



## 25 WAYS TO MANIFEST MORE

Challenge yourself to find 25+ ways to have more. Then identify 1–10 ways that really inspire or scare you. Pick out 3–5 ways that are the most doable and schedule those into your calendar.

**SAVE** – Cut expenses that don't serve you.

**TRADE** – Sell things you don't need.

**CREATE** – Give more value. Give value to more people or different value to those you already serve. Identify and express new talents.

**REDUCE DEPT** – Renegotiate debt interest, use low-interest savings to pay off higher interest debt.

### MY TOP 10 WAYS TO MANIFEST MORE IN THE NEXT 30

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## BECOME AWARE OF YOUR PROGRESS

Wealth practice is about your awareness regardless if it happens after or before your reactions. So be kind to yourself and celebrate anytime you become more aware. Notice where you are not following through the awakened wealth practices. What comes up for you? Where are you not giving? What emotions have you discovered? Where have you made someone else your source? What do you make it mean about yourself? Are you judging by appearances and reacting to things? Are you waiting for something instead of generating? Where are you growing and expanding?

## IDENTIFYING YOUR SHADOWS

Any judgement and anything that pulls or pushes our buttons indicates there is either a light or a dark shadow. Dark shadows are all the negative judgements we might have about ourselves such as, "I am... stupid, failure, unworthy, loser, unconfident, etc." The light shadows are the ones we are not, for example, "I'm not worthy or I'm not talented enough..." Integrating our shadows enables us to turn them from destructive patterns into constructive qualities in our lives.

Have you noticed any judgements around wealth coming up?

Such as, wealthy people are greedy, I'm not good enough, people who concentrate on making money are selfish...?

Sometimes we develop a MASK to hide the shadow quality we don't like. For example, when we haven't integrated our greedy shadow we hide it by becoming over-givers and caretakers. Some helpful questions to ask to discover your hidden shadows.

I can't become rich because I am...?

I hate dealing with money because...?

Wealthy people are...?

If I was to become really wealthy people would think I am...?

What are you afraid of you will become if you really go for it?

What are you afraid of people would think about you if you really go for it?

What is your worst nightmare about you becoming wealthy?

## SHADOW PROCESS

Pick a shadow that you have discovered, and take it through the following questions:

Where did you come from?

What was the moment I created you, or rejected you?

How did you serve me and how have you been my ally and blessing all along?

What is your lesson and gift for me now?

What do you need from me to take a healthy and constructive place in my life?

What will it look like when you are fully integrated in my life?

What guidance do you want to give me?

What do I need to embrace or let go of?

What actions am I called to take?

What would it specifically look like?