

# ABUNDANT *Goddess* Millionaire



MANIFEST WITH INTENTION, CREATE A FLOURISHING  
BUSINESS, AND ATTRACT ABUNDANT WEALTH

[INTENTIONFULCO.COM](https://intentionfulco.com)

# What's Inside



INTRODUCTION

3D PRINT YOUR REALITY (WHAT IS LAW OF ATTRACTION?)

5 STEPS TO MANIFESTING ANYTHING YOU DESIRE

NOT JUST WOO-WOO (SEE WHAT THE SCIENCE HAS TO SAY)

IN 6 SIMPLE STEPS SET POTENT INTENTIONS TO MANIFEST A WILDLY SUCCESSFUL BUSINESS

CREATING AN INSTAGRAM VISION TO ATTRACT YOUR DREAM CUSTOMERS

LIMITING BELIEF BLASTER (REWIRE YOUR SUBCONSCIOUS)

HOW TO CLEAR NEGATIVE ENERGY BLOCKS

MONEY MENTALITY MAKEOVER

AN ATTITUDE OF GRATITUDE

ANGEL NUMBERS CHEAT SHEET

ABUNDANT GODDESS CHEQUES

# WELCOME

*Hey, Abundant Goddess!*



You're about to unearth the most AMAZING tips, tricks, and hacks to help you become an abundant MAGNETIC force that can 3D print your DREAM reality!

You were brought into this world with a unique purpose. You are an extraordinary cosmic event, and the insights you're about to gain will empower you to live a life that aligns with your distinct and special role in the Universe.

Let's begin with a quote from T. Harv Eker:  
"I'd rather be really hokey and really rich than really cool and really broke."

How about you?

**LET'S GET STARTED, GODDESSES!**



NOW LET'S  
START  
CREATING!

*Shall We?*

3D Print  
Your Reality

*What is Law  
of Attraction?*

Believe it or not, you've been manifesting since the moment you entered this world! This isn't a process exclusive to a select few; it's a universal process that applies to everyone!

We simply need to transform you into an intentional manifestor! More specifically, you'll be manifesting your desires rather than the thoughts, beliefs, and circumstances instilled in you during your childhood.

Don't worry, everything can be worked through. You have the power to shape your own identity, adopt new attitudes, and establish fresh intentions to manifest the life you've always dreamed of.

**If you're brand new to manifestation, there are a couple of simple definitions that sum up the law of attraction:**

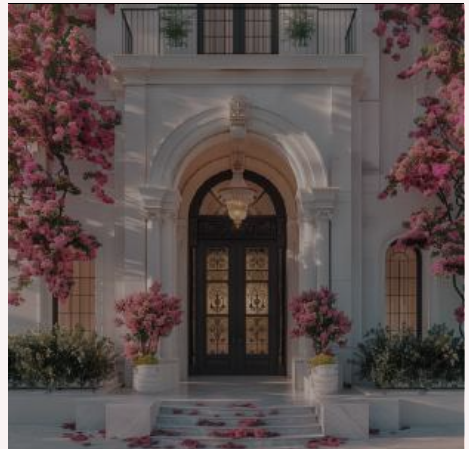
- *3D printing a desire into your reality using your mind*
- *Bringing an outcome from your imagination into your reality*
- *Using the laws of the Universe to get what you want*



Which one resonates with you the most? For me, it evokes a sense of infinite possibilities when we think of our minds as a 3D printer.

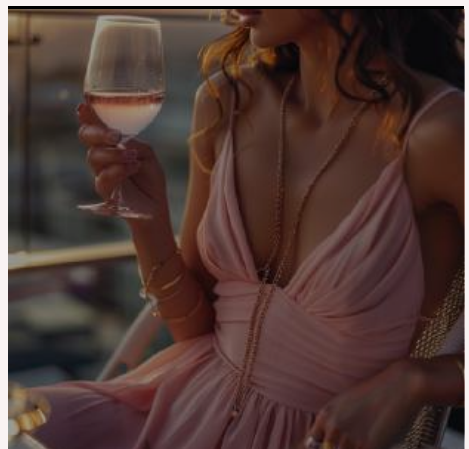


When we use our imagination, we create thoughts, similar to sending a command to our printer. Just as pressing 'print' on our computer transforms digital files into tangible documents, our thoughts similarly manifest into reality.



**Quantum physics states that:**

“If you can think it, it already exists in the quantum field. What is desired by you, is destined for you. It is your God/Universe-given right to have it.”





# 5 Steps to Manifesting

Anything  
You  
Desire

# Five steps

## TO MANIFESTING ANYTHING YOU DESIRE

### 01 GET CLEAR ON WHAT YOU WANT:

Clearly articulate your desires! Rather than making general statements, define exactly what you wish to accomplish. For instance, if your aim is career-focused, pinpoint the industry and the specific milestones you are targeting. For example: "I want to earn more money" versus "I want to generate \$10,000 in sales this month through my digital marketing business."

This degree of detail not only deepens your understanding but also serves as a guide for your subconscious mind. However, be careful not to be overly specific, as it may lead to stress.

### 03 OVERCOME ANY LIMITING BELIEFS OR CONFLICTS AROUND HAVING IT:

When exploring your desires, do you sense a part of yourself that doubts their possibility or feels unworthy of attaining them?

A belief is essentially a statement that the subconscious mind has accepted as "true."

Any statement, when repeated frequently and infused with strong emotions, will eventually be internalized by the subconscious mind.

(Attention + focus + emotion)  
x repetition = belief

Recognize and address any doubts or objections that arise in your mind. This step is crucial in removing mental blocks that may hinder your manifestation process

**The Limiting Belief Blaster portion of this program will delve deeper into how to clear these blocks!**

### 02 VISUALIZE AND FEEL IT AS IF IT'S ALREADY YOURS:

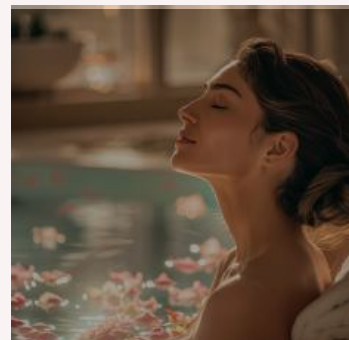
**The Mind Triggers Emotions That Drive ACTION!**

Scientifically speaking, your brain cannot distinguish between reality and imagination. Engage all five senses to evoke intense feelings of already possessing what you desire, allowing you to fully visualize yourself in that scenario.

When you imagine what you want to manifest and genuinely feel as though you already have it, your brain believes it is currently occurring. If your brain is convinced that you are already experiencing your desires, the energy you emit will attract those very things to you, as like attracts like. You are already aligned with this timeline and frequency.

See yourself receiving emails, making those sales when you wake up in the morning.

It's truly this simple! The more you align with the energy of the version of yourself who has already achieved your desires, the more you will step onto that timeline where those desires become a reality!



# Five steps

## TO MANIFESTING ANYTHING YOU DESIRE

### 04 COLLECT EVIDENCE OF IT ALREADY BEING IN MOTION:

Actively look for and recognize signs that your desires are beginning to take shape. This step strengthens your faith in the manifestation journey.

Gathering evidence, regardless of its size, acts as a reminder that your goals are attainable and moving forward.

**Tap into moments of the past where you've manifested something that you NOW have!**



**Keep in mind that manifestation goes beyond mere wishful thinking; it requires you to align your energy and actions with your aspirations. Trust the process, follow your intuition, and approach each step with commitment.**

### 05 ACT AS IF YOU ALREADY HAVE EVERYTHING YOU COULD POSSIBLY WANT:

Here, it's time to step into that ABUNDANT GODDESS mindset and version of you who already has this desire every single day.

Make up a character in your mind. BE HER!

**Questions to ask:**

**How does she talk?**

**How do she act?**

**What kind of conversations is she having?**

**What kind of risks does she take?**

**How does she make decisions?**

By answering these questions you are just bridging the gap between where you are now and where you want to go by BEING that version of you.

Be her, show up as her, act like her and make decisions like her. And take risks like her!

This is the most potent part of the manifestation process because you are quantum leaping into the version of you that is already living this experience.

Action is the fastest way to build new neural networks in the brain permanently.



# 5 STEPS TO MANIFESTING ANYTHING YOU DESIRE

LET'S RECAP

01

GET CLEAR ON  
WHAT YOU WANT



02

VISUALIZE AND  
FEEL IT AS  
ALREADY YOURS



03

OVERCOME ANY LIMITING  
BELIEFS OR CONFLICTS  
AROUND HAVING IT



04

COLLECT EVIDENCE  
OF IT ALREADY  
BEING IN MOTION



05

ACT AS IF YOU ALREADY  
HAVE EVERYTHING YOU  
COULD POSSIBLY WANT

*And so it is...*

Not Just

woo-woo

See

What

The  
Science

Has to Say...

# “QUANTUM PHYSICS IS THE STUDY OF MATTER AND ENERGY”

What is quantum physics in simple terms?

Don't worry, I won't get too sciency here, you won't need to know that energy exists in various forms, including kinetic, potential, thermal, chemical, and electrical, and... Like I said that's not important.

Although understanding it on a subtle level can be helpful! After all, WE ARE made up of billions and billions of tiny ENERGTIC particles.

Quantum physics is the study of matter and energy!

**There is an age-old belief among spiritualists that you draw to your life what you put out.**

Recent brain imaging studies are rapidly showing that the brain does conform in its function to the Law of Attraction.

In layman's terms: Scientists have found “mirror neurons” in humans, that mirror the behavior of someone being observed.

When we observe someone doing something, such as lifting their hand to wave, there is a pattern in our brain that is activated which mirrors the movement as if we are doing it! And when we act, the brains of others will fire similarly. Pretty amazing!

Think for a moment about how great you feel while watching a figure skater.

Your brain sets up a simulation as though you are doing these things! You start to feel as if you're the one doing the Salchow move because your brain mirrors the actions of those you are watching.

Since our brains mirror actions, it can also mirror emotions via our intentions!

“WHERE FOCUS GOES,  
ENERGY FLOWS AND  
WHERE ENERGY FLOWS,  
WHATEVER YOU’RE  
FOCUSING ON GROWS.”



An intention is an idea or plan that you intend to carry out - like creating a WILDLY successful business!

When we focus on an intention, it activates the parts of our brain responsible for taking action.

**STRONG intentions lead to action.**

When you set intentions in your business it is one of the most important keys to putting the manifestation process into action.

But this is only HALF the formula.

The other half? Taking ACTION on your intentions.

Law of Attraction (the intention of getting to your destination and the location of where you are going) and Law of Action (DRIVING) = Real Life Magic (Ta Da! You ARRIVE where you intend to go!)

With that being said, how we direct our attention affects our feelings. If you keep obsessing about your lack of finances, lack of time, or lack of energy, you are producing frequencies and chemicals in your brain.

The more you feel unhappy, the more you generate more thoughts equal to that feeling.

This idea connects to the "law of attraction." What we pay attention to or focus on influences what we feel and do.

*In 6  
simple  
steps*

*set* POTENT  
*intentions*

*to* MANIFEST

*a wildly*  
SUCCESSFUL

*business*

# MANI FEST

In this section, we are taking action! We will establish your business intentions for the entire year!

FIRST, however, we will concentrate on smaller, manageable steps – specifically, a 90-day plan. This approach allows you to review your progress every three months, reflect on your accomplishments, and then set fresh goals for the upcoming 90 days.

Begin by envisioning where you want your business to be in a year – that overarching dream. Next, break this vision into smaller, manageable steps for the next 90 days. These steps will serve as mini-goals that guide you toward your larger aspiration!

Keep in mind that this is a cyclical process: set intentions, take action, evaluate your progress, and then establish new intentions. This approach not only keeps you focused but also signals to the Universe your desired direction.

Think of it as updating your business's navigation system every few months, ensuring you're still on the correct route to your ultimate destination!

# GODD ESS

# Step 1:

NO MATTER WHAT, MAKE A  
SOLID COMMITMENT TO  
REACH YOUR GOALS



Pinky swear! Tell yourself you're committed to hitting those business goals this year. Life isn't a perfect game, but you won't throw in the towel at the first sign of a slip-up, would you? Mistakes? Challenges? They're just hurdles to push you to persevere. Your business is part of you and worth all the effort and success!

Rewrite the following commitment below:  
I, \_\_ (your name) \_\_\_\_, commit myself 100% to doing whatever it takes to reach my business goals this year. I understand that life isn't meant to play out perfectly, and I refuse to give up at any sign of "failure." I understand there is no such thing as failure, only feedback as to what did and didn't work in the moment. My business is an extension of me, and I am worth the journey. I am worthy of all success that is on its way to me RIGHT NOW. I know without a shadow of a doubt that whatever I set my mind to will inevitably manifest. I am committed to creating an epic business that I deserve. I am ready to transform my life and so many others' lives. And so it is. To MY Massive Success, \_\_\_\_\_ (your name) \_\_\_\_\_



*And so it is...*

# Step 2:

## VISUALIZE YOUR BUSINESS DREAMS



What made you take inspired action to start your business?

What is your WHY?

Why are you in business in the first place?

What is your biggest motivation?

Think about what you're super excited about in the future because you stuck to your guns and never gave up!



# Step 3: BASED ON YOUR VISION IN STEP TWO, WHAT DOES YOUR ONE-YEAR VISION LOOK LIKE?

Think sky's-the-limit! If there were zero limits, what could you make happen in one whole year?

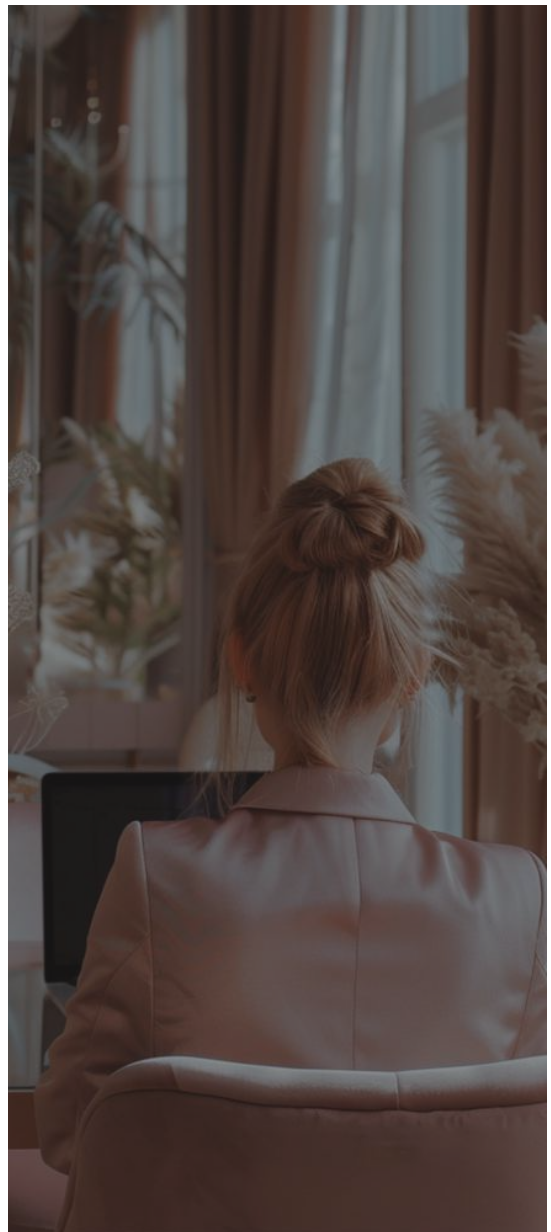
Big money goals?

Huge impacts?

What would totally blow your mind if you nailed it all in the next year?

Write it like it's already your daily reality!  
Write down your one-year vision as if it has already manifested!

This vision will guide you for the next year, shaping your 90-day intentions based on what you write in your journal!"



# Step 4:

LET'S FOCUS ON THE  
DETAILS BASED ON  
YOUR ONE-YEAR VISION



Alright, to make that one-year dream come true, what do you have to accomplish in the next 90 days?

From Step 3, choose three desires that you want to manifest. You do not need to worry about HOW it will manifest—the how is not important.

After you choose your three desires, break them down into small chunks. This will pave the way for you to make them happen without a shadow of a doubt in the next three months!

These micro goals should be realistic and within reach. It's great to aim high, but make sure it's something you can actually accomplish within this time frame.

*Fairytale dreams  
really do come true*



# Step 5:

## FEEL THOSE FUTURE FEELS

Think towards the future.

What are the EXACT top 3 feelings you will feel once you manifest your three intentions in step four?

Get clear on your feelings below!

How are you going to feel when you hit those goals?

Jump-for-joy happy?  
Over-the-moon?  
Relieved?

Picture those emotions and get crystal clear.

Close your eyes and take a moment for each feeling.

Imagine hitting ALL your goals in 90 days – see, hear, feel, and make it exciting until those feelings take over!



*Money comes to me in both  
expected and unexpected ways*

# Step 6:

## TAKE INSPIRED ACTION



Here's where the rubber hits the road. It's paramount to take action for things to start rolling.

To manifest something into your **PHYSICAL** reality, you **MUST** take **PHYSICAL** action. Start with **ANYTHING** that moves you closer to those dreams. Signal to the Universe that you're all in to propel forward, and it'll hand you the paddle.

The "first step" can be just about **ANYTHING** you can think of related to your desires defined in Step 4.

For example, I can share my **WHY** and why I started this business on Instagram

OR

Look for mentors in a similar space and find out what made them successful.



*In 6 Simple Steps Set Potent  
Intentions to Manifest A  
Wildly Successful Business*

LET'S RECAP

*Step 1:*

**NO MATTER WHAT, MAKE  
A SOLID COMMITMENT  
TO REACH YOUR GOALS**



*Step 2:*

**VISUALIZE YOUR  
BUSINESS DREAMS**



*Step 3:*

**BASED ON YOUR VISION IN  
STEP TWO, WHAT DOES YOUR  
ONE-YEAR VISION LOOK LIKE?**



*Step 4:*

**LET'S FOCUS ON THE  
DETAILS BASED ON  
YOUR ONE-YEAR VISION**



*Step 5:*

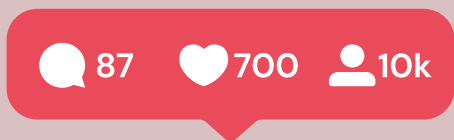
**FEEL THOSE FUTURE  
FEELS**



*Step 6:*

**TAKE INSPIRED ACTION**

*Creating  
an*



INSTAGRAM

VISION

*to  
attract*

YOUR DREAM

*customers*

# Instagram

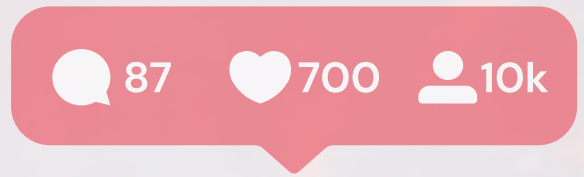
Instagram is a very powerful tool that can help boost your business by growing your dream audience and attracting paying customers for \$0.00!!!

Here we are going to gain clarity on your Instagram VISION to attract your ideal followers which will eventually turn into your dream customers.

At a quick glance, it takes the average person 3 seconds to determine if they want to follow you.

And it all starts with two things: Your STAND-OUT unique valuable message and your BRANDING. This is the magic that creates a strong first impression and convinces people to stay.

It's about creating VALUE that is visually APPEALING to the eye, otherwise people will just scroll away.



Did you know... 90% of Instagram users follow a business account!

Answering the following questions below will help you access your ultimate vision to reach your Instagram business goals!

**So make a coffee, light some incense and give this section your 100% undivided attention and focus!**

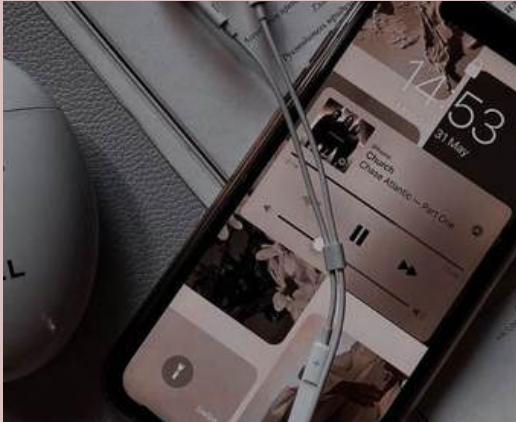
**LET'S DIVE IN!**

“

“THE FUTURE IS  
YOURS TO CREATE”



# FIRST, LET'S GO OVER THIS SMALL INSTAGRAM AUDIT CHECKLIST



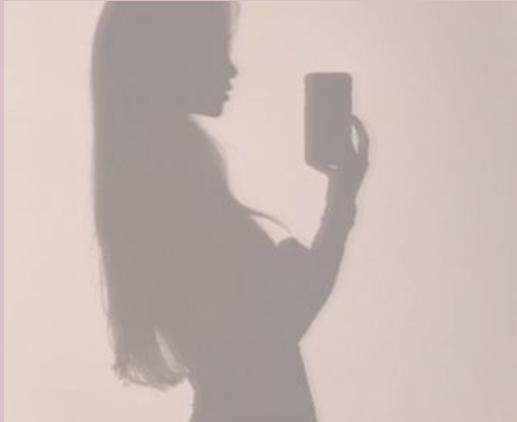
I put thought into my Instagram account handle because I know that this is the very first impression of my IG brand.

I have an optimized BIO with a CTA (Call-to-action)



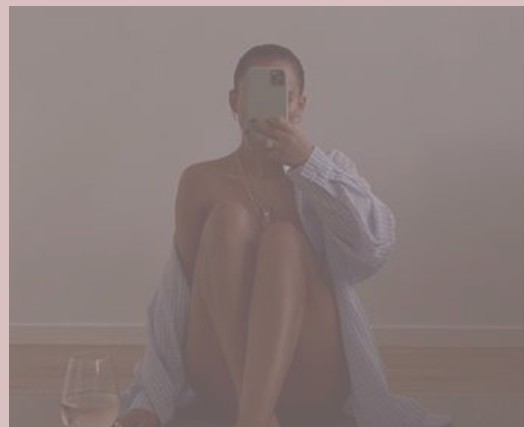
I made sure that my profile picture is a well-lit headshot that is high quality.

# FIRST, LET'S GO OVER THIS SMALL INSTAGRAM AUDIT CHECKLIST



My Instagram story  
highlight covers  
are aesthetically  
pleasing and on  
brand.

I utilize Instagram  
hashtags  
and keywords  
appropriately.



I have chosen a profitable  
niche and stay on topic in  
my stories and when  
posting photos/reels.

# FIRST, LET'S GO OVER THIS SMALL INSTAGRAM AUDIT CHECKLIST



It is obvious  
who I am and  
what I have to  
offer.

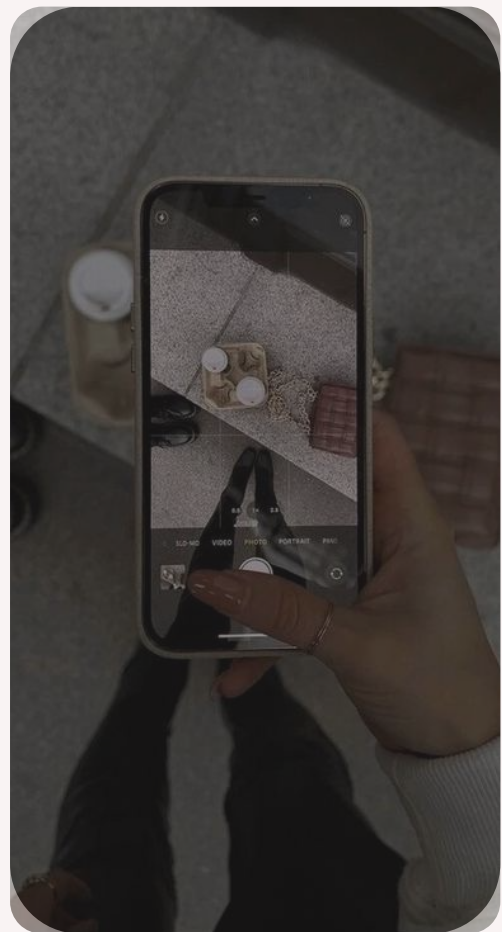
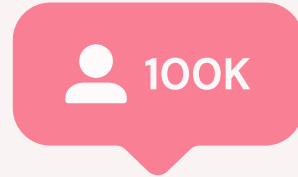
I commit to posting at  
LEAST once a day  
every day and study my  
competitors best  
performing reels.



I engage with other profiles  
to warm up the algorithm  
before posting and after.

# ENVISIONING MY IDEAL FOLLOWER

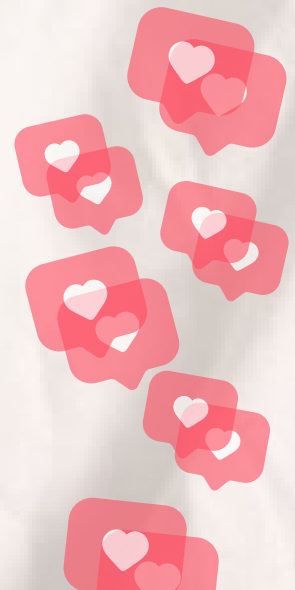
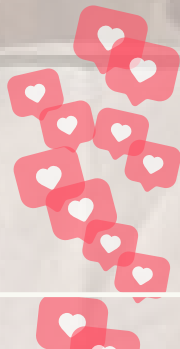
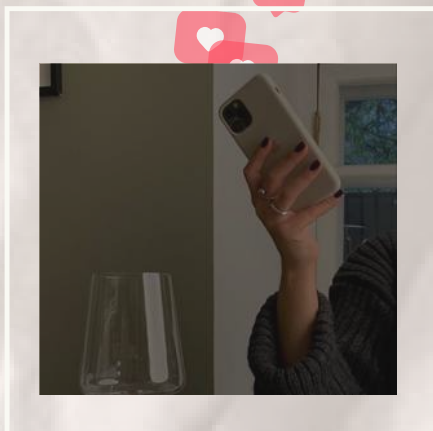
- When I picture my ideal follower (also my ideal client), this is whom I envision:
- My ideal follower has the following pain points that I can assist them with:
- These are the qualities that stand out to me when I think about my ideal follower:
- These are the likes, dislikes, and interests of my ideal follower:
- This is how I want my follower to feel when they stumble upon my profile:
- I envision having an X amount of my ideal followers by X amount of time:



*Get crystal clear  
on your vision!*

# MY UNIQUE VALUABLE MESSAGE

- **The reason I created my instagram is:**
- **This is why I stand out amongst other accounts who offer something similar as mine:**
- **My ULTIMATE goal of my account is:**
- **A list of all the income streams I generate from IG:**
- **This is how often I am committed to posting my offer providing education, entertainment and inspiration:**



# MY BRANDING AND AESTHETIC

- The aesthetic of my Instagram brand is:
- These are the colors that represent my Instagram brand:

Okay, GODDESS! Deep breathe! There are so many ways for you to be successful on Instagram - and the great thing is that you aren't doing it alone!

It's time to treat social media like your assistant. Instagram can help you grow your customer base, but it doesn't get to boss you around and steal all of your time.

## REPEAT AFTER ME:

- I am worthy of all of the Instagram success that I desire.
- The love I pour into my account comes back to me tenfold.
- I am inspiring others and attracting my dream customers on a daily basis.

Limiting  
Belief  
Blaster  
(Rewire  
Your  
Subconscious)

# *“When you doubt your power, you give power to your doubt”*

What if you could tap into your innate ability to manifest the reality of your dreams by releasing a lifetime of limiting beliefs and subconscious programming that has kept you from your true potential?

You may not know it, but I am telling you that you are destined to live an amazing life! You are limitless in nature. You are source expressing itself through human form.

Yet, the limiting stories you keep telling yourself repeatedly are the only way to block your path to reaching your highest potential.

I will share the juiciest information to help you transcend and transform your life. We'll dive into how exactly your limiting beliefs are formed, how to figure out your beliefs, and how to shift them.

Did you know that your subconscious mind creates 95% of your reality? This approach to breaking these old paradigms is all about rewiring your subconscious.

Believe it or not, your beliefs rule what you focus on, see, and hear daily.

Well, what is a belief anyway? A belief starts as a thought; a thought becomes a belief when the thought has been repeated repeatedly until the subconscious mind accepts it as truth.

When a thought has emotion tied to it, it can take over your consciousness.

This is why we need to integrate emotion into the process with new beliefs when shifting your limiting beliefs. We will get into this a moment .

**The word “BELIEF” comes from two words: “BE” comes from being, which is a state of existence. The second word “LIEF” comes from the Indo-European word “LEUBH” which means – love.**

# EXAMPLES OF SOME LIMITING BELIEFS SURROUNDING MONEY:



<p><b>“Money doesn't grow on trees and is a limited resource.”</b></p>	<p><b>“Having a lot of money means you are evil, selfish, and greedy.”</b></p>	<p><b>“You have to work long, hard hours to earn good money.”</b></p>
<p><b>“Rich people are lucky and were born with money.”</b></p>	<p><b>“I am unworthy and don't deserve money.”</b></p>	<p><b>“If I get a lot of money I might lose it.”</b></p>
<p><b>“Having a lot of money is a big responsibility.”</b></p>	<p><b>“I wasn't born rich therefore I'll never be rich.”</b></p>	<p><b>“There's no use earning a lot of money because I'll just have to pay more taxes.”</b></p>
<p><b>“Money can't buy happiness.”</b></p>	<p><b>“I don't have enough money because of inflation, taxes are too high, my job is underpaid.”</b></p>	<p><b>“You have to be lucky to earn a lot of money”</b></p>

## Where do these repetitive thoughts come from?

They often come from a SEE, a Significant Emotional Event, or something you pick up from a 'trusted adult' in your childhood.

### What is a **Significant Emotional Event**?

An experience that is so mentally arresting and emotionally overwhelming that it causes you to consider changing your initial values.

These trapped emotions remain in the memory and become stored in the body.

An example of a SEE, or a significant emotional event, can look something like this:

A mother is upset over her car breaking down and sobbing to her 10-year-old son that she just bought him new hockey equipment and that there is no way she can afford to fix her car.

The repetitive thought that came from the experience for this boy was:

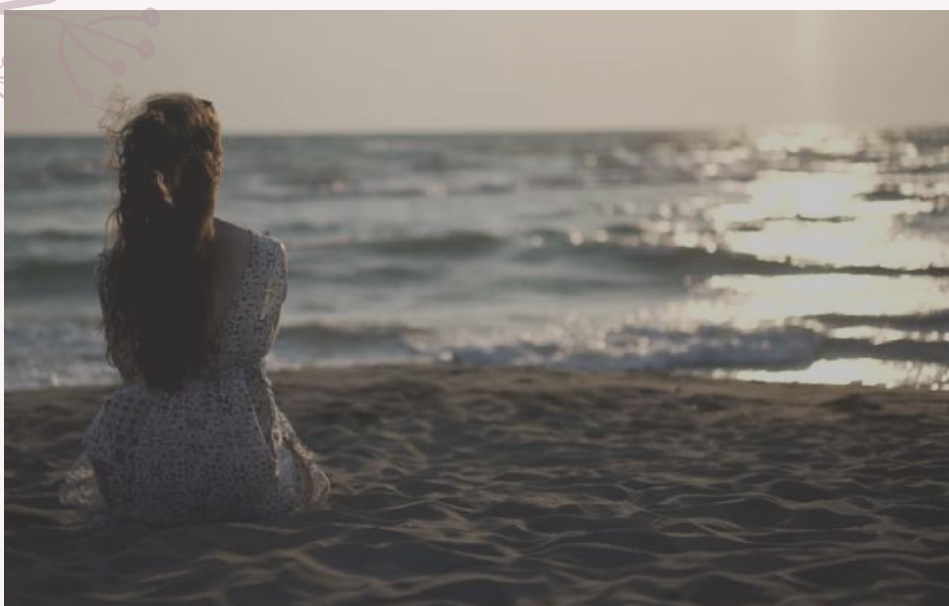
"There's only so much money to go around."

"We can't afford to have everything we need."

"Money creates pain and suffering."

Because of the emotion attached to this SEE, these thoughts can be solidified unknowingly, pretty quickly into this boy's subconscious mind.

During the ages 0-7, we are the most impressionable because our minds are like sponges, absorbing everything around us and accepting much of it as true. Especially when it comes from our parents. In other words, we are walking and talking extensions of these beliefs incorporated by the adults who cared for us at that impressionable age.



If your parents always panicked over bills, you'll be modeling that behavior as an adult.

Take a second to think back to your childhood right now and think of how much has been said and done from the ages of 0-7.

Thankfully, you can shift your limiting beliefs and reprogram your mind to take advantage of a massive head start to completely transform your life from this concept alone!

So, now we know how our beliefs are formed, let's dive into how these beliefs can impact our realities.

Typically, our reality is a reflection of our identity. Our lives are shaped by the stories we constantly tell ourselves about what's happening around us.

These stories are formed by our most dominant beliefs and our most dominant thoughts.

Our thoughts, beliefs, stories, and identities make up our internal reality.

Then, that internal reality directly influences your external reality by how your mind filters your outer world and how you behave.



I know what you're thinking, "If I had the same limiting beliefs my whole life, how can I just trade my old beliefs for new beliefs?"

Anything is possible with some awareness, asking yourself some good questions, and implementing the power of your subconscious mind.

Remember, your dominant thoughts become your beliefs.

What thoughts would you have right now if you were already living the reality you want?

You'd be focused on entirely different things than you're currently focused on.

For example, suppose I wanted to go from being shy and introverted to a reality where I'm confident and social with those around me. In that case, I must start thinking about confidence and extraversion.

LIMITING BELIEFS	vs	EMPOWERING BELIEFS
I am a victim of circumstance.		I create my own reality.
Life happens to me.		Life happens for me.
I live in scarcity, there's never enough.		I live in abundance, there's always enough.
Obstacles hold me back.		Obstacles help me grow.
I can't start until _____ happens.		Starting before I'm ready leads to success.
This is too hard, I should quit.		If it were easy, everyone would do it.

I would have thoughts such as:

"I enjoy social interactions."

"It's easy for me to talk to new people."

"It's possible for me to become more outgoing and confident."

Then, the task is to allow those new empowering beliefs to dominate my mind!

Before implementing this easy-to-follow formula in the next slide for creating your new empowering beliefs, it's super important to do a self-assessment to determine what limiting beliefs are holding you back.

“

THE KEY TO SUCCESS IS  
OVERCOMING YOUR LIMITING BELIEFS  
& ALIGNING YOURSELF WITH THE  
ENERGY YOU WANT IN YOUR LIFE.”



*So, let's assess,*

## TAKE A GOOD LOOK AT YOUR CURRENT REALITY!

**ASK YOURSELF  
THESE QUESTIONS:**

**HOW DO YOU FEEL  
ABOUT YOURSELF IN  
YOUR LIFE?**

**DO YOU LOVE WHAT  
YOU SEE WHEN YOU  
LOOK IN THE  
MIRROR?**

**ARE YOU GRATEFUL  
FOR EVERY ASPECT  
OF YOUR LIFE?**

**DO YOU  
FREQUENTLY  
HAVE ANXIETY,  
FRUSTRATION, OR  
ANGER?**

**ARE YOU MAKING  
THE KIND OF MONEY  
THAT YOU WANT TO  
MAKE?**

**ARE YOU IN THE  
RELATIONSHIPS  
THAT YOU WANT TO  
BE IN?**

Now, ask yourself this super important domino question to determine what you believe to be true.



**What must the person who lives this kind of reality believe to be true about X to manifest X?**

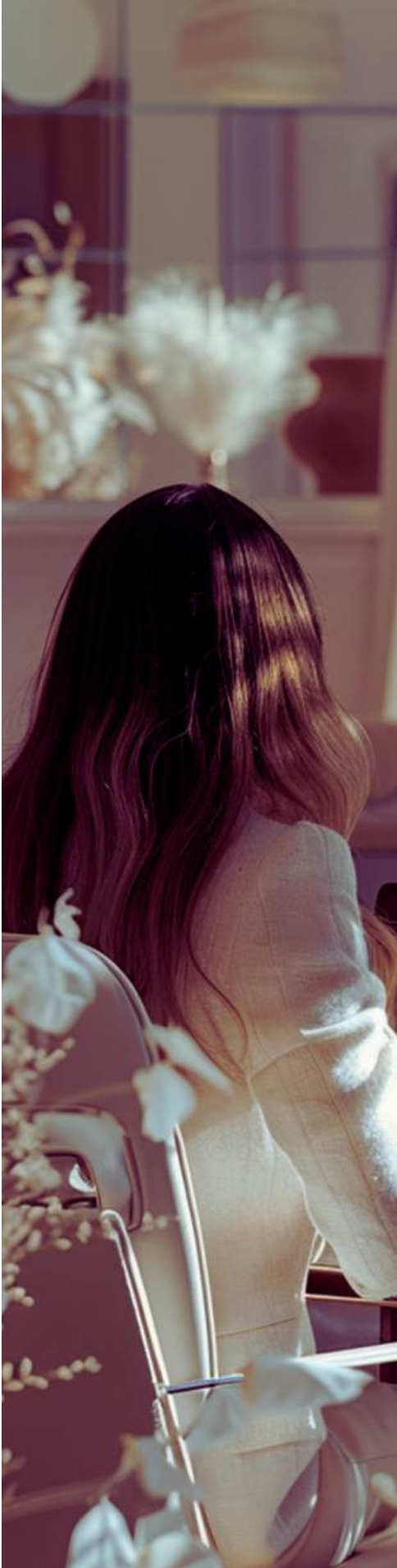
Then ask yourself, are these limiting me, or are these empowering me?

Remember that there are no right or wrong beliefs, only those that empower you.

So you're probably wondering... How do we go about changing our limiting beliefs into empowering ones?



# HERE'S EXACTLY HOW YOU CAN CHANGE YOUR BELIEFS TO TRANSCEND YOUR LIMITATIONS AND TRANSFORM YOUR LIFE:



## STEP 1:

Identity. Who must I become to achieve what I want? Who is that version of myself who is living my ultimate dream reality?

## STEP 2:

What does this version of myself believe to be true about blank to manifest blank?

## STEP 3:

Create an image of what this would look like. What would you see, hear, feel, smell, taste, and/or touch when this becomes your reality?

When you create a visual of what you're becoming and creating, it's much easier for your subconscious mind to get on board and help you out. Our subconscious minds are connected to our imagination and thrive off of imagery.

# HERE'S EXACTLY HOW YOU CAN CHANGE YOUR BELIEFS TO TRANSCEND YOUR LIMITATIONS AND TRANSFORM YOUR LIFE:

## STEP 4:

Take your answer in #2, and create an affirmation out of the new belief, or beliefs, that you have discovered you must adopt to manifest that new reality.

When you say "I Am," you literally affirm who you are.

Your brain has no choice but to believe these words, and the universe will rearrange itself to ensure that your reality aligns with what you believe about yourself.

Write it in your journal or speak out loud to yourself in front of the mirror. It's super important to note to use EMOTION! Remember how your old beliefs became your beliefs? They were just thoughts that were solidified with emotion.

## STEP 5:

Repeat step #4, over and over again, until you've hit the tipping point. Most people shrug off affirmations so quickly and claim that it doesn't work because they didn't do it long enough, and there certainly wasn't enough emotion backing up the process. The goal is to feel "As If" your affirmations are already 100 percent true!!!



# HOW DO YOU KNOW WHEN THE NEW BELIEF HAS BEEN INTEGRATED INTO YOUR SUBCONSCIOUS?


## I CAN'T SAY THIS ENOUGH: DO NOT GIVE UP!

A straightforward way that can help you create affirmations that are less likely to be rejected by the subconscious mind is to add phrases at the beginning of your new beliefs:

One is, "I am in the process of believing that blank," or "I am choosing to believe that blank."

Since it's already confirmed that you are in the process of believing something or choosing to believe something new, you're less likely to call bullshit on the new belief.

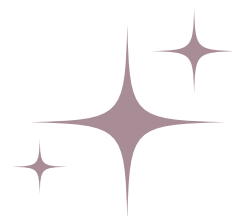
Eventually, you can drop this pre-thing and repeat the new empowering belief. It's easy, but at the same time, it's hard because it takes a lot of repetition. However, you'll get there in no time by making that repetition a daily habit.



There is no magic number about how often your new beliefs must be repeated because we are all different. Just keep plugging away until you build up so much certainty around your new belief that you can't help but laugh at your old beliefs and how crazy it is that you even once thought that way.

So what are you waiting for? Go on and SMASH those old limiting beliefs. An even more epic AF life you were destined to live is waiting for you on the other side!

**You got this, let's GO!**



How to  
Clear  
Negative

Energy  
Blocks

You might be familiar with the saying, "Energy is neither created nor destroyed." This statement holds true! Energy is constantly moving from one location to another, and the objective is to capture as much of that energy as possible and channel it towards your desired goal or intention.



If you want to get sciency about it, it's all about positive and negative ions!

When our energy is stagnant or out of balance, it can lead to both physical and emotional issues. Physically, this may present as chronic pain, fatigue, or tension in certain parts of the body.

On an emotional level, energy blockages can result in feelings of anxiety, depression, or a pervasive sense of stagnation.

The good news is that we can effectively clear these blockages. Clearing energy blocks is a transformative process that restores the natural rhythm and flow, so to speak.

When you encounter problems such as a lack of money or finances, your energy flow has experienced a block and needs to be cleared to continue to flow properly and get to where it should be.

These blocks can occur due to past traumas, unresolved emotions, limiting beliefs, and environmental influences.



# The 7 Chakras

You may have heard of the chakra system. Many people use this chakra system to heal energy flow.

There are 114 chakras in the body, but for simplicity, we'll focus on the prominent seven most people are familiar with.

*Click each chakra  
to reveal more information*

THE FIRST  
CHAKRA  
(MULADHARA)

Known as the root chakra. It's associated with survival and instincts.

THE SECOND  
CHAKRA  
(SVADISTHANA)

Known as the sacral chakra. It's associated with emotion and creativity.

THE THIRD  
CHAKRA  
(MANIPURA)

Called the solar plexus chakra. It's associated with confidence and self-worth.

THE FOURTH  
CHAKRA  
(ANAHATA)

Known as the heart chakra. It controls love, happiness, and peace.

# The 7 Chakras

You may have heard of the chakra system. Many people use this chakra system to heal energy flow.

There are 114 chakras in the body, but for simplicity, we'll focus on the prominent seven most people are familiar with.

*Click each chakra  
to reveal more information*

## THE FIFTH (VISUDDHA)

Known as the throat chakra and relates to truth and self-expression.

## THE SIXTH CHAKRA (ANJA)

Known as the all-seeing third eye. It's associated with intuition, wisdom, and imagination.

## THE SEVENTH CHAKRA (SAHASRARA)

Known as the crown chakra. It's associated with Connection and spirituality.

# Clear your energy

Have you been feeling a little "off" lately? Or maybe you've been feeling more tension and pain in your body, but you don't know why?

Here are practical tools to release, clear, transmute, and remove stuck energy.

## MEDITATION

I know what you're thinking...

Boriiiing!

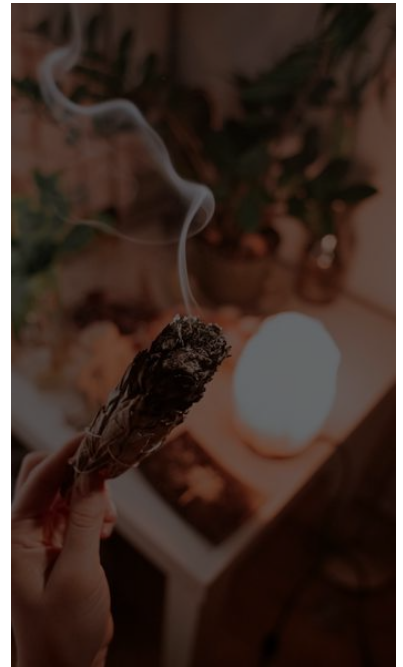
But the truth is, whether you're experienced with meditation or a meditation newbie, meditation has many benefits.

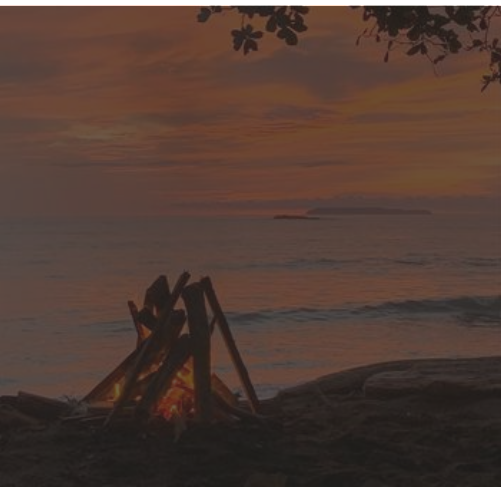
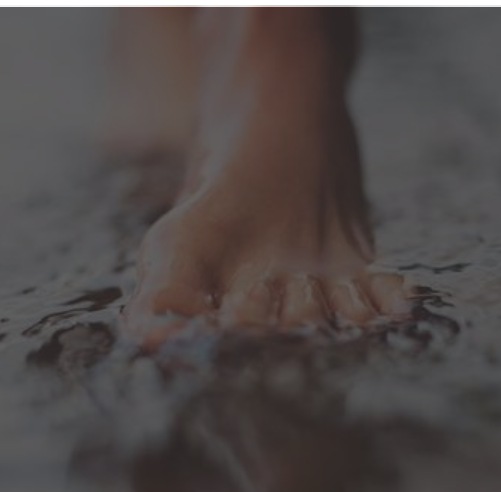
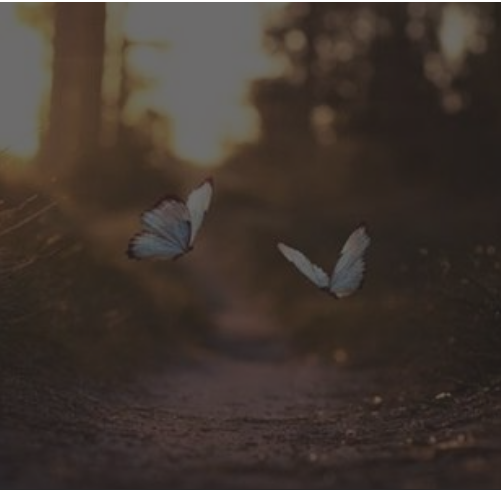
This is one of my favorites, as it can open up the pathways of energy within our bodies on a daily basis.

And yes, I said DAILY! Unblocking energy isn't something you do once; then, you're set forever. I WISH!

It's a process and something to turn into a positive habit that helps you live a pretty AMAZING life.

This alone has created some pretty significant shifts for me and has literally changed my life!





## **GROUNDING**

This is essentially when we feel homeostasis within our own bodies. In this state, we're less anxious and more focused and calm.

It also has two different meanings:

1. Becoming fully present in your body
2. Feeling connected to the earth

Grounding techniques can be physical, mental, emotional, or energetic in nature

.

### **You are un-grounded if you:**

- Have anxiety/worry/over-think
- Get distracted easily
- Space out often
- Possessed by a strong desire for materialistic things
- Obsessed with your personal image

### **Physical signs of being un-grounded include:**

- Poor sleep
- Fatigue
- Chronic pain
- Inflammation

# Physical & Emotional Grounding Techniques

## 1 EARTHING

This is my absolute favorite! This refers to putting your body in direct and uninterrupted contact with the earth, such as standing barefoot in soil, sand, or water. This helps your body recharge by synchronizing with the earth's natural frequencies.

## 2 COLD SHOWER

Even though this takes some getting used to, it has been shown to increase immunity, reduce fat, and elevate your mood.

## 3 EAT GROUNDING FOODS

- Meats
- Root vegetables like sweet potatoes, carrots, parsnips, beets, turnips, and ginger

## 4 MINDFUL YOGA/STRETCHING

The key to this technique is to bring awareness to stretching and the experience within your body.

## 5 MINDFUL BODY SCAN

You can perform a body scan while sitting, standing, or lying down.

Slowly scan down through your body starting at your neck, shoulders, arms, chest, lower torso, hips, legs, and down into your feet. Here, you're practicing mindfulness each time you bring attention to a body part, becoming aware that you are doing so and noting any physical sensations as you go along.

## 6 5-4-3-2-1 EXERCISE

Take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds or the texture of an object.

5- SEE: Notice five things you can see around you.

4- TOUCH: Notice four things you can touch

3- HEAR: Notice three things you hear

2- SMELL: Acknowledge two things you can smell.

1- TASTE: Acknowledge one thing you can taste.



## **Breathwork**

This is SO POWERFUL! It brings life into your nervous system and strengthens your energy while clearing out the stagnant and heavy energy from negative emotions.

**Will Hoff has free beginner-friendly breath work exercises you can check out [HERE!](#)**



## **Energy Healing**

Energy healing practices can involve physically touching the body or working non-physically with the body's energy.

Seeking guidance from energy healers can provide valuable insights into hidden blockages. People can use it to treat a specific condition or boost well-being.

## **Emotional Freedom Technique (EFT)**

EFT tapping involves tapping the body's energy meridian points in which energy flows to relieve physical pain and emotional distress.

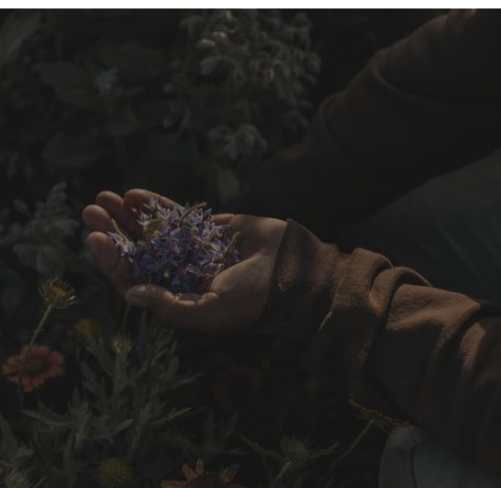
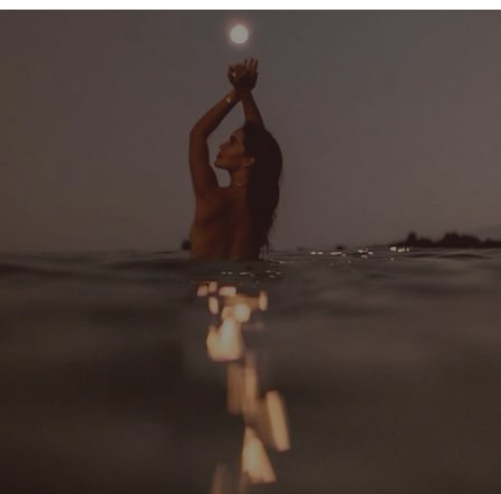
Acupuncture uses needles to apply pressure to these energy points. EFT uses fingertip tapping to apply pressure.

The cool thing about this technique is that you can use it anytime to regulate and calm your nervous system if you are distressed.

## **Learn how to tap [HERE!](#)**

It's crucial to incorporate regular self-care practices to maintain an energetic balance. Engage in activities that nourish your mind, body, and spirit.

Surround yourself with positive and uplifting environments and energy by connecting with supportive friends and cultivating a positive environment. Regularly practice energy clearing with some of these techniques to release any new blockages that may arise.



MONEY

Mentality

*Makeover*

# MONEY *Honey!*

**If you're experiencing energetic resistance or emotional triggers related to wealth and success, you might be facing a money block!**

As discussed earlier, a block represents an interruption in your flow of energy.

Imagine a 'money block' as a hefty boulder that is hindering your financial flow. The encouraging part is that you can gradually chip away at it until it fades away! While it may require some persistence, you can absolutely do this!

All the energy release tools and techniques complement the work on your mindset.

It's nearly IMPOSSIBLE to transform your financial situation without first addressing your mindset.



## IDENTIFY A BLOCK

To identify a money block, ask yourself the most basic question:

“Money is \_\_\_\_\_?”

What was your instinctive response?

“Money is the root of all evil?”

“Money is flowing effortlessly to me?”

Your words have insane power over your life!

Pay attention to how you talk about money.

Just as we mentioned about limiting beliefs, the story that you tell yourself MATTERS. Your word is your wand.

Only speak what you want to come true.

**How many times have you said the following phrases?**

**“That’s too expensive.”**

**“It cost me an arm and a leg.”**

**“I wish I could buy \_\_\_\_\_.”**

**“I can’t afford \_\_\_\_\_.”**

**“Sorry, I’m broke right now.”**

**“That’s for rich people.”**

Whenever you say these phrases, you are literally creating affirmations that perpetuate a scarcity mentality.



When you claim that you can't afford something, you're essentially creating a reality where you never will. By labeling something as expensive, you ensure that it remains out of reach! If you perceive certain things as exclusive to the "rich," and you don't view yourself as wealthy, then that desire will remain elusive, reserved only for those you consider "rich."



Every time you use these phrases, you're essentially creating affirmations that foster a scarcity mindset. Whether you realize it or not, you're manifesting everything you vocalize to the Universe. The more you engage in negative self-talk, the more it intensifies.

It creates a snowball effect!

### **WHAT TO DO:**

- **Immediately re-direct your negative words or phrases surrounding money!**
- **Repeat positive money affirmations**

### **My favorites ARE:**

**“Money comes to me easily and frequently.”**

**“Manifesting money is easy and effortless to me.”**

**“I place no limits on the amount of money I can make.”**

**“It’s safe for me to be rich.”**

# Build a new money Identity

THIS goes back to the whole “ACT AS IF.”

WHO do you want to be when it comes to finances?

**An ABUNDANT GODDESS perhaps? ;)**

How does she act?

How does she show up?

How does she talk about money?

SHIFT into this identity everyday.

If it really helps you shift into this mindset, give a NAME to your money identity.



Maybe the old you would only buy things on sale...

As opposed to your new identity, may see managing your finances as a way of self-care and maybe she makes high quality purchases that are budget friendly.

# Manifestation Hack



A fantastic manifesting technique that I have learned is to close your eyes and visualize yourself depositing into your bank “X” amount of money via a wire transfer from your online business and going online shopping. **You’re not physically spending the money but energetically you are!**

Feel all the feelings you would actually feel buying all the things using your imagination.

I’ve even time and time again, mentally bought houses I want walking down the street. I picture waking up the very first morning and grabbing a cup of coffee and sitting on the porch of my new house!

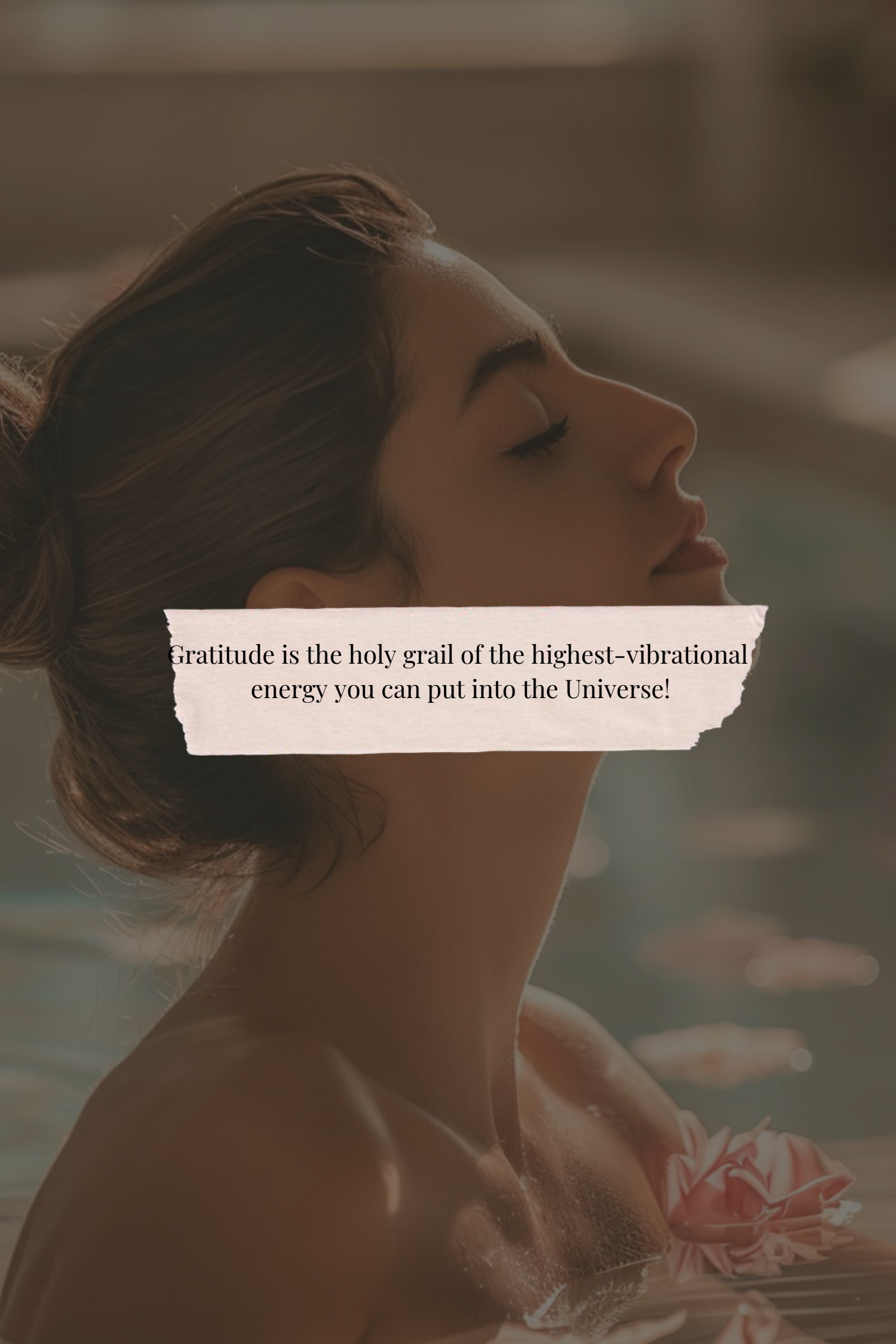
**Ignore what your current financial situation is right now because at an energetic level everything you ever desired is already yours! It’s a matter of matching your vibration to the vibration of the object/event/situation that you desire in order to bring it into the physical realm.**

You create your reality every second of the day. You are always co-creating with your creator, and you have all the power to decide what it is that you want.

Whatever you want, you can have.

**Speak it into  
existence  
ABUNDANT  
GODDESS!**

*Attitude*  
*of*  
*GRATITUDE*

A close-up, profile view of a woman with her eyes closed, looking upwards. Her hair is dark and pulled back. In the foreground, a pink rose is visible. The background is softly blurred, suggesting an outdoor setting. A white, torn-edge paper strip is overlaid across the middle of the image, containing the text.

Gratitude is the holy grail of the highest-vibrational energy you can put into the Universe!

The more high vibe appreciative energy we put out, the faster things come into our lives.

This IS Universal law!

**Whatever you take for granted, you will see less. Whatever you are grateful for, you will see more of in your life.**

Gratitude is the key to opening the channels to abundance. There is so much to acknowledge the Universe for already!

If you don't yet have the money you desire, it's not because you don't deserve it or are incapable of earning it. It's just that you still need to appreciate the money that you already have.

Ever see a penny on the ground and walk right by it or kick it to the side? Imagine what message or vibrational frequency you are sending to the Universe...

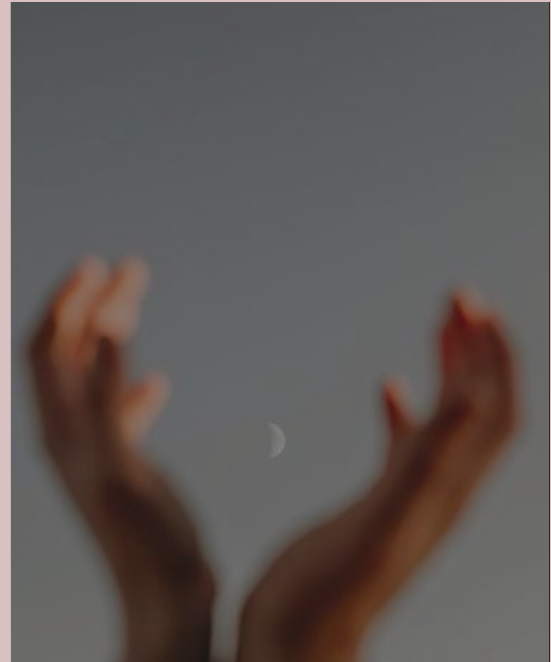
If you're "too good" to pick up a penny off the ground and celebrate it like you just found \$100, then you're "too good" for any money!

The truth is, the Universe and your subconscious mind don't know the difference between real and imagined.

The most potent hack in manifesting your desires is acting "as if."

How would you feel if you found money on the ground?

When you know what you want, you know what feelings you need to cause in your body to naturally inspire forward movement in that direction.



Creating a gratitude list daily helps generate the vibrational frequency that you need to tap into daily to attract your dream life.

For added benefit, say to yourself repeatedly as an affirmation: **"Money is all around me. I find money everywhere. It flows effortlessly into my life daily."**

When you open your bank account, do you feel anxious or stressed? This will tell you a lot of what your beliefs are about money.

Alternatively, have you ever seen a car you want to drive by and feel a little resentment towards that person? I know I used to be guilty of this!

NEXT TIME, try practicing the Hawaiian Huna Philosophy.

It goes like this:

When you see something you want, bless it and bless that person who has it. If it is that new car you desire, bless that car and bless the person driving it.

By doing this, you attract these things into your life. The more jealousy and resentment you have toward the things you desire, the less likely you will have those things. It all plays a role in how your subconscious views those things. If your mind relates those negative emotions in connection with the things you want, it will steer clear. Make sense?

Similarly, this is why it's so important to be self-aware and realize when you slip into a negative mindset to redirect your thoughts when appropriate.

In the same sense, it's all good if you have negative thoughts sometimes! You are only human. Quite frankly, it's impossible to think positively 24/7!

In the spiritual hippie community, there are those t-shirts that state "positive vibes only." This culture puts pressure that only positive thinking is acceptable. It's just unrealistic! Negative thoughts are common and are a sign you are normal. It's only when these thoughts become increasingly overwhelming, they need to be redirected!

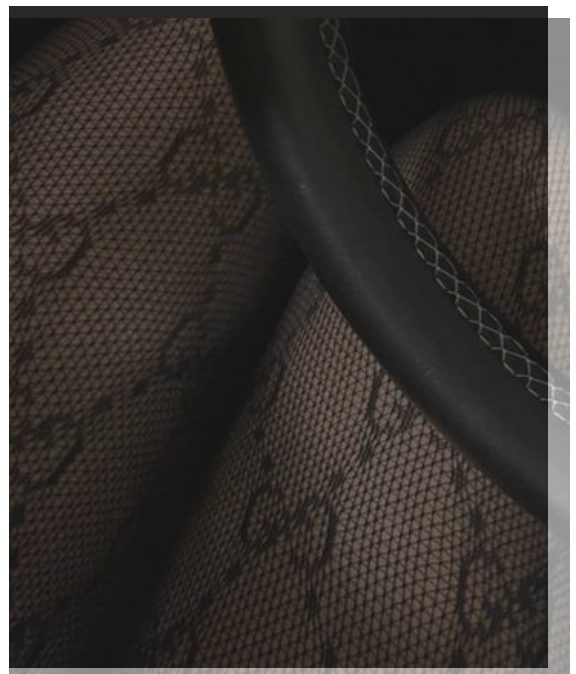
This leads me to mention that to be an ABUNDANT GODDESS, a HIGH VIBING inner support system is essential!!! Energy is contagious.

Choose who you spend your time with carefully. Some people can affect you or infect you.

As T. Harv Eker states in his book **"Secrets of the Millionaire Mind:"**

"Negative thinking is like having measles of the mind. Instead of itching, you get bitching. Instead of scratching, you get bashing. Instead of irritation, you get frustration."

"Would you hug someone who had a bad case of measles?"



Angel  
Numbers

CHEAT

*Sheet*

# ANGEL NUMBERS *Cheat Sheet*

*Seeing repeating numbers, but don't know the meaning?*

USE THIS CHEAT SHEET TO DISCOVER WHAT THE UNIVERSE IS TRYING TO TELL YOU!



TRUST YOUR INTUITION AND FOCUS ON WHAT YOU WANT AND NOT WHAT YOU DON'T WANT



STOP WORRYING! YOU ARE EXACTLY WHERE YOU ARE SUPPOSED TO BE.



YOU WILL RECEIVE SUPPORT AND GUIDANCE WHEN YOU NEED IT. YOU'RE IN GREAT HANDS



YOU ARE SAFE AND PROTECTED. YOU ARE BEING GUIDED AT THIS TIME



A HUGE CHANGE IS UP AHEAD! IT'S TIME FOR A NEW BEGINNING. PREPARE FOR MASSIVE SHIFTS



TAKE A BREAK AND REFLECT. RECONNECT WITH YOUR HIGHER SELF.



LUCK IS ON YOUR SIDE. KEEP DOING WHAT YOU'RE DOING AND CHASIE YOUR WILDEST DREAMS.



LOTS OF MONEY HONEY! TAKE A DEEP BREATH. FINANCIAL ABUNDANCE IS ON ITS WAY TO YOU RIGHT NOW!



LET GO OF EVERYTHING THAT IS NO LONGER SERVING YOU.

*Universal Bank  
of Abundance*

Abundant  
*Goddess*

CHECKS

# MANIFESTATION

# Checks

Using a "blank check" to manifest money is a fun and symbolic way to combine the principles of manifestation and the Law of Attraction. Think of it as writing a check to your future fabulous self!

This practice involves setting a clear intention and visualizing your financial goals as if they have already been achieved.

Here's how you can do it in a way that aligns with setting financial goals and harnessing the moon's energy for an added spiritual boost (because, let's face it, if the moon can control the tides, it can definitely help with our bank accounts)

## **1. Choose Your Timing**

Do this during a full moon for an extra sprinkle of magic! Aligning your manifestation ritual with the lunar cycle can enhance its effectiveness. The New Moon is considered an auspicious time for setting intentions and starting new ventures, making it the perfect time to manifest money and prosperity.

## **2. Prepare Your Space**

Find a quiet, comfortable space where you can be undisturbed. You might want to light a candle or incense, play some soft music, or surround yourself with items that inspire wealth and abundance to you (e.g., crystals like citrine or pyrite, green plants, images symbolizing wealth).

## **3. Fill Out the Check**

*Date:* Choose a date by which you want to manifest this amount. And no, writing "yesterday" won't speed things up.

*Pay to the order of:* Your name goes here, as you are the recipient of the manifested money.

**Amount:** Be specific and realistic yet optimistic. Write out the amount you wish to manifest both in numbers and words.

**Memo or For:** This is optional, but you might want to specify what the money is for, adding purpose to your manifestation.

**Signature:** Instead of your signature, write “The Universe” or something that represents a higher power or the source of your manifestation to you.

#### **4. Visualize and Feel**

Hold the check in your hands, close your eyes, and visualize receiving this money. Imagine how it feels to have this wealth, what it enables you to do, and the impact it has on your life and finances . The key is to embody the feelings of gratitude and abundance as if your desire has already been fulfilled.

#### **5. Place the Check Somewhere Special**

Put the check somewhere you will see it often, such as a vision board, your wallet, or a financial planner. Seeing the check regularly reinforces your intention and keeps you aligned with your goal.



Click here



[Access Printable](#)  
[Abundant Goddess](#)  
[Checks](#)

**BANK OF THE UNIVERSE**  
*I am worthy of financial success and abundance.*

Date \_\_\_\_\_

Pay to the Order of \_\_\_\_\_ \$ \_\_\_\_\_ Dollars

Memo \_\_\_\_\_ Signature *The Universe*

0032100 4567890123 0 [www.intentfulco.com](http://www.intentfulco.com)

**BANK OF THE UNIVERSE**  
*I am worthy of financial success and abundance.*

Date \_\_\_\_\_

Pay to the Order of \_\_\_\_\_ \$ \_\_\_\_\_ Dollars

Memo \_\_\_\_\_ Signature *The Universe*

0032100 4567890123 0 [www.intentfulco.com](http://www.intentfulco.com)

**BANK OF THE UNIVERSE**  
*I am worthy of financial success and abundance.*

Date \_\_\_\_\_

Pay to the Order of \_\_\_\_\_ \$ \_\_\_\_\_ Dollars

Memo \_\_\_\_\_ Signature *The Universe*

0032100 4567890123 0 [www.intentfulco.com](http://www.intentfulco.com)

Click here



[Access Printable](#)  
[Abundant Goddess](#)  
[Checks](#)



# Inner BLOOM

## *Continue Your Journey*

Inner Bloom is a women-only membership platform devoted to supporting mental, emotional, and spiritual wellbeing.

Through resources, workshops, masterclasses, mini courses, and community, it offers women a beautiful space to grow, heal, and bloom into the best version of themselves.

For those who feel called to share it, Inner Bloom also includes an income opportunity, with support, tools, and templates to help members promote the Academy and earn through referrals.

[GET ACCESS TO INNER BLOOM](#)



*Join our amazing community!*

WEALTH + WELLBEING

