

# Mindfulness, Money & Men



WEEK 3





- [Week 3 Video](#)
- [Forgiveness Meditation](#)



# Soul Work

(AKA HOMEWORK) FOR THE WEEK

## Practicing Your Enoughness:

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.

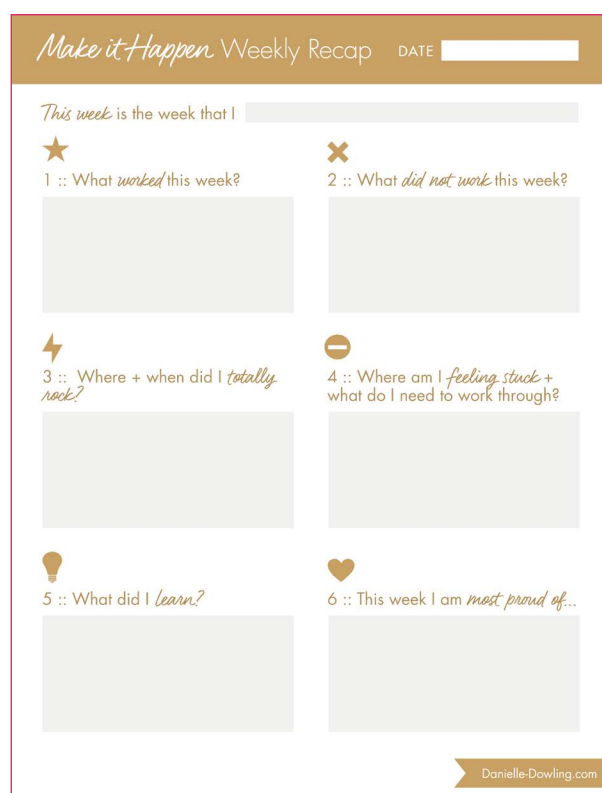
**3 :: Gorgeous Gratitude**  
What am I appreciative for today?

**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.