.

How to do it:

1. **List the old money narratives:** write down any limiting beliefs that might have come from your father figure. Examples:

- “You have to work hard to deserve money”
- “We’re not the kind of people who get rich”
- “Money always brings problems”

2. **Reframe them into empowering beliefs:** transform those beliefs into affirmations that serve you. Examples:

- “Money flows to me with ease and purpose”
- “I am capable of great wealth and success”
- “Financial freedom is my birthright, and I manage money with wisdom”

3. **Say it, feel it, own it:** repeat these affirmations daily. The more you internalize them, the more they become part of your reality.



Task 3

Strengthen Your Inner Father Energy

Your inner father energy represents leadership, structure, and financial responsibility. Strengthening it allows you to step into your power and build a stable, abundant future. Notice if you tend to hand over financial decisions to your husband, father, advisor, or any other man in your life, believing they're naturally better at managing money. That belief? It's a hidden money block. It's time to release it and reclaim your role as the confident, capable steward of your own wealth.

How to do it:

- **Take ownership:** choose one financial responsibility you've been avoiding—setting a budget, reviewing your bank account, organizing debts—and handle it yourself this week. No delegating. This is about proving to yourself that you are fully capable.
- **Make bold, confident decisions:** notice where you tend to second-guess or defer to others (especially male figures) in financial matters. This week, make at least one money-related decision entirely on your own. Trust your judgment.
- **Reclaim your power:** if you've been relying on a partner, father, or male advisor for money decisions, gently take one task back. Whether it's managing the household spending or reviewing investments, this small shift sends a clear message: I am the authority in my financial life.
- **Create a “Provider Mindset”:** this doesn't mean self-sacrifice. It means prioritizing your own security, growth, and long-term vision. How can you start building wealth not just to survive, but to fully support the life you dream of?

Reflection

Take a moment after completing these tasks to reflect on your experience and insights:

What were the dominant messages about money and success that I absorbed from my father figure?

How did my father figure's financial habits impact my own relationship with money?

Do I notice any patterns in how I earn, spend, or save that reflect my father figure's influence?

What emotions come up when I think about my father figure and money—gratitude, pressure, fear, security? Why?

Which beliefs or habits do I want to keep, and which ones do I want to release?

If I could rewrite the financial lessons I learned from my father figure, what would they be?

How can I step into my own financial leadership and create a new, empowering money story?

Conclusion of Module 7

Healing your relationship with your father figure isn't about blame—it's about understanding and transformation. By recognizing his influence, rewriting limiting beliefs, and embracing your own inner father energy, you reclaim control over your financial destiny.

You are not bound by the past; you are the creator of your future. Step forward with confidence, structure, and an unwavering belief in your ability to attract and manage wealth.

Module 7a

Healing Without a Father Figure

Building Your Own Wealth Mindset Beyond Childhood Influence

Not everyone grows up with a strong father figure—or a father figure at all. If you were raised by a single mother, grandparents, or other caregivers, you may have formed your financial beliefs without a traditional paternal influence. This can bring its own set of challenges, but it also gives you a unique opportunity: the freedom to consciously choose and shape your wealth mindset without inherited limitations.

Without a father figure, you may have felt the absence of financial guidance, stability, or a sense of security. Maybe money was a struggle, or perhaps it was never openly discussed. You might have learned to be overly independent, feeling like you have to figure everything out alone. Or maybe you absorbed beliefs from the people who were present—your mother, grandparents, or even societal role models.

This module is about becoming your own financial authority. Instead of wondering what might have been different with a father's presence, you will step into the role of your own mentor. You'll identify where your money beliefs came from, release any scarcity patterns, and create a new, empowering foundation for financial success.



Task 1

Identifying Your Money Role Models

“If I didn’t learn about money from a father figure, where did I learn it?”

Whether we had a father figure or not, we all absorbed money lessons from somewhere. Maybe your mother handled everything, and you saw her struggles or successes. Perhaps a grandparent, an older sibling, or even TV characters shaped your ideas about wealth and security. If money wasn’t openly discussed, you might have filled in the blanks yourself, assuming things about financial stability, success, or struggle.

Your first task is to identify who shaped your early money beliefs. Understanding this helps you recognize which financial habits and mindsets you may have inherited—consciously or unconsciously.

Action Steps:

- Reflect on the people who influenced your views on money. Who made financial decisions in your home? Who seemed financially successful or struggled?
- Write down the money-related phrases or beliefs you remember hearing growing up (e.g., “Money doesn’t grow on trees,” “Rich people are greedy,” “We can’t afford that”).
- Assess whether these beliefs serve you or hold you back.

By recognizing where your money mindset came from, you gain the power to rewrite the script and choose what aligns with the abundant future you want.

Feel free to use the next page to complete this task.

Identifying Your Money Role Models

*Who were the key people in my life who influenced my views on money?
What did I observe about their financial habits?*

What messages about money did I hear growing up? Were they positive, negative, or mixed?

How did my household handle financial decisions? Was money openly discussed, or was it a source of stress or secrecy?

Did I associate wealth with something positive (freedom, opportunity) or negative (greed, struggle)? Where did these associations come from?

Have I unconsciously adopted any financial behaviors or beliefs from my early role models? Do they serve me or limit me?

If I could rewrite my financial upbringing, what would I have wanted to learn or experience differently?

What money beliefs do I want to pass down to my future self (or my children, if applicable)? How can I start embodying them today?

By reflecting on these prompts, you've begun to uncover the influences that shaped your relationship with money. Recognizing where these beliefs and habits came from gives you the power to choose which ones to keep and which to release.

The next step is to actively rewrite your financial story, aligning it with the abundant future you deserve. Remember, you're not bound by past influences—you have the ability to create your own wealth mindset moving forward.

Task 2

Stepping Into Financial Leadership

“If no one taught me how to manage money, how do I lead myself now?”

Growing up without a father figure may have meant learning financial independence the hard way. Maybe you became hyper-independent, always figuring things out on your own, or maybe you avoided money matters altogether, feeling unequipped to handle them. Either way, the absence of a financial role model can create uncertainty—but that ends now.

This task is about stepping into your own financial leadership and recognizing that you are fully capable of managing, growing, and enjoying wealth.

Action steps:

- **Take stock of your current financial habits.** Do you budget, save, invest? Or do you avoid looking at your bank balance?
- **Identify one area to take more control over.** Maybe it's tracking your spending, creating a financial goal, or learning about investments.
- **Write a declaration of financial leadership.** Example: I am responsible, capable, and in charge of my financial future. Money flows to me, and I manage it wisely.

This exercise helps you shift from a place of uncertainty to one of control, showing yourself that you don't need a father figure to be financially empowered.

Task 3

Creating Your Own Financial Mentorship

“If I didn’t have a financial mentor, I’ll create one.”

One of the biggest challenges of growing up without a father figure is not having someone to turn to for financial advice. But in today’s world, guidance is everywhere—books, podcasts, courses, and even mentors you can seek out. Instead of dwelling on what was missing, you can intentionally build your own financial support system.

Action Steps:

- **Find at least one financial resource** that resonates with you—a book, a podcast, or an expert you trust.
- **Identify one financial mentor or role model** (this could be someone in real life or a public figure). What do you admire about their approach to money?
- **Make a commitment to learning.** Set a goal to read, listen, or educate yourself about money regularly.
- **Develop your own structure:** Since there was no father figure shaping your financial habits, take this as an opportunity to build a money framework that truly serves you.

This exercise empowers you to take control of your financial education, proving that you don’t need a father figure to build wealth—you just need a commitment to learning and growth.

Reflection

Take a moment after completing these tasks to reflect on your experience and insights:

How do I feel about the financial guidance I received (or didn't receive) growing up? What impact has this had on my money mindset today?

Who were my primary role models for money, and what lessons did I absorb from them? Are these lessons still serving me?

Did I ever feel like I had to handle finances on my own? How has this shaped my approach to money now?

Looking back, do I notice any scarcity-based habits I've adopted because I didn't have a father figure guiding me? What can I do to release these habits?

How can I become my own financial mentor? What steps can I take to actively lead myself toward financial success?

What financial beliefs or habits would I like to leave behind, and what new ones do I want to embrace moving forward?

How can I create a healthy, empowering relationship with money, regardless of my past experiences with a father figure?

Conclusion of Module 7a

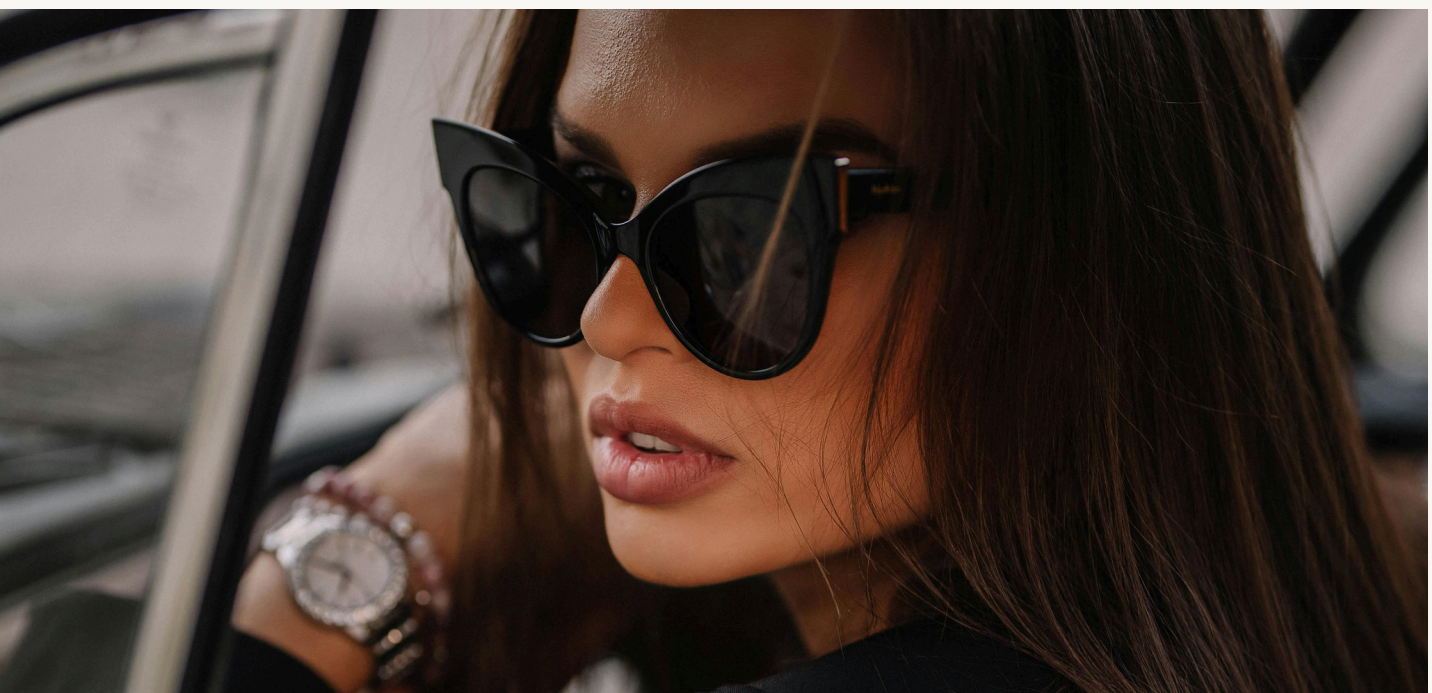
Reflecting on your past, especially your childhood experiences with money, can be both empowering and enlightening. By identifying the beliefs and behaviors you've inherited, you're now in the driver's seat to redefine your relationship with money. Use these insights to shape a new, abundant path forward—one that is uniquely yours, not bound by the past but open to the future you're creating.

Embracing Your Abundance

Congratulations on completing this workbook! You've taken the first step toward transforming your relationship with money and embracing the abundance that's already waiting for you. Whether you've been working through your limiting beliefs, practicing gratitude, or revisiting your relationship with your father figure, each task has been a piece of the puzzle.

This isn't just about completing tasks—it's about **changing your mindset**, **shifting your energy**, and **taking empowered action** in your financial life. By clearing clutter, practicing self-care, rewriting your beliefs, and stepping into your own leadership, you've created a solid foundation for a prosperous future.

But remember, **this work is ongoing**. The changes you've initiated in this workbook will continue to unfold as you keep practicing and expanding on what you've learned. You've built the habits, now it's time to make them part of your daily life.



What's Next?

The next chapter is yours to write. Each day, you have the power to choose abundance over scarcity, confidence over fear, and action over hesitation. You can now step into a mindset that aligns with financial freedom, using the tools, insights, and strategies you've gained here.

Continue to check in with yourself, revisit your journal entries, and keep nurturing your relationship with money. Abundance is not just a destination; it's a journey, and you are now the one leading it.



Final Thought:

You don't need a father figure, a mentor, or anyone else to define your financial future. **You are the creator of your wealth**, and with the energy you've cultivated here, your potential is limitless. Keep moving forward with confidence—your abundant life is waiting for you.

Notes

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I'd love to hear about your journey!

Share your experience on Instagram and tag me or send a DM at [@everydaygrowth.co](https://www.instagram.com/everydaygrowth.co) — your story could inspire someone else to take the first step toward their financial breakthrough.

Have questions?

Feel free to contact me anytime whether you have any questions,
in need of assistance or just to share a story:

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