

"We often find we are where we choose to be.

You are worthy of success and will enjoy success to the extent—and only to the extent—that you believe in yourself.

And if you don't believe in you, why should they?"

—*Sharon Lechter*

RECONDITIONING & MONEY HABITS

1. Retrieve part one of the *Millionaire Mindset Worksheet*.

Find your answers for the question: What are your top 10 beliefs about money? With a pen or marker please draw a line through each response and write it's empowering alternative.

For example, one of my responses was:

"I will always have to work really, really, really hard for money."

I would now draw a line through it and write in its place:

"Massive amounts of money flow to me easily and often."

At the end of the exercise take notice of how you feel. How did your energy shift?

Or not? Did hope bubble up in your heart? Did the ego pop into your head and remind you (yet again) that "great, easy and meaningful wealth will never really be available to you?" Are you *willing* to believe differently? Are you willing to practice the empowering alternatives?

Program a few of the empowering alternatives you wrote in response to “*What are your top 10 beliefs about money?*,” into your cell phone alarm and have them go off periodically over the next 21 days.

2. Unfortunately, many of us have the belief that money is bad, and we “shouldn’t” want it.

We fear that *wanting it* makes us “greedy,” “unlikeable,” and “narcissistic.” We’re afraid we’ll be judged for having abundant wealth and many clients I’ve worked with over the years diminish their earning potential because they feel “guilty” having more money than others.

Truth: Money is just something you need to live out your fullest expression. (The Science of Getting Rich)

In what way is making the money you want about more than just yourself? How will others benefit or be served and transformed by you claiming your wealth?

“Self love in money starts with basic financial literacy.”

—*Sharon Lechter*

All women need to be involved with how money flows in and out of their families, professions and lives. Whether or not you are the primary earner in a family, you must understand how money, taxes and investments are flowing and affecting you and your partner.

Consider taking action towards financial literacy with one or all of the below tools:

- [Mint — Personal Finance](#)
- [Easy Envelope Budget Aid](#)
- [CreditKarma.com](#)

3. Manifesting the wealth you desire is most certainly a lovely collaboration between the feminine and masculine disciplines.

Let's delve a bit further into the grace, spirituality and action oriented-ness of manifesting.

1. Be crystal clear on what you desire!

Without any *maybes*, *buts* or limiting beliefs....write down 10 specifics that you want in the area of money, cash, financial support and abundance.

- 2. Be clear on the WHY or the conscious purpose of your desire.**
- 3. Get clear on the timing of your financial desire — if this applicable.**
- 4. Evaluate the authenticity of your financial desire.**
- 5. Presume your desire is possible.**
- 6. “How would you have this manifested?”**
- 7. Wait for the inspired guidance.**
- 8. Have the faith that your desire is already completed!**
- 9. Create a vision board of the completed manifestation.**
- 10. Create a mantra of the completed manifestation and say it out loud all day every day until the manifestation is complete.**
- 11. Take Action towards completing the manifestation.** (Believing that it is already done.)
- 12. Follow a no excuses policy but be flexible.**
- 13. Speak about nothing other than the vibration you are moving into**
- 14. Receive the manifestation with gratitude.**

Practice Greater Wealth Consciousness with these Mantras:

- *“I admire wealthy people!”*
- *“I love rich people and I’m going to be one of those rich people too!”*
- *“I am an excellent receiver. I am open and willing to receive massive amounts of money into my life.”*
- *“I can have both!”*