

Intuitive Money

A 30-DAY SELF-COACHING PROGRAM

AMY TAMMEN

www.IntuitiveCoachingwithAmy.com

Healing your money mindset is easy. The secret is doing your mindset practice consistently. **Intuitive Money** is designed to help you easily do your money work in a consistent, soulful process.

Simply follow the program, day by day and you will experience a positive and dramatic shift in your relationship with money and prosperity. Allow your intuition to guide you as to how to best use each exercise. Please know that when your relationship with money is healthy, you can create anything you desire to have in your life.

I pray this program is a Divine blessing in your life.

Special Instructions: Please print this document and carry it with you wherever you go (you can do these exercises anywhere). I've included a check box so you can keep track of where you are in the program. Check off each day as you complete each exercise.

- Day #1: Write down 20 things (or more) you want money to do for you.** Be very specific and detailed in your response. After each answer, write: *"I am so happy and thankful for you, money."*
- Day #2: Light a white candle.** Then say a prayer of gratitude for all the money coming into your life to serve a particular need, want or desire. You can pray for anything you truly desire. Let the candle burn to completion. **Example:** *Thank you for all my bills being paid on time this month. Thank you for my beautiful Kate Spade purse. Thank you for all the new sales in my business. Thank you for my new stainless steel range. Thank you for my (insert dollar amount) bank account balance. Thank you for my (insert dollar amount) emergency fund. Thank for (insert dollar amount) I was able to donate this month. Thank you for my new furniture.* **To add a little magic to this ritual:** Sprinkle a little sugar, pumpkin spice seasoning blend and thyme leaves in the candle container (I put these

items at the bottom of the candle container with a sprinkle of water and then put my candle on top). You can do this exercise daily if you are inspired to do so. You also can put a few drops of money conjuring oil (available at most new age shops) inside your candle holder. Always do this ritual for the highest and greatest good of yourself and everyone in your life.

- **Day #3: Track your money blessings.** Start a log of your incoming money and gifts of value on a calendar or in a spreadsheet (be sure to include the date). If someone treats you to dinner that costs \$20.00, write it down. If you receive your paycheck or a payment in your business, write it down. If you happen on a parking meter with time on it, then write down the value of that time. If you earn interest on an investment or receive a royalty payment, write it down. If you get an unexpected discount, write it down. After each entry, pause and say in your mind or out loud: *I am so prosperous. Money comes to me constantly. I am so financially blessed.* (Or make up your own version of this statement.)
- **Day #4: Unblock your flow.** Pay extra close attention to your thoughts today. Is there any belief you have that makes money your adversary? Anything in the realm of “I can’t afford it” or any feeling/thought/belief of lack or undeserving, blocks your flow to prosperity. Write these beliefs down. Then destroy the paper. As you destroy the paper, say: *I love money and money loves me. I am now free to enjoy this relationship as I please.*
- **Day #5: Gratitude roll.** In your mind or in your journal, make a list of all the abundance in your life. Aim to make note of 10. Example: *“I am so thankful for the abundance of love in my life.” “I’m so thankful for all the rain.” “I am so thankful for the extra time I had to get my project done.” “I’m so thankful for all beautiful food in my kitchen.”*
- **Day #6: Forgive your money past.** Forgive any and every negative experience you have had or belief you have around money. Forgive your parents for any negative experience around money they may have had. Forgive your past jobs, especially if you did not feel well compensated. Forgive society for any perceived limitations on your earnings and opportunities. Forgive your education. Forgive your partner(s). Forgive your friends. Forgive your car, home and bills. Forgive everything. Forgive any limitations you have placed on yourself and your life. **If you’re struggling with this exercise, then let your intuition help you forgive.** Sit quietly and take several deep breaths. Feel your body relax. Command yourself to relax (saying “body I need you to relax” totally works). Then ask your intuition to give you a sign of what you need to forgive. Don’t question what comes up. Just say in your mind or out loud: *I forgive you. Thank you.* Keep going until you feel that the exercise is complete. **Note:** This exercise does not need to take a lot of time. Just forgive whatever comes up. Forgiveness is an on-

going process. You will always have more to forgive so don't try to do it all in one day.

- **Day #7: Put any denomination of money in your wallet.** A \$5 bill works, but stretch yourself a bit by placing the largest single bill you are able to spare in your wallet. **You will not spend this money.** It now serves as a magnet for more money to come into your life. Before you put the bill in your wallet say: *Thank you, money. You represent my belief that more and more money is coming into my life every day. I am always blessed beyond my biggest dreams.*
- **Day #8: Clean your stovetop and then commit to keeping it clean.** In feng shui, the stovetop represents prosperity. Trust your intuition. If a part of stove needs to be cleaned or decluttered, then do so.
- **Day #9: Love up your bills.** Gather all of your bills, statements and expenses in one centralized place. If you run a paperless household, then just make a list of all your bills and expenses. Then one by one thank each bill. Bless the bill with love. Then forgive anything around the bill that needs to be released. This exercise can be as simple as: *Thank you. I love you. I forgive you. Please forgive me.*
- **Day #10: In your mind or in your journal, make a list of everything you love about money.** If you are struggling to do this exercise, start your sentence with: *"Money, I love and appreciate you because..."*. Aim to list 10-15 reasons why you love and appreciate money.
- **Day #11: Clean out your wallet.** Keep it clean. If it's already clean, awesome. Thank yourself for being so bright. If you need a new wallet and you can purchase one, then do so. If you are unable to purchase a new wallet at this time, then find a picture online of your dream wallet and then put it on your vision board.
- **Day #12: Donate some money.** Any amount. Give. Give. Give. This can be a tithe to a spiritual organization or a donation to a nonprofit or a gift of goodwill to someone in need. Make a plan to give regularly.
- **Day #13: Gratitude roll.** You know how this works. You did this on day #5. Go big on the gratitude today. Appreciate everything.
- **Day #14: More forgiveness.** Quiet your mind. Relax your body. Just breathe deeply. Slowly. Ask your intuition to show you what to forgive. Then release and let it go. (Repeat of day #6.)

- **Day #15: Celebrate other people's success.** In your mind or in your journal, make a list of other people's wealth and richness that you admire. These can be people you know or even celebrities. Who are wealthy people you admire? Why? Notice all the individuals who act and live as you would if you were experiencing the level of wealth you desire. If you hold any jealousy or envy for anyone's success, let it go now. Today. Call on Spirit to help you release these feelings from your being.

- **Day #16: In your mind or in your journal, answer all of the following questions:** How will you having the type of wealth you desire benefit all those around you? How will it benefit the planet? How will it benefit you?

- **Day #17: Make a list of 20 ways you can create more or better channels of money flowing into your life.** Money is energy. It flows in and out. *You* create the channels from which it flows. Is there a way to expand the flow of money *in* your life? In others words: *How can you make or have more money?* Write this list down in one sitting. Ask your intuition to give you clear and direct answers. Write down what comes up. Do your best to not judge your responses. Keep this list sacred. This is your intuitive blueprint to the financial freedom you desire. Commit to pursuing 1-5 of the ideas on your list further. Start with the easiest one. Let your intuition be your guide and take practical action regularly.

- **Day #18: Write down 5-10 very specific reasons for expanding your wealth.** What do you want money to do for you? Read over your list for clarity. Are you being crystal clear with the Universe as to what you want money to do in your life? Write your list again and again until you've clearly identified what you want money to do for you now, at this time in your life. Commit to re-writing this list 2-3 times a week.

- **Day #19: Magnetizing your wealth.** Find a quiet moment in your day. Sit or dance or walk. Breathe. Deeply. Fully. Slowly. Feel your body relax. Imagine that in the center of being is a powerful magnetic force. This Divine tool will draw to you all that you desire. To activate your magnet, all you have to do is turn it on. Imagine the energy of your magnet going out into the world and connecting you to the wealth you desire. What do you want to draw to you? (Use the list from day #18.) Be grateful and open to the riches your magnet is bringing into your life. Feel happy and excited. Imagine receiving what you want, how quickly it comes to you and what you will do with it. Feel loved. Alive. Free. And connected to the Divine. You will know in your being when this magnetizing exercise is complete. Then turn off the magnet. There is no time limit on this exercise. Do this as often

as you prefer. Intuitively, you will begin to develop a magnetizing practice that works best for you. Trust. Have faith. *Believe.*

- **Day #20: Spend some time learning about money and how it functions in your society.** Ask your intuition to guide you to the best source of information. You do not have to understand the information you are receiving. This is a spiritual exercise to help open you up to greater realms of wealth. Just be receptive and in a mindset of curiosity and wonder. Even if you already know a lot about money and finance, there is probably still more you could learn. If a negative thought or feeling comes up, release it immediately. Here are some ideas: Watch a few Suze Orman videos. Read the Finance or Business section of the newspaper. Listen to an investment podcast. Avoid any news about the economy (it tends to be a bit negative).
- **Day #21: Gratitude roll.** What are you happy and thankful for in your experience? What are you so happy and thankful for that is coming to you in the future?
- **Day #22: Do you want to be wealthy or right?** (Hint: The best answer is *wealthy.*) If you are not experiencing the level of wealth you desire, then you do *not* want to be right. Being right means you are holding on to a belief about money that is working against your vision for your life. Forgive and release all limitations you've put on what it means to be wealthy. Go within and ask your intuition to clearly reveal what is not working in your relationship with money. Release all your fears, doubt and shame around money. Today, let go of all poverty and scarcity beliefs you may have about yourself, society and life. Completely. You are clearing the space so a newfound wealthy version of yourself can emerge. (Then you can be right and rich, my love.)
- **Day #23: Practice being the wealthiest version of yourself.** You can do this in your mind using your imagination or you can act it out in whatever way you are inspired to do so. Feel and believe it is so. How would you spend your time? How would you carry yourself? What do you see and hear? How would you approach your life? Take some time to act out the wealthy character of you. You can even imagine you are in a movie, tv show or play about your life and you are playing the part of you. This can be a really fun and illuminating experience if you approach this exercise with enthusiasm and an open heart.
- **Day #24: Bless someone with your time, money or energy.** Give. Give. Give. Give in a bigger, more soulful way than you've ever given before.
- **Day #25: Clutter clear.** There is some gunk that needs to be cleared from your life. Tune into your intuition and ask: *What do I need to clean out, declutter or*

simplify? This is *literal* gunk: things/stuff/papers, a negative relationship, a disempowering situation or junky space. As you clear the clutter in your life, you also clear and re-focus your mind. This will make you feel more energetic and alive. Free. Ask Spirit to give you the courage and strength to clear out what is not working in your life.

- **Day #26: Relax.** Find 10 minutes of calm. Feel empowered and rejuvenated in this space of peace. In your mind, imagine that you are in a beautiful and Divinely comfortable sanctuary. You get to design what your sanctuary looks like. It can be whatever you want. Upon entering this space, all your anxiety eases away. You know in the core of your being that all is well and wonderful in your world. You can ask your spirit guides to join you in this space. They will help you in any way that you need. Most importantly, *relax* in this space. Return to a place of patience, peace and serenity.
- **Day #27: Call your money energy back.** Review all your negative money experiences in your mind and demand that the energy you invested in those situations be returned to you. See, feel, know, hear and receive all that energy back into your life. Know that only the energy that is for highest and greatest good will be returned. The negative connection between you and these experiences is now broken. You are free.
- **Day #28: Recite over and over and over again:** *It is my duty to have the wealth that is most in alignment with my highest and greatest potential.*
- **Day #29: Answer this question:** *What is my most negative money story?* Do not exclude anything. If something pops up in your mind, then put it in your negative money story. Do not analyze or justify it. You can do this on paper or record it using the voice memo feature on your phone. Once you've finished telling your story, delete or destroy it. Really feel yourself killing this story. (Don't let your ego block you from the healing qualities of this exercise. *Kill* the story.) Now, write your most ideal money story. Make the story come alive. Feel it. See it. Hear it. Believe it. Be joyful and passionate. The energy behind your ideal money story is what you will attract to you going forward. No matter what actually shows up in your life, the essence of it (or the energy behind it) will be in alignment with your new, ideal money experience. Affirm: *I always give my attention to the essence and not just the form.*
- **Day #30: Open your heart widely to love and abundance.** Buy some roses, spray some rose water or light a rose scented candle. (Even looking at an image of a rose works.) Focus your attention on radical gratitude. Appreciate everything. Find love in every situation. Feel compassion for everyone. Radiate kindness in all that you do. Shine your light brightly.

Closing Instructions: For the next 60 days, commit to doing one of these exercises every day. Just choose the exercise you are intuitively drawn to do. You can always ask your intuition: *Show me a number 1-30*. And then do the exercise for the day that pops up in your mind. If it's 15, do the exercise for day #15.

Interested in learning more about **Intuitive Coaching** or **how I can support you in living the life of your dreams?**

call: 626.274.0682

email: coachingwithamy@gmail.com

visit: www.IntuitiveCoachingwithAmy.com.