

Release Your Money Blocks:
5 day challenge

Day 3



Life **EMPOWERMENT** ·
P R O J E C T ·

Day 3: **Prioritising YOU**

We're deeply conditioned to put anyone and everyone above ourselves.

It makes you right, it makes you a "good girl", it makes you accepted by your 'superiors' as you're growing up and sets you up perfectly to continue this self-sabotaging behavior.

But what it makes you most of all, is *last*.

And if *you're* putting yourself last, and the Universe is always saying YES to you...there's no way you'll ever receive the abundance you desire and deserve! The Universe sees you putting yourself at the bottom of the pile and assumes that's what you want!

Today's lesson and this workbook is all about how to put yourself as a priority so you can invest and spend without the guilt, and build the wealth required to live every one of your dreams.

We'll begin by connecting you to the **purpose** for the money you want to attract into your business and life. If you don't have a reason for the money to come, it simply won't!

Below, make a list of your desires within each of the categories listed. Approach these lists as if you're already your Number 1 Priority. This is *really* important!

Then, calculate rough costs for each of these and ensure your 'desired earning figure' is enough to include all these desires!

Business:

Total cost for business desires:	

Home:

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Total cost for home desires:	
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Travel:

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Total cost for travel desires:	
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Experiences:

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Total cost for experience desires:

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Any other desires that set your soul on fire but don't fit into the above categories:

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Total costs for other desires:

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Stop Waiting, Start Having

Stop thinking 'when I have more money then I'll...' *fill in the blanks!* – and start living like you are that version of you now.

You think WHEN you've got more money THEN you'll feel differently but you won't, nothing will change. Not the way you feel, not the way you approach life, not anything – until you consciously make the decision to change it!

Below, create a list of all the little things you can start doing to bring you closer to living that dream now:

As soon as you've done your list (and feel free to keep adding to it as new ideas pop up) schedule at least 3 of them into your diary in the coming month.

Now it's time to get real, you're in the position you're in right now as a result of your mindset – your thoughts, feelings, beliefs etc, *and* the level of skill you're utilising as a result of that mindset.

There's a future version of you who has all the desires you've listed, she's living that dream already. To set you up beautifully for tomorrow's lesson, start to connect the dots between where you are now and where you'll be in the future.

I've made huge investments into myself and my business to fill the gaps in my knowledge and allow everything I desire to materialise as soon as possible.

What do you need to do/invest/learn in order to draw that future life toward you even quicker?:

Be sure to use your journaling prompt for the day (at the bottom of today's lesson page) and the mantra listed below it (the more you use your mantra, the better!!).

See you over in the Facebook group – ask in there and we'll answer any questions you have!!

To your infinite abundance,

Vicky xx