



Get clear on your money story. Your story affects your beliefs, your beliefs affect your decisions and your decisions dictate your actions.

What's my current belief around money?

Write that in the chat box or write it down on a piece of paper and I'll address it when I open the lines for on the spot coaching and Q&A.

Next, what do I want more cash flow for? Get very specific on one thing you want most right now.

Why do you want this? What's your why?

Tell the world, are you willing to put yourself on blast?

Marketing and Sales 101

- The real definition of marketing - "Marketing is communication in action"
- The real definition of sales- "Is asking someone to work with you"

If you hate asking people to work with you, you don't have a sales problem, but you may have a rejection problem.

Tip: No one can really reject you, all they're saying is they aren't interested in what you're asking, no more.

Sales Blocks

If you have a block about being "sold to" then you probably have a block about "selling to someone else".

Once you shift the "selling thing" from the false idea of you having to push your stuff onto someone to simply asking them to work with you, your feelings around selling will greatly diminish.

Action Steps:

1. Get clear on your money story, what beliefs are you carrying around with you?
2. What decision(s) have you made surrounding the story?
3. Look at how those decisions are affecting your “actions”
4. Get clear about what you want? Pick one thing that really lights you up preferably something you could conceivably see yourself acquiring in the next few days, weeks or months.
5. Why do you want this thing or have this experience?
6. Name at least 3 to 5 action steps you will take before next week to get into action

Complete parts 1 and 2 of the Module One Worksheet to answer these questions

How are you making money now?

Do Part 3 of the worksheet to get clear

Acknowledge Your Money

Do you really know how much you have and what’s coming in?

Use the Cash Flow Acknowledgement Log spreadsheet or a personal journal to write it down, comment to it for the next 30 days.

If you find a nickel or a penny write it down, if you win \$5 in the lottery or find \$17 in the street write in down, when you receive a payment from a client or a royalty payment write it down. **Please note:** Do not list payments that are outstanding, only what you physically have access to now.

Do the guided meditation for increasing cash flow, you can find this in the member area of the program. You can either listen to the downloadable MP3 or read the script below or both, it’s up to you.

Meditation Changing Your Mindset For Cash Flow Script

Take a few moments to find a place where you can settle in and be quiet for about ten minutes with no distractions. You can listen to the meditation anytime you feel off center about money stuff, you want to get clarity about your next action step, or you just want to take a break and slow down.

Start by inhaling through the nose for a count of three and hold for a few seconds then release the breath through your mouth for a count of five. Do this about 10 times.

Focus on your breath. With each exhalation feel your body getting becoming more relaxed.

Now from a calmer more centered place ask yourself: “What do I need I need to know about money right now?” or “You could ask, “How am I feeling in my body at the moment when I think about money?” Whatever the question just make sure it’s something that’s feels right for you right now.

After you ask just sit still with the question for about two minutes, do that now.

Now ask yourself ‘what’s one thing I can do now to increase my flow?’ And sit with that for a couple of minutes.

Perhaps the face of a friend pops into your mind and you feel desire to call them or invite them to lunch, or you feel like you need to go for a walk, or your want to check out a particular website”, Whatever it is just focus on that one action you can take following this meditation.

Once you get that action firmly pictured in your mind imagine seeing yourself taking that action like it’s a movie you’re watching on large screen, sit with this for a little bit.

Notice how you’re feeling. Are you excited, peaceful or calm? Or do you feel so - so?

If it feels so-so, picture something that you are excited about it, and create that image in your mind.

Take the image or it could be a movie and wrap it in a clear bubble, the bubble contains the movie or the image of you taking the action and imagine you’re holding that bubble in your hand.

Now picture yourself walking over to the nearest window in your space where ever you are at the moment, open that window and release that clear bubble like it's a helium balloon and release it. See the wind taking your vision out in the sky floating it upward and sending out into the world.

That visual represents your first or next action steps you'll take on your journey. At this point all you need to do is focus on taking one action. It's the worlds job to help you flesh out the details, but once you take action it's done.

Now take a few more deep breaths in through the nose for a count of three and hold for a few seconds, and breathe out on a count of five. Do this 3 to 5 times until you feel complete and bring your awareness back into the room.

Start moving slowly, perhaps stand and stretch feeling the blood moving through your body and when you're ready take action in the direction of your larger of your vision, do so knowing that you have support and it's coming to you in the best way possible.

And so it is :)