



FROM DIVORCE TO DESTINY

# MONEY POWER WORKBOOK

CONSCIOUS LIVING MEANS BEING INTENTIONAL ABOUT ALL  
ASPECTS OF YOUR LIFE.

YOUR RELATIONSHIP TO MONEY IS AT THE CORE OF YOUR  
IDENTITY AND WORTH

USE THIS WORKBOOK TO PLAN A RICH AND ABUNDANT LIFE  
FOR YOURSELF WITH OR WITHOUT MONEY

PUT MONEY IN IT'S ROLE OF SERVICE



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## WHAT I WANT FROM MONEY

This section is to gain a clear understanding of your expectations and hopes around money.

I WOULD DESCRIBE MONEY AS:

HOW I WOULD FEEL IF I HAD  
INFINITE AMOUNTS OF MONEY:

WHO WOULD I BE WITH  
INFINITE AMOUNTS OF MONEY:

WHO WOULD I BE WITHOUT  
MONEY:





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## CLEARING UP YOUR UNCONSCIOUS PROJECTIONS

Deeply examine your emotions and ideas around money. In this capitalistic age of mass marketing, we have been deeply conditioned to believe that our worth and happiness are controlled by our financial wealth.

Take a moment to audit your thoughts and to detach yourself from the control of monetary illusions, over your wellbeing and happiness

### I WOULD DESCRIBE MONEY AS:

Realize that money is neutral. It is an accounting ledger, a tool. It is paper, metal, and digital representations of value. It does not have its own will or sense of good or evil.

We unconsciously project our own emotions and characteristics onto money. Many of these ideas were learned in childhood. These can be projections that block us from having a positive relationship to money.

### HOW I WOULD FEEL IF I HAD INFINITE AMOUNTS OF MONEY:

Realize that emotional states are not contingent on money and that you can achieve these feeling states through other means. You can give these feelings to yourself. Wealthy and poor alike feel negative emotions around money.

Read over your answer again and circle each statement that is not solely provided by money.

### WHO WOULD I BE WITH INFINITE AMOUNTS OF MONEY:

Realize that who you are is solely decided by you. You can be who you want to be without receiving permission from your bank account or car model. Understand that your worth and importance has nothing to do with your financial statements.

You decide who you are every moment. You can be wealthy and feel secure without money.

### WHO WOULD I BE WITHOUT MONEY:

One great misconception is the once wealth arrives, the negative feelings and situations disappear. Wealth is internal. Millionaires lose sleep over their impending financial ruin. Heirs feel worthless because they didn't 'earn' their money. Jet set stars are working so hard that their relationships and health are falling apart. We all suffer from the same lies of 'not being enough' or 'not having enough'.





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## MONEY COMES FROM YOU, JUST LIKE EVERYTHING ELSE

Money is one of many many tools in your toolbox. You are the powerful inventor and creator of this life experience. In order to achieve your goals and desire, you can use money or other tools. For example, if you want to travel the world, you can use money, or you can find work that takes you traveling. If you want to experience different cultures and foods, you can bring them to you, rather than going to them! Use the entire toolbox, knowing that clarity brings possibility.

**MASTER YOUR TOOLS :** choose the top options for each category and write down how you can create this for yourself without money

**HOW I WANT TO FEEL:**

**WHAT I WANT TO PURCHASE:**

**WHAT I WANT TO EXPERIENCE:**

It's ok to confirm money as the right tool for certain aspects while also recognizing that it's not the main or only tool to achieve happiness and success.





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## CONFIRM THE TRUTH ABOUT MONEY

Part of removing our programming around money is the exposure of lies, and the affirmation of the underlying truths.

WHAT CHILDHOOD MEMORIES DO YOU HAVE ABOUT MONEY?

## WHERE HAVE YOU VALUED MONEY MORE THAN YOURSELF

Notice areas where you place value on yourself based on money. Are you afraid to ask for a raise? Do you feel badly when someone spends too much on you? Do you feel "worthless" when you're not working?

**AFFIRMATION:** Money does not define my worth or my life. I was born worthy, and I define money and wealth as a tool that serves my will and desires. I now claim sovereignty over money and I assign worth according to my true desires.



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## BEGIN THE NEW PARADIGM

SAY THESE STATEMENTS OUT LOUD TO YOURSELF AS MANY TIMES AS NEEDED  
TO ALLOW THE NEW TRUTHS TO SETTLE IN

MONEY AS ENERGY FLOWS TO ME AND THROUGH ME EASILY

I RELEASE ANY NEGATIVE THOUGHTS AROUND MONEY

MONEY SERVES ME AND MY NEEDS AND DESIRES

MONEY DOES WHAT I WANT IT TO DO AND GOES WHERE I TELL IT TO GO

I USE MONEY TO BRING GOOD THINGS TO MYSELF AND THOSE I LOVE

I WILL SUCCEED WITH AND WITHOUT MONEY

I WILL BE HAPPY WITH AND WITHOUT MONEY

I WILL BE POWERFUL AND FREE WITH AND WITHOUT MONEY

I LOVE RECEIVING AND GIVING MONEY

I WORK FOR MYSELF AND MONEY WORKS FOR ME

I PROVIDE MY SECURITY

I RELEASE MYSELF TO BE FREE

WEALTH OR DEBT HAVE NO IMPACT ON MY WORTH

I CREATE SOLUTIONS TO ANY CHALLENGES

I ASSIGN WORTH TO THINGS IN MY LIFE

I CLAIM SOVEREIGNTY OVER MONEY FLOWS





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