



COSMIC
VALKYRIE

Rewriting Financial Freedom in Flow

Your Dream Life Activation

Workbook

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Hi, I'm Lynn Louise Larson, master hypnotist and creator of Evolution 10X Method™. I've been helping women all over the world for over 15 years, uplevel their consciousness to create their dream life.

This workbook is your space to integrate, capture insights, and begin coding your subconscious for wealth, clarity, and freedom.

Remember: everything is created twice—**first in energy, then in form**. The pages you fill here are the energetic blueprint of your next reality.

First Things First..

Why You're Not Manifesting More Money: The biggest block I see women carrying is the belief that they have to wait before they can experience financial freedom.

"I just need more time."

"I'll feel ready once I'm more confident."

"Things have to settle down first."

But here's the truth: waiting only delays what you desire. Wealth doesn't arrive because you finally have the perfect conditions—it arrives because you claim the identity of the woman who already creates and manages money with clarity.

What It Really Takes: Every woman living at her next level of abundance has done one thing: she stopped postponing her power. She turned inward and began transforming her subconscious beliefs about money.

This isn't just positive thinking—it's brain science. When you rewire the programs your subconscious runs on, your external reality reorganizes to match.

As Sun Tzu wrote in *The Art of War*: "Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win."

Money works the same way. You don't wait for proof—you win first in your mind through vision, identity, and embodiment. Then wealth follows.

What You Must Release: You have to let go of the belief that time will make you ready. If you keep waiting, you'll keep circling the same reality.

Wealth responds to decisiveness, not delay.

Vision: Your Energetic Blueprint

Everything is created twice: first in energy, then in form. Your vision is the energetic blueprint your life will follow.

Most women treat vision like a daydream. But when you make it vivid and sensory, your subconscious codes it as real — and **begins aligning your reality to match.**

Quick Exercise: Write down one scene from your future life that feels aligned and exciting. Add just a few sensory details (what you see, hear, or feel). *Example:* “I wake up rested, hear the birds outside, and feel calm knowing my bills are paid and I have time for what matters.”

Identity: Who You Choose to Be

Your current reality was built by your current identity. Change the identity, and the results change. Most of us were taught: “Once I have more money, I can do more, and then I’ll finally be who I want to be.”

But the truth is flipped: BE first → DO → HAVE.

Quick Exercise:

Fill in the blanks with your chosen identity:

- I am _____.
- I choose _____.
- I lead with _____.

Example: “I am abundant. I choose clarity. I lead with confidence.”

Embodiment Frequency

Thoughts alone don’t change your life. Each thought produces emotions and body sensations that create your personal frequency.

Affirmations like “I am abundant” won’t work if your body is still broadcasting fear. Embodiment is when your thoughts, emotions, and body all say the same thing.

Quick Practice: Next time you feel scarcity (tight chest, shallow breath, worry), pause and shift:

- **Breathe deeper.**
- **Open your posture.**
- **Say your “I am” statement aloud.**

This codes the new identity in real time.

Aligned Action

Wealth doesn't come from more effort — it comes from aligned effort. Small, repeated actions create lasting proof for your subconscious.

Quick Exercise: Pick one small daily action that aligns with your new identity.

Examples:

- Check your bank account with curiosity (not fear).
- Block 20 minutes of white space.
- Write down one win each evening.

Wealth isn't earned by force.

It flows from clarity, identity, embodiment, and aligned action.

- ✦ Vision is your blueprint.
- ✦ Identity is your seed.
- ✦ Embodiment is your frequency.
- ✦ Action is your proof.

When these work together, financial freedom stops being something you chase — it becomes who you are.

Ready to Take This Deeper?

This workbook gave you the blueprint — but the real magic happens when you experience it in action. That's why I created **my free training video: Rewriting Financial Freedom In Flow!**

I'll guide you step-by-step through:

- ✦ How to create a vision your subconscious codes as real
- ✦ The identity shifts that collapse timelines into wealth + freedom
- ✦ The embodiment practices that transform affirmations into reality

If you're ready to stop chasing money and start living from clarity, confidence, and ease — this training is your next step. Because financial freedom isn't something you hustle harder for. It's who you become.

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