

You noticed something

That's where everything begins.

**A free guide
for women
ready to feel
calmer, clearer
and safer
with money
again**

from

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The moment you stayed quiet about money, that wasn't weakness.

It was a pattern. And patterns can change.

There is a particular kind of quiet that women carry around money.

It sounds like "it's fine" when it isn't.

It looks like saying yes too quickly.

It feels like your own needs slowly becoming less important than everyone else's.

You didn't choose this.

It was shaped, by the messages you received growing up, by the relationships where keeping the peace felt safer than speaking up, by a world that still makes women feel like guests at the table of their own finances.

Here is what I want you to know:

Money is not the problem.

The charge around money – the tightness, the avoidance, the silence – that is what we work with.

And that charge? It can be released.

Not with a budget spreadsheet.

With awareness. With language. With a body that finally feels safe enough to stay in the room when money comes up.

That is the work. And it starts here.

The Steady Pause Technique™

A gentle **60-second reset** for moments when money suddenly feels emotionally loud.

The next time you open your banking app, avoid a conversation, feel pressure rising, or notice yourself spiralling around money... pause here first.

Step 1 — Notice (10 seconds)

Place one hand on your chest. Without trying to fix anything, simply notice what is happening inside you right now. Not the story. Not the numbers. Just the feeling. **“Right now, I notice _____.”**

Step 2 — Name it (10 seconds)

Give the feeling a simple name.
Heavy. Tight. Rushed. Frozen. Overwhelmed.
When we name a feeling gently, the nervous system no longer has to shout so loudly to be heard.

Step 3 — Breathe Slowly (20 seconds)

Breathe in for 4. Hold softly for 2. Exhale slowly for 6.
Longer exhales help your body recognise that this moment is safe enough to stay present in.

Step 4 — Steady Yourself (20 seconds)

Quietly say to yourself:
“I am learning to feel steady with money.”
“I am allowed to include myself in this decision.”
“I do not need to rush.”

This is not about fixing everything in sixty seconds.

It is about teaching your nervous system that money no longer has to feel like danger.

The **more often you practise** this,
the **calmer, clearer, and safer** these moments can begin to **feel inside your body**.

There is **more** where this came from.

What you've just read is a small window into a much bigger conversation, one I've been building for women who are capable, responsible, and quietly tired of carrying the emotional weight money has come to hold.

In **October 2026**,
I am hosting a **FREE live webinar** called

Money Isn't the Problem. It's How It Feels

How to finally feel calm, clear and included in your own financial life.

Inside we will explore:

- Why money can feel heavier than it actually is
- How old patterns quietly shape your financial decisions
- What begins to shift when you stop leaving yourself out of the conversation
- How to approach money from steadiness rather than pressure

This is not about becoming "better with money."

It is about feeling safe enough, clear enough, and grounded enough to respond differently, when money moments arise.

Spots are limited.

To be first in line for your invitation, simply reply to this message with the word **OCTOBER** and I will make sure you are notified the moment registration opens.

With sisterhood, strength, and stillness,
Debbie Bullivant

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