

Moms With Money

Quick Start Guide

START HERE

Welcome, Mama!

When you're ready, follow this Quick Start Guide as your roadmap to helping you get the most out of "Moms With Money" and starting to live a life where it's normal for you to always have more than enough money no matter what.

HOW THIS WORKS

You've received the following tools:

- "Moms With Money" Hypnosis Audio
- "Moms With Money" EFT Sequence
- "Moms With Money" Intention Cards

These tools work together in conjunction to support your transformation and the positive money reprogramming of the WHOLE of YOUR EGO - mind, body, brain, nervous system, identity.

Your Soul knows you've already got more than enough money no matter what - always and infinitely supplied to you by the Universe - and now it's time for your human form, your Ego, to jump on that band wagon. 😊

Because it's when your Ego aligns more and more with what your Soul already knows to be true that your life begins to change.

It's when your Ego shifts to know and embody that abundance, wealth, prosperity, absolutely huge amounts of money in your life are your normal, your everyday experience, and feel completely safe and comfortable to you that your life begins to change.

As you use these tools, you shift things for yourself both consciously and subconsciously, as well as emotionally, biologically, and energetically, in order to create more rapid, sustainable, and lasting change in your life.

YOUR NEW MONEY BASELINE

Through the **Hypnosis Audio and EFT Sequence**, you will lay down the bedrock foundations for your reprogramming. These rapidly create your new baseline programming and way of thinking, feeling, being, and operating in life related to money – that more than enough money no matter what in your life is your normal.

The Universe and your 3D experience of life is a mirror reflection of your programming. The more your Ego is programmed to embody this new baseline for you, the more you will witness it in your 3D.

MAKING CHANGES LAST LONG-TERM

Through the **Intention Cards**, you have an in-the-moment tool you will use throughout each day to raise your frequency and support your reprogramming, helping “cement in” the new baseline you’re creating through your Hypnosis Audio and EFT Sequence.

Your “old” money programming, feelings, thoughts, and habits – in mind, body, brain, nervous system, and identity – may still pop up during the day, and if left unchallenged, they will undo the work you’re doing with your Hypnosis Audio and EFT Sequence.

With the Intention Cards you will proactively counter those old money stories, feelings, and thoughts so that your money programming sticks for good AND your growing wealth sticks for good!

YOUR WEALTH REPROGRAMMING ROUTINE

This isn’t just about you actually creating and stepping into the life you want where you live as the rich, wealthy, prosperous, abundant Mama you were born as (and in truth, already are). It’s also about you feeling safe and peaceful through every part of your Ego to live and experience that life for the long term and know, as your Soul does, that it is already yours.

And this is exactly what you begin creating for yourself when you use these tools in the way I guide you by following the wealth reprogramming daily routine I provide you in the Quick Start Checklist below.

So are you ready for having more than enough money no matter what in your life to become your normal? Dive in, Mama!

QUICK START CHECKLIST

“Moms With Money” Hypnosis Audio



Listen 2x per day, such as once in the morning when you wake up and once when you go to bed. (At lunch or whenever fits in your day is also the perfect time, Mama!)



If you're only able to devote to listening 1x a day, that's ok. I invite you to just set your intention to be consistent at whatever frequency each day you choose and to then be in integrity with your choice. If you're devoting to 1x per day, then I highly recommend listening when you go to bed at night.

“Moms With Money” EFT Sequence



Print out the sequence and hang it on your bathroom mirror (or any mirror you prefer and regularly use).



Perform the sequence 1x per day out loud while looking into your eyes in the mirror. (Yes, for real, look at your reflection in the mirror and focus on looking into your own beautiful eyes while doing the sequence.)

- Doing this in the morning in the bathroom while you're getting ready for the day is a great way to start your day off in a powerful way, but whatever time suits you best is wonderful. The time that is best is the time that you actually do the EFT, Mama!
- If you'd like to perform the sequence more each day, whether in part or in full, go for it!

“Moms With Money” Intention Cards

- Print out and cut out your Intention Cards and keep them somewhere handy near you throughout the day (your desk, your purse, etc.) or display prominently where you'll see them to remind you of your NEW intentions of how you choose experience money in your life.
- Pick one or more of these cards, whichever resonates with you most strongly, to be your go-to in-the-moment intention(s) that you will use throughout your day.
- Anytime you find yourself thinking about money, wealth, abundance, finances, prosperity, lack, or scarcity in ANY WAY:
 - Say your chosen card(s) out loud while gently tapping or massaging:
 - Your ear lobe and hollows of your ear (not your ear canal) or;
 - Your collarbone near your breastbone or;
 - The fleshy outside of your hand between your pinky and wrist or;
 - Another EFT tapping point.
 - (See the *Tapping and Massage Points Video* for additional detailed guidance).

- Repeat continuously until you feel your emotions shift to a higher frequency, such as peace, love, gratitude, and then CONTINUE for approximately another 30 seconds or more.
 - Yes, you can also say the intention(s) silently in your head frequently throughout your day, as this is also supportive, but I recommend doing this out loud and with the tapping/massage as much as possible because this retrains MORE of you and more deeply than just doing this silently in your head does.
 - Amplify the impact of this practice even further by inhaling for a count of 7 followed by exhaling for a count of 11 at least 6x before saying your intention(s). This helps you reprogram even more deeply, as it shifts you into a state of hypnosis.
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TOOLS AS FLEXIBLE AS YOU

As a busy Mama, I realize that sometimes things happen and before you know it, you've crashed out in bed for the night without listening to your Hypnosis or doing your EFT. That is OK!

Seriously, no judgement, guilt, or shame here. It doesn't mean you're less devoted to your work or don't care. Those are B.S. stories, so don't even go there! It just means life is doing life and you're human. 😊

Just hop back on the bandwagon, figure out what you will devote yourself to, and keep doing your best.

I firmly believe that the tools you use to shift and support your life are most effective when they are as unique as you are, they resonate with you, and they fit your life. What suited you last year might not be ideal for you now. Perhaps hypnosis audios have been your go to in the past, but if you're

having a challenge getting to listen to them every day they might not be your perfect go-to now. The tools are only impactful if used.

Mama, you need tools that as are flexible as you are – whether you have 20 minutes, 30 seconds, or 5 minutes.

If you're having a day short on time or that is life-ing, I've listed below some suggested options for adjusting your routine so that you keep momentum with your reprogramming and transformation.

Got 20 minutes?

- The Hypnosis Audio is a great fit.
- Be sure to still use your Intention Card throughout your day.

Got 5 minutes?

- The EFT Sequence is a great fit.
- Be sure to still use your Intention Card throughout your day.

Got 3 minutes?

- Use the 7-11 Breathing routine with the Intention Cards.
- Be sure to still use your Intention Card without the breathing routine throughout your day.

Got less than 30 seconds or need in-the-moment support?

- The Intention Cards without breathing are your go-to.
- This alone will not reprogram your whole Ego, so you'll want to use this with the EFT Sequence and/or Hypnosis Audio each day.

Yes, you can effectively help reprogram yourself even in a few minutes!

The important thing is that you keep momentum and consistency with your reprogramming, using an effective combination of the tools, with the options

outlined above or the full Quick Start Checklist routine, in order to get you results.

IMPORTANT: Before you start tweaking your routine, I strongly encourage you to use the Quick Start Checklist daily routine for at least 2 weeks. This will get you off on the best foot and allow you to become familiar with the tools and see what resonates most with you so that you can make educated and empowered adjustments to your routine.

SOME FINAL THOUGHTS AND IMPORTANT GUIDANCE

Repetition Is Key: Continue using these tools as described until you experience the changes and results you desire. Repetition is the mother of all learning, and you are literally retraining and reprogramming yourself. Does a toddler learn how to ride a bike after one go? Not usually. They practice and practice. Your Ego is no different.

Your Roadmap Might Change: Keep in mind that as you do this work, your frequency will begin rising, so you'll understand your unique wisdom and guidance from your Soul more clearly. As I see repeatedly with myself and the women in my programs, this often means that your desires and the life changes and results you want will change along the way. Your roadmap and goals might look very different from when you start. And that is very exciting, as it means you're being offered the opportunity to choose to live even more the amazing, abundant life that is your birthright as the amazing woman and Mama you already are!

What Do Results And Changes Look Like? It may not suddenly look like \$10 million dollars, or even \$1k extra, in your bank account. It often looks like intuitive nudges or guidance to go somewhere, do something, connect with someone. It often looks like opportunities coming to you, doors opening, or even things falling away in your life. Just because the money's not in the bank yet doesn't mean what you're doing isn't "working." The Universe and your Soul are subtly pointing the way for you and rearranging things in your

life in order to make space for you to receive and experience the new money baseline and normal you're programming.

And when you do become aware of the Universe and your Soul pointing the way, this is about you then courageously taking action on that guidance.

Can You Get Results Quickly, Even Instantly? Yes! Time is an illusion, and since everything in the Universe already exists for you across eternity, yes, you can reprogram your Ego fully and experience results right away.

However, most people receive most of their results through repetition. Know that there is nothing wrong with you and that you're not doing it "wrong" if things take time to shift for you. The important part is to continue using the tools and supporting yourself as the reprogramming you're doing takes full effect.

Imagine dropping a rock into the ocean. It takes a moment for the ripple that rock creates to reach all the way to the other side of the ocean, right?

Just like that ripple, it takes as long as it takes for the reprogramming you're doing to "reach" and retrain the WHOLE of YOUR EGO – mind, body, brain, nervous system, identity.

Patience, Mama.

Seriously, you're doing great.

I invite you to shower yourself with grace, love, devotion, and patience as you do this loving work with yourself to change your life. And the life of your family!