

ABUNDANCE ACTIVATION & TRAINING

# LION'S GATE

*workbook*

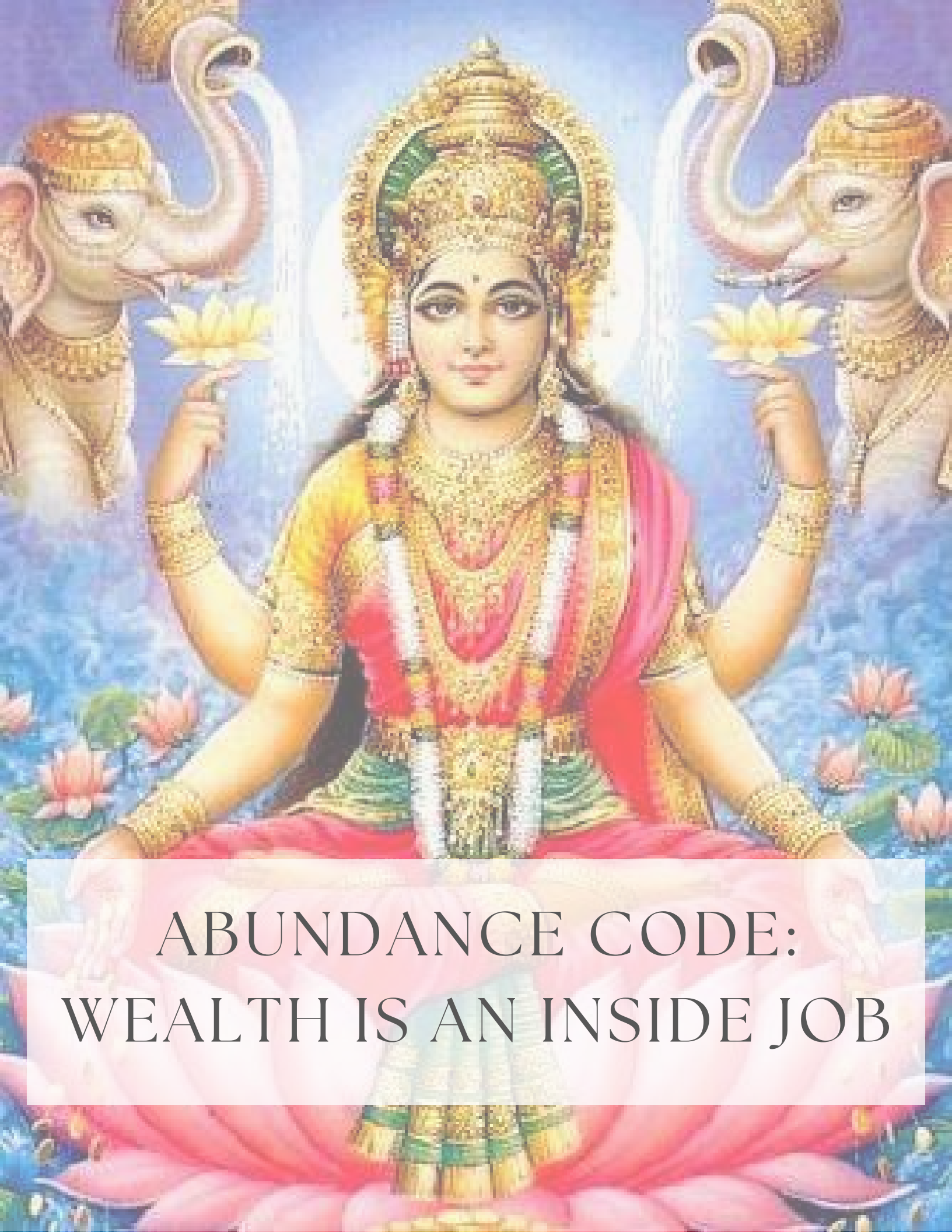
HAPPY HEALTHY WEALTHY TRIBE



## How to use this workbook:

- Set aside some time for yourself, without distractions, and dive into this life changing inner work.
- Approach the exercises one at a time. Give it time and make your answers authentic and true for you.
- Like anything, the more you put into it, the more you'll get out of it.

Enjoy!



ABUNDANCE CODE:  
WEALTH IS AN INSIDE JOB



It's not the lack of money  
that's the problem  
It's the lack of self love  
that leads to trouble

Low self worth is the  
culprit in most cases of  
financial inertia

Prosperity is a biproduct  
of self love , self worth  
and self respect




Financial success is  
a rite of passage  
into our power

Reclaim your power and  
maximize your wealth



ABUNDANCE  
CODE:  
RECEIVE



# ABUNDANCE CODE: NERVOUS SYSTEM REGULATION

Befriending our nervous system to  
bring about a sense of safety in the  
body so we can take risks in life

A scenic landscape featuring a winding river through lush green fields under a bright sky with large, fluffy clouds. The river flows from the bottom center towards the right, curving into the distance. The fields are vibrant green and appear to be agricultural. In the background, there is a line of trees and some distant structures, possibly a small town or farmstead. The sky is a pale, hazy blue with large, soft white clouds. The overall mood is peaceful and abundant.

ABUNDANCE  
IS A RIVER

MONEY

=

FREEDOM

Heal Your  
Money Story  
& Make  
Friends with  
Money





ABUNDANCE CODE:  
\$ IS A  
RELATIONSHIP

WRITE A  
LETTER  
TO  
MONEY





# What are your beliefs?

Let's check if they are empowering or disempowering!

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List 3 beliefs for each of the following categories, and then ask yourself the following questions about each belief.

This will help you determine if it's empowering or disempowering.

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## Now, ask yourself:

Does it make my life easier?

Does it make me happier?

Does it empower me?

Does it allow me to experience more life?

Mark E or D next to each belief.

## MONEY

E / D

1.

2.

3.

## SUCCESS & WORK

E / D

1.

2.

3.

## SELF

E / D

1.

2.

3.

## HEALTH & VITALITY

E / D

1.

2.

3.

## FUN & ADVENTURE

E / D

1.

2.

3.

## RELATIONSHIPS

E / D

1.

2.

3.

# Your Beliefs in Money

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## 1. Create a T Ledger

- On the Left - current cash reality
- On the Right - desired cash reality
- Put the number you are making right now at the top (monthly or what's in your account or both)

## 2. Write your identified beliefs that you have around money

- What is the fear that I have around reaching 'X' Goal?
- What do I believe I have to sacrifice to get 'X' Goal?



# What were you taught about \$?

List 5 words or phrases that formed your beliefs. Then, rewrite them in an empowering way.

1.



2.



3.



4.




5.



A close-up photograph of a hand holding a yellow sticky note. The background is filled with other sticky notes in yellow and green, some overlapping each other. The lighting is soft and natural, suggesting an indoor setting with windows.

Choose your  
favorite and make  
it a daily mantra

*Place it everywhere!*



You don't have to  
sacrifice yourself  
*to have success*

ABUNDANCE CODE:  
GRATITUDE



# List 10 things you're grateful for every day and WHY

When you're done, read through the list , say thank you thank you thank you outloud, and allow yourself to feel the gratitude in your being

Things I'm Grateful For

1.

2.

3.

4.

5.

6.

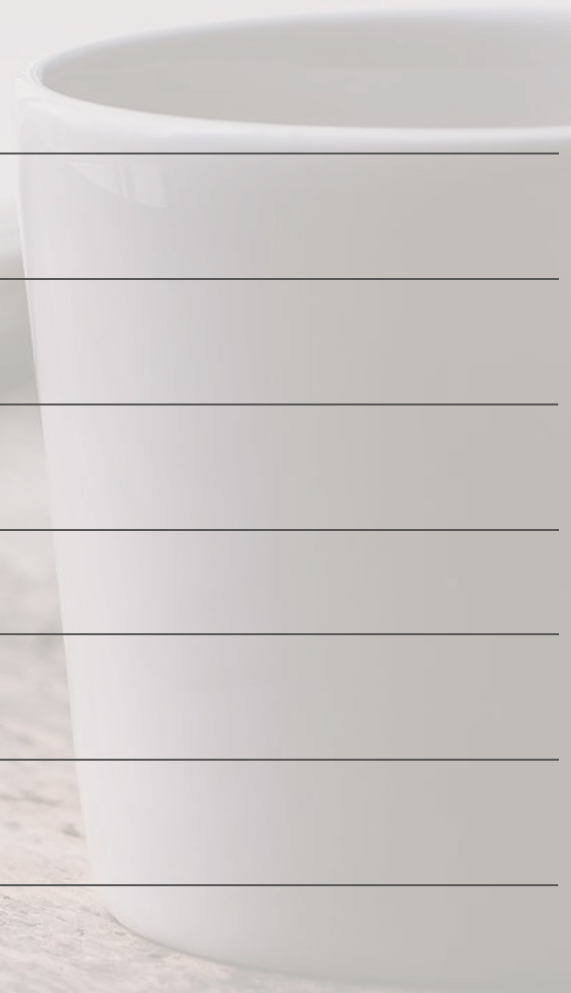
7.

8.

9.

10.

Why



# List 10 Reasons Why I deserve \$

1.

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2.

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3.

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4.

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5.

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6.

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7.

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8.

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9.

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10.

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# 5 positive words to describe \$

1

\_\_\_\_\_

.....

2

\_\_\_\_\_

.....

3

\_\_\_\_\_

.....

4

\_\_\_\_\_

.....

5

\_\_\_\_\_

.....

I'm grateful  
to money  
because...



i am

grateful



Beautiful things that  
will happen in the  
world because I have \$

A group of diverse children in school uniforms are smiling and waving their hands. The image is overlaid with a semi-transparent white box containing ten horizontal lines for writing.

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# List 10 ways you will spend your \$

1.

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2.

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3.

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4.

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5.

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6.

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7.

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8.

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9.

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10.

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List 3 things  
that you're  
doing to  
maintain  
security that  
aren't actually  
serving you

1.

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2.

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3.

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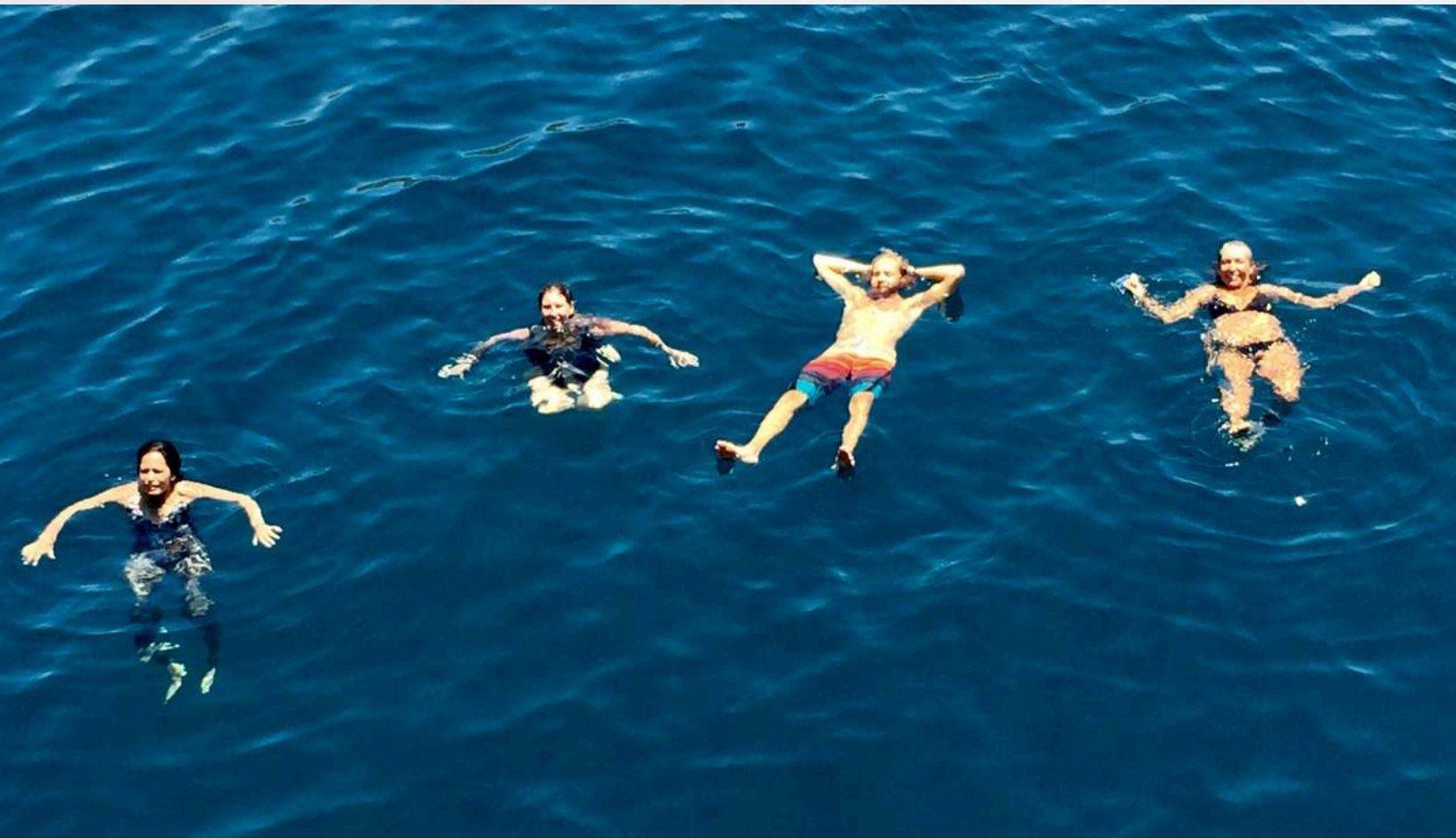
Place \$ on your altar to  
affirm the frequency of  
your sacred success

# Abundance Code: LIQUID GOLD

fluid  
cash flow  
currency  
liquid assets  
bank  
river  
stream  
waterfall  
tidal wave  
flow  
cash pool  
ripple  
channel  
running through your fingers  
drowning in debt

It's not the money I'm after,  
It's the FREEDOM

To live life on my terms,  
have a life of choice,  
and be aligned with my values  
& purpose



# Abundance Code: Embodiment & Identity



# I now command

That all negative thoughts, beliefs,  
energies & subconscious programs  
across all timelines, that are holding  
me back from receiving love,  
happiness, health, and abundance,  
be dissolved & disintegrated

**NOW**

By the grace of Spirit so be it



# I now command

That all negative thoughts about  
poverty & lack be released from  
my body, mind and energy field

**NOW**

By the grace of Spirit so be it





Every moment is an  
opportunity to claim your  
Divine Inheritance!

# Thank-you!

I'm so excited to continue working with you, please reach out to learn more.

As mentioned, wealth is an inside job. You showing up to complete this workbook is a MASSIVE step in the direction of you stepping into the ever flowing river of abundance! Keep going!



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