



UNLOCK YOUR \$10K A MONTH MINDSET **WORKBOOK**

A 6-Step Workbook to Help You
Rewire, Realign, and Rise

BY THE LEGACY BUILDER MOM



WELCOME

Hi There!

First of all — welcome! And thank you for downloading this guide! It means so much to me that you're here. I created it with love and intention, thinking of you and the powerful steps you're ready to take.

This workbook can be used alone, but it is intended to be a complement to the **10k a Month Masterclass by Regan Hillyer** and accompany you on your journey toward your first (or next) \$10K months— and beyond.

But it's not just about the money. **It's about who you become along the way.**

Each step inside is designed to help you explore your mindset, uncover hidden beliefs, and align your energy with the version of you who creates success with **flow, purpose, and confidence**. And paired with Regan's masterclass, this is the perfect companion to go even deeper. It's here to help you **integrate, reflect, and take aligned action** with more **clarity and intention**.

This will help you reconnect with your truth — and rise from there.

Veronica del Real
The Legacy Builder Mom



ABOUT ME

Hi, I'm Veronica — also known as The Legacy Builder Mom. I'm a digital marketer, mentor in personal growth, and a **big believer in the power within us to manifest**.

I began this journey to create a better life for my kids and myself. And along the way, I discovered that true success doesn't come from doing exactly what everyone else is doing — it comes from getting aligned with your vision, your values, and **listening to what your soul truly desires**.

Now, I help other women rise by blending mindset, aligned strategy, and heart-led action — because we all deserve to live the life we dream of.



✨ HOW TO USE THIS WORKBOOK ✨

This guide was created with love to support your journey — especially as a powerful complement to the **\$10K a Month Masterclass by Regan Hillyer**.

Many of the steps and questions inside align beautifully with the concepts Regan teaches, helping you go even deeper in your transformation!

But whether you've taken the masterclass or not, this workbook stands strong on its own, too, and here's why...

If you're not yet receiving the income you desire — whether that's *\$1K, \$10K, or \$100 K+ months* — chances are, old beliefs or subconscious patterns are keeping you at your current level.

This guide is here to help you *look inward*, with honesty and an open mind. You'll reflect on how your past, your environment, and your inner stories have shaped the way you think, act, and receive. And more importantly — **you'll learn how to shift those patterns.**

Each step is designed to bring more awareness, clarity, and alignment, so you can let go of what no longer serves you... and ***start embodying the version of you who already has it all.***

You'll connect with your "next level" self and start taking inspired action from her energy — not from fear or doubt.

You'll learn to dream big, expand your capacity to receive, and allow every small shift to guide you closer to the life you truly desire.

- ♥ Be honest with yourself.
- ♥ Take your time.
- ♥ Come back to it anytime you need a reset.

You're not just dreaming of your next level — You're building it. From the inside out.

You are the creator of your life. So show up fully... because once you realize how powerful you truly are, there's no going back.

Let's begin. ✨

STEP 1: CONDITION YOUR MONEY MINDSET

Your mindset is your foundation. When it's strong and rooted in abundance, everything else becomes easier. This step is about getting crystal clear on why \$10K months matter to YOU – not just as a number, but as a portal to the life you dream of living.

The more connected you are to your “why,” the more committed and emotionally anchored you’ll be when taking action. This is where your financial goals become real, meaningful, and magnetic.

Use the questions here to feel into your purpose and paint a powerful picture of the life you’re stepping into

Reflect + Write:

- 1.1** **Why do I truly desire \$10K months?** (Give yourself permission to dream and enjoy every feeling as you write down your answer)

- 1.2** **What does \$10K a month mean for my life?**

STEP 1: CONDITION YOUR MONEY MINDSET

1.3 How will it transform me and my family?

1.4 What motivates me to call this in?

1.5 What opportunities will this unlock for me?

STEP 2: IDENTIFY & REWRITE LIMITING BELIEFS

We all carry old beliefs about money – many that we didn't even choose. Maybe you were told that success requires struggle, that it's greedy to want more, or that money is hard to come by.

This step is where we lovingly challenge those stories and write new ones that match who you truly are today – a powerful soul with a vision, heart, and purpose.

You'll uncover the thoughts that have been keeping you stuck and begin to rewire your subconscious with beliefs that support your growth, ease, and abundance.

Reflect + Write:

2.1 What thoughts or feelings come up when I think about \$10K months?

2.2 How do I feel about others' financial success? and what does this tell me about my own beliefs?

STEP 2: IDENTIFY & REWRITE LIMITING BELIEFS

2.3 What money beliefs no longer serve me?

2.4 What do I now choose to believe about money?

2.5 What beliefs are aligned with my highest self?

STEP 3: UNCOVER WHAT'S KEEPING YOU STUCK IN YOUR CURRENT INCOME

Sometimes we can do “all the right things” and still feel blocked. That’s because unseen fears, hidden doubts, or unconscious patterns can be running the show. This section is about shining a light on those inner blocks so you can meet them with compassion, not judgment. Once you see what’s been holding you back, you can begin to shift it. This step is powerful – don’t rush it. Trust what comes up and allow your awareness to open the door to your next breakthrough.

Reflect + Write:

3.1 What is limiting me from receiving \$10K months with ease?

3.2 What am I afraid of when it comes to more money?

STEP 3: UNCOVER WHAT'S KEEPING YOU STUCK IN YOUR CURRENT INCOME

3.3 In what ways do I not feel good enough or worthy of receiving?

3.4 What scarcity stories am I still holding onto?

3.5 What would I be doing or who would I be if I fully trusted myself with more money?

STEP 4: EMBODY THE \$10K/MONTH VERSION OF YOU

Now that you've cleared space and clarity, it's time to step into HER – the version of you who already earns \$10K/month with ease, joy, and alignment.

This isn't about pretending. It's about remembering. Tapping into the habits, energy, and presence that already exist inside you – and calling them forward now.

This is where you begin living as if it's already done. Because the more you embody this version of you today, the faster your external reality catches up.

Reflect + Write:

4.1 How does the \$10K version of me think, act, and feel?

4.2 What habits, routines, or boundaries does she have?

STEP 4: EMBODY THE \$10K/MONTH VERSION OF YOU

4.3 What does she say yes or no to?

4.4 How does she show up daily and in her business?

4.5 What's one small shift I can make today to start showing up like her now?

STEP 5: EXPAND YOUR CAPACITY TO RECEIVE

Many of us were taught to overgive, self-sacrifice, or shrink when it comes to receiving. But the truth is, you're meant to receive in overflow—with grace, not guilt.

This step will help you stretch your ability to hold more: more money, more joy, more support, more success. You'll dream bigger, stretch your receiving muscle, and build the inner safety to allow it all in. Your desires aren't too much — they're your soul's next level calling you forward.

Reflect + Write:

5.1 What does my ideal day look like?

5.2 What experiences do I get to enjoy with \$10K+ months?

STEP 5: EXPAND YOUR CAPACITY TO RECEIVE

5.3 How can I ground into safety while receiving more?

5.4 What can I say yes to today to stretch my receiving muscle?

5.5 Where in my life am I ready to invite in more support, ease, and overflow?

STEP 6: REWIRE & ALIGN ENERGETICALLY

This final step is all about frequency. If money is energy, then learning how to hold the vibration of abundance becomes one of your most valuable tools.

You'll practice grounding into gratitude, joy, and creative flow – and use affirmations, visualization, and energetic rituals that keep you aligned with what you want to call in.

It's not about being perfect. It's about choosing alignment more often than fear – your predominant frequency will make you move forward.

Reflect + Write:

6.1 What affirmations support my financial expansion?

6.2 How can I use joy and creativity to grow?

STEP 6: REWIRE & ALIGN ENERGETICALLY

6.3 What does abundance feel like in my body and heart?

6.4 What energetic habits raise my vibration daily?

6.5 What actions or decisions can I take each day from my 10k/month version?

🌟 Energetic Alignment Practice Tip

I've been using this practice myself with my own additions. I learned the main idea from two different programs I've completed, and I've added a couple more things that have worked wonders for me, so I'm sharing it here with you because the more women manifestors there are in this world, the more we can share this life-changing knowledge and, in turn, make the world a better place for everyone.

So to amplify your energy and magnetize those \$10K months even faster, here is one of my favourite high-vibe practices:

- Set an alarm on your phone every hour — or every 2–3 hours if that feels better.
- On each alarm, add a short note that inspires you (*I use my affirmations*).

💛 When the alarm goes off:

- Pause what you're doing — just for 30 to 60 seconds
- Close your eyes, place your hand on your heart
- Breathe deeply
- Visualize yourself already receiving consistent \$10K+ months
- Feel the joy, gratitude, and calm confidence of living that life
- Smile. Let it sink in. Enjoy it.

The more often you bring the feelings of your desired reality into your daily life, the more you align with its energetic frequency — and the faster it begins to show up in your physical world.

Remember, manifestation isn't about pushing or forcing. It's about feeling it in your body, anchoring it in your heart, and allowing your energy to rise to match the version of you who already lives it.

✨ You're not chasing it. ✨ You're becoming it.

Are YOU Ready to Go Deeper?

You've just taken a powerful step by reflecting, expanding, and aligning your mindset through this guide.

But if you're ready for *real momentum* — to rise, be supported by a **world-renowned mentor**, and receive both strategy and energetic activation — then the next step is here for you.

I invite you to experience the **\$10K a Month Masterclass by Regan Hillyer** — a powerful 2-hour experience that shifted everything for me and thousands...

Inside this transformational training, you'll receive:

- ★ The mindset shifts and energetic practices Regan used to scale from \$1K to \$1M+ months
- ★ Real, aligned strategy you can apply right away
- ★ A deep energetic activation to open your receiving channel
- ★ **Master Resell Rights (MRR)** — so you can resell the training and keep 100% of the profit (*another income stream...*)

This isn't just another course — it's an invitation to step into the version of you who ***already has it all.***

👉 Click below to learn more and discover if you are truly ready to call in your next level:

[LEARN MORE ABOUT THE MASTERCLASS HERE](#)



And hey — if you have questions or want to connect, you know where to find me
Feel free to email me anytime at veronica@thelegacybuildermom.com

With love,

Veronica

The Legacy Builder Mom

