

Mindfulness, Money & Men



Hi Lady!

Congratulations on making an incredible investment in yourself and in your life! You have just joined an amazing and long-standing sisterhood of courageous, savvy, driven women determined to create and live the life of their dreams.

And trust me, you WILL create and live the life of your dreams! I am here to be of service to you, and in our work together, you will transform your relationship with yourself, with men, and with money.

I sure hope you are as excited as I am! Thank you for making this important investment in yourself, and for putting your trust in me. It is my honor to guide you on this exciting new journey!

xo,

A handwritten signature in black ink that reads "Danielle" with "XX" written below it. The signature is fluid and cursive.

SCHEDULING & PASSWORDS:

You begin TODAY! (Module 1 video is live below)

- The password for the Mindfulness videos is: **I am loved** (all one word)
- The password for the Money videos is: **I love money** (all one word)
- The password for the Men videos is: **I love love** (all one word)

Please schedule your one on one sessions for the next 12 weeks using [this link](#).

WELCOME MESSAGE:

[To get started please listen to this welcome audio that I recorded for you!](#)

PLANNING FOR GREATNESS:

I've made you a series of worksheets to help you stay on purpose and on track during our time together and beyond!

Print out the "daily" calendar in the beginning of each day and tuck in your purse or a small binder.

I suggest reflecting on and filling out the "weekly recaps" on Sunday afternoon or evenings. These sweet, little sheets will help you track your progress and success and help you pinpoint what is still in motion.

And there could not be a better time of year to print out and begin simmering on the "yearly planner!" Let's begin to reflect on what worked this year and what didn't, what we learned, accomplished and are still working towards. This is soul shifting work and we can discuss it in our one on ones!

[The MAKE IT HAPPEN Daily Planner](#)

[The MAKE IT HAPPEN Weekly Planner](#)

[The MAKE IT HAPPEN Yearly Planner](#)

PEACE OF MIND:

As I share with you in the audio there will be a series of recorded meditations to help you center and ground yourself.

I suggest listening to this in the morning as part of a growing soulful practice intended to connect you to the best in yourself and the world around you.

[Week One Meditation: Clarity of Self](#)

QUOTE DECK FOR MINDFULNESS MODULE:

These are all the quotes from Module 1: Mindfulness that can be printed out and hung for reminders around your home.

- [Mindfulness, Money & Men Quotes](#)

QUOTE DECK FOR MONEY MODULE:

These are all the quotes from Module 2: Money that can be printed out and hung for reminders around your home.

- [Money Module Quotes](#)

QUOTE DECK FOR MEN MODULE:

These are all the quotes from Module 3: Men that can be printed out and hung for reminders around your home.

- [Men Module Quotes](#)

Module 1 | Week 1



- [Module 1 // Video 1](#)

Soul-work (aka Homework)

Please do not complete the work here but in your notebook, journal or email. Then take a photo and send to me via email OR just forward your original email to me. Thank you!

I.

If denying your ego's (sometimes way too believable) negative chatter seems easier said than done, it can be helpful to get some supportive, kind words on paper.

We're going to really, literally rewrite our feelings today.

For example, if your ego is telling you that you're unfocused and not talented enough to accomplish the task at hand, write:

I AM a laser beam of productivity. I don't stray from my goals. I am centered and unfappable.

If your ego is telling you that you don't know what to do with your life and even if you did you're not good at taking care of anything long term, write:

I know what is important to me and I trust myself to take care of what matters to me. Even simple statements like "I am smart." "I am worthy." "I am love and loved." are perfect too!

Get the [I AM download](#).

II.

What "challenges" are there in my life right now that are "opportunities for growth" in disguise?

Challenge:

Opportunity:

Challenge:

Opportunity:

Challenge:

Opportunity:

Challenge:

Opportunity:

Challenge:

Opportunity:

Module 1 | Week 2



- [Module 1 // Video 2](#)
- [Empowerment Meditation](#)
- MEDITATION APP mentioned: [Calm.com](#)

SOUL WORK (aka homework) for the week:

I.

Grab a piece of paper or a page in your journal and make a list of your top 10 fears and top 10 biggest mistakes ever.

Now back and scribble across the page in big letters:

"I am willing to see this differently. I am willing to see this with acceptance."

OR

"I am willing to see this differently. I am willing to release restriction and embrace love."

OR

LOL....LOL....LOL...

II.

Ask yourself: What were my top three fears on the 1-10 list?

- What empowering information did I learn about myself as a result of those 3 fears?
- What were my top three mess-ups on the 1-10 list?
- How did those mess ups ultimately end up benefiting me in the end?
- How did it feel to flip fear on its head by being willing to take a more empowering perspective on my greatest fears and mess-ups?
- How did my energy shift?

Morning and Evening Suggested Practices:

MORNING INTENTION:

"Today, I begin a new journey of noticing when I choose fear over love. I open my heart and without judgement I'm willing to notice when fear comes up for me. I am proud of myself for being willing to witness my fear."

NIGHT TIME REFLECTION:

At the end of your day, take 20 minutes to reflect on where/when/why your ego began talking to you.

- What thoughts triggered your fear? What did it feel like? Resistance? Tightness in your chest? Anxiety? A headache?
- What people triggered your ego? What were they doing or saying when your ego became triggered? What was it about what they said or did that made your ego feel threatened or alarmed?

As you reflect on your day do you notice a pattern arising? Does your ego seem to get triggered around the same sort of situations? Perhaps in three different areas with different people or places - but all for the same reason?

Module 1 | Week 3



- [Module 1 // Video 3](#)
- [Forgiveness Meditation](#)

SOUL WORK (aka homework) for the week:

Practicing Your Enoughness: (Soulwork)

Trusting who you are and what you got is enough
begins with being *kind* to yourself.

1. What is your daily, weekly or monthly “Feel Good Formula?”

You will never change anything in your life until you change what you do on a daily basis. The secret of success lies in your daily routine.

Make it Happen Daily Planner DATE

Today is the day that I

1 :: **To Do - Priority Tasks**
Keeping my energy + focus on the right stuff.
(Yeah, baby!)

2 :: **To Do - This Week**
Needs to get done but can wait.

3 :: **Gorgeous Gratitude**
What am I appreciative for today?

4 :: **Move My Body**
What will I do today to respect my body through exercise? (20 minute walks around the block count!)

5 :: **Foodie - Feel Good**
What deliciousness can I put in my body that will be good for my heart and soul? (Think: one green juice or green goddess smoothie)

6 :: **Big Dreams Corner**
What's your bigger than big dream? Write it here.
Not sure? Start with a feeling + let it grow.

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Make it Happen Weekly Recap DATE

This week is the week that I

1 :: **What worked this week?**

2 :: **What did not work this week?**

3 :: **Where + when did I totally rock?**

4 :: **Where am I feeling stuck + what do I need to work through?**

5 :: **What did I learn?**

6 :: **This week I am most proud of...**

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Get the [Make It Happen Daily Planner](#) and [Make It Happen Weekly Recap](#).

2. Practice greater trust in yourself

Decide right now, in one fell swoop, that you will come through for yourself.

Trust yourself to handle whatever comes your way.

Trust that you can take care of what is important to you.

Pursue what is meaningful to you.

Cultivate what moves you.

Perhaps a sincere declaration is necessary:

Dear Self:

I love you. I'm here. I will protect you and support you until your last breath.

There is nothing you can ever do to lose my love and respect.

I will love you through despair, defeat, joy, and delicious contentment.

I am braver than failure and stronger than doubt. I will stay with you through it all.

*****Please consider writing this prayer out in your own handwriting OR printing it out and tucking it somewhere you can read it daily or as often as needed.**

3. Move away from "What will they think?" and towards "I am enough"

When we stop caring what people think we lose our capacity for connection. When we care too much about what people think we lose our ability to be vulnerable. If we dismiss all the criticism we lose out on important feedback but if we subject ourselves to cruelty our spirits get crushed. **It's a tightrope.**

A solution? Create and nurture a select circle of care of people who have truly earned your trust. When you spend time with people who have a lot to give, you raise your vibration.

4. For the next 7 days every morning wake up and write in your journal 10x::: I am safe. I am worthy & I am enough.

- I am safe. I am worthy & I am enough.
- I am safe. I am worthy & I am enough.
- I am safe. I am worthy & I am enough.

Module 1 | Week 4



- [Module 1 // Video 4](#)

SOUL WORK (aka homework) for the week:

1. When you find yourself caught up in people pleasing and overly concerned about “what will they think” here is another, better question you can ask yourself: *“But what do I desire and how can I be of service?”*

2. In regards to self sabotage: Are you settling for too little and playing small? What excuses do you make on a regular basis? If you need help with this one, be courageous + ask your best friend or life partner to tell you the excuses they hear you make. Then repeat this mantra to yourself: *“I trust myself to take care of what is important to me.”*

OR *“I trust myself to figure it out.”* Trying asking this mind blowing question: *“If I wasn’t afraid, what would I do?”*

3. Procrastination: If we are not doing something we know we need to do it’s because we have the needle pointed in the wrong direction. We are focused on the PAIN of TAKING action but what we need to focus on is the pain of NOT taking action. Then we want to take the next best step. Ask yourself: *“What can I do in the next three minutes?”* Then do that.

4. You can drop the overwhelm story. You can tell a different story *“Try this story: I’ve only got one thing to do! How liberating. It’s the thing I am doing right now!”* I am the author of my life story and I refuse to give that up.