

Divine Money

a digital program to
Elevate Your Money Mindset

www.intuitivecoachingwithamy.com

Act As If You're Abundant

This lesson is designed to help you start to “act as if” even before you experience the physical manifestation of your desires. If you want to truly welcome in more money into your life, you have to start to live like you're already abundant. Acting as if gets you out of the place of “wanting” and into the place of “being”. This is a wonderfully powerful practice that can draw your money dreams and desires to you quickly and easily. Do this work earnestly and thoughtfully and you will experience a boost in your manifestation process and you will truly start to live in total abundance.

Here are the general characteristics of living in total abundance:

1. You have a positive and healthy self-image.
2. You learn from the past, live in the present and are optimistic about the future.
3. You believe that your life is good and gets better and better every day.
4. You are doing *your* best as it relates to money (earning, spending and saving).
5. You believe in your ability to earn all the money you need.
6. You allow yourself to feel good- no matter what.
7. You decide what is “good” or “bad” for your financial life.
8. You are always seeking to feel: appreciation, joy, empowerment, freedom, love and knowledgeable.
9. You give up trying to be perfect and focus your attention on self-awareness and doing what is right for you.
10. You trust that what is meant for you, will be yours. There is no need to push, compete or struggle to have what you want.
11. You are fully and completely open to receiving and you practice giving in healthy ways.
12. You use money as a force for good.

13. You have a financial management plan that works for you.

How to Act as If You're Abundant

Step #1: Get crystal clear about where you're at financially right now. Thoughtfully explore where you are in your abundance journey.

Step #2: Decide who you would be and how you would act if you were living in total abundance. Know specifically how you want your life to be different as a result of having more money.

Step #3: Start making small, incremental upgrades and changes in the way you live, act and think that are in alignment with your ideal abundant lifestyle.

Lesson 15 Instructions:

To help you begin to act as if you are living abundantly answer the following questions and complete all the exercises below.

Do this with an open heart and free of judgement. If you find that any negative feelings surface, be willing to explore what you're feeling and why you're feeling that way. If needed, do some releasing or forgiveness work around these negative feelings.

Just do your best. Try every exercise. Know that you can always come back to a question if you are really struggling. This is *your* journey. Trust yourself. Be kind to yourself. Forgive yourself.

Doing this work makes you more aware, creates mental clarity and raises your vibration so you can manifest the abundance you desire.

Your Net Worth

What is your current net worth? To calculate your net worth, you can use this calculator from CNN here: <http://cgi.money.cnn.com/tools/networth/networth.html> or you can use my formula:

My Assets: These are things that have money value that you own, as well cash and cash equivalents like investments and retirement savings. Write the value amount below.

Home:

Car:

Cash (liquid money on hand and in the bank):

Investment (Stocks & Bonds):

Investment (Real Estate):

Investment (Retirement such as a 401K, IRA or Pension):

Other _____:

Other _____:

Total Assets (add up all the values list above):

My Liabilities: These are things you owe money on or your debts. Write the total amount below:

Car Loan:

Mortgage:

Student Loans:

Credit Cards:

Other loans or debts _____:

Other loans or debts _____:

Other loans or debts _____:

Total Liabilities (add up all the values list above):

My Net Worth (subtract your liabilities from your assets):

You are now living in total abundance: What is your ideal net worth?

Repeat the exercise above, but this time you will write the numbers down *as if you are living the abundant lifestyle of your dreams*. Be honest with yourself. Trust what feels right for *you*. Make this exercise as real as possible. Write numbers that feel right based on your current moment. Try not to base your answers on future possibilities. Focus your attention on what you would like *right now*.

My Ideal Assets: These are things that have money value that you own, as well cash and cash equivalents like investments and retirement savings. Write the value amount below.

Home:

Car:

Cash (liquid money on hand and in the bank):

Investment (Stocks & Bonds):

Investment (Real Estate):

Investment (Retirement such as a 401K, IRA or Pension):

Other _____:

Other _____:

Total Assets (add up all the values list above):

My Ideal Liabilities: These are things you owe money on or your debts. Write the total amount below:

Car Loan:

Mortgage:

Student Loans:

Credit Cards:

Other loans or debts _____:

Other loans or debts _____:

Other loans or debts _____:

Total Liabilities (add up all the values list above):

My Ideal Net Worth (subtract your liabilities from your assets):

How would you feel about your ideal net worth?

What are 5 actions you will take right now that would move you in the direction of your ideal net worth? Challenge yourself while thinking in terms of small things you can do right now to feel as if you have your ideal net worth. Even if it feels a bit uncomfortable, trust your intuitive knowing of what is right and do it. Small actions make big, lasting impact. Consider how *you* would ACT differently if you were living in total abundance. What behaviors and habits would impact your net worth? Keep it simple and doable. Always imagine that the money you need to complete a particular action will be made available to you.

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Earning Money

How much money do you currently earn or receive (think annually)? How do you earn or receive it? To the best of your ability, calculate how much money you bring in annually. Try to get as close as you possibly can to the actual amount. Within \$50-100. Not all the categories below will apply to you. Focus on your gross- your total income before taxes and other deductions are taken out. Think in terms of an active flow of money coming into your life regularly.

Salary:

Business or Self-Employment Income:

Rental Income:

Investment Income (interest and dividends earned):

Unemployment Compensation:

Social Security:

Social Security Disability Income (SSDI):

Retirement or Pension Income:

Alimony:

Child Support:

Royalty Income:

Other Income:

Total Annual Earnings (total all the values from above):

Repeat the exercise above, but this time you will write the numbers down *as if you are living the abundant lifestyle of your dreams*. Be honest with yourself. Trust what feels right for *you*. Make this exercise as real as possible. Write numbers that feel right based on your current moment. Try not to base your answers on future possibilities. Focus your attention on what you would like *right now*. Be willing to ask for what you really want.

You are now living in total abundance. How much money are you ideally earning (think annually)?

Salary:

Business or Self-Employment Income:

Rental Income:

Investment Income (interest and dividends earned):

Unemployment Compensation:

Social Security:

Social Security Disability Income (SSDI):

Retirement or Pension Income:

Alimony:

Child Support:

Royalty Income:

Other Income:

Total Ideal Annual Earnings (total all the values from above):

How would you feel to be earning this amount of money?

What are 5 actions you will take right now that would move you in the direction of your ideal annual earnings?

Challenge yourself while thinking in terms of small things you can do right now to feel like you're earning ideal annual income. Even if it feels a bit uncomfortable, trust your intuitive knowing of what is right and do it. Small actions make big, lasting impact. Be willing to consider how you would ACT differently if you were living in total abundance. What behaviors and habits would impact your earnings? Keep it simple and doable. Always imagine that the money you need to complete a particular action will be made available to you.

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Spending Money

How do you currently spend your money? Consider how much you spend each month. Be as specific as you possibly can.

How much money do you spend on fun and self-care? What specifically do you spend it on?

Repeat the exercise above, but this time you will document your spending habits as *if you are living the abundant lifestyle of your dreams*. Be honest with yourself. Trust what feels right for *you*. Make this exercise as real as possible. Write numbers that feel right based on your current moment. Try not to base your answers on future possibilities. Focus your attention on what you would like *right now*. Be willing to ask for what you really want.

You are now living in total abundance. How do you spend your money? List as many things as you would like. (Be soulful and base your spending habits on what is right for you. Notice and acknowledge any feelings that come up as you answer this question.)

You are now living in total abundance. How much money do you spend on fun and play? What do you spend it on?

How would you feel to be spending money in this way?

What are 5 actions you will take right now that would move you in the direction of your ideal spending habits? Challenge yourself while thinking in terms of small things you can do right now to feel as if you have your ideal spending habits. Even if it feels a bit uncomfortable, trust your intuitive knowing of what is right and do it. Small actions make big, lasting impact. Consider how *you* would ACT differently if you were living in total abundance. What behaviors and habits would impact your net worth? Keep it simple and doable. Always imagine that the money you need to complete a particular action will be made available to you.

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Saving Money

How much money do you currently save and invest? (If you want, break it down to account for any type of savings you would like to have, such as an emergency fund, retirement, education (for yourself or your children), vacation, etc? Do you have different savings accounts for each desire?

Repeat the exercise above, but this time you will document your saving habits *as if you are living the abundant lifestyle of your dreams*. Be honest with yourself. Trust what feels right for *you*. Make this exercise as real as possible. Write numbers that feel right based on your current moment. Try not to base your answers on future possibilities. Focus your attention on what you would like *right now*. Be willing to ask for what you really want.

You are now living in total abundance. How much money do you save and invest? (If you want, break it down to account for any type of savings you would like to have, such as an emergency fund, retirement, education (for yourself or your children), vacation, etc? Do you have different savings accounts for each desire?

How would you feel to be saving money in this way?

What are 5 actions you will take right now that would move you in the direction of your ideal saving and investing habits?

Challenge yourself while thinking in terms of small things you can do right now to feel like you're saving and investing money in the way you desire. Even if it feels a bit uncomfortable, trust your intuitive knowing of what is right and do it. Small actions make big, lasting impact. Be willing to consider how you would ACT differently if you were living in total abundance. What behaviors and habits would impact your earnings? Keep it simple and doable. Always imagine that the money you need to complete a particular action will be made available to you.

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