

Lesson 3

Divine Money

a digital program to
Elevate Your Money Mindset
www.intuitivecoachingwithamy.com

Feeling Comfortable with Money

(The Secret to Attracting More Cash into Your Life)

Lesson 3 Instructions:

Print out the gift card below and put it in your wallet.

Every day, mentally imagine yourself spending this amount of money in whatever way you please. (You can do this online or as you're walking through a store.)

Focus on how awesome you feel spending this money. This gift card is accepted everywhere, so really feel the freedom of being able to buy what you want when you want it.

Here is the secret: Your subconscious mind doesn't know the difference between real and imaginary money. So *really feel* like you're spending the money. Be specific. The more you are able to reprogram your mindset to spend joyfully, the more "real" money you will attract.

The goal is to associate spending with the emotions of abundance, so use your gift card in ways that create: joy, empowerment, freedom, appreciation, knowledge, love and passion.

How I do this exercise: I am a person who likes experiences such as date nights and concerts. So I use my daily \$100 to buy tickets to events or I pick out a restaurant to go to with my husband. I focus on the experiences this cash will afford me.

My words of wisdom: This exercise is deceptively simple. What I mean by this is that your subconscious mind will make you think it's insignificant. Oh please do not fall into this trap. This exercise really makes a difference. Please commit to spending the \$100

every day. If you are feeling some resistance, that could be a sign as to what your energy blocks around money may be. Journal on those feelings and then be willing to us the releasing prayer from lesson 2 to let them go.

