

**2022**

***MONEY VIBE***  
***YOUR FINANCIAL FREEDOM FORMULA***



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# Money Vibe: Your Financial Freedom Formula

**Begin with getting present to your current relationship with money:**

What do you most often say about money?

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How do you feel about money? Making money? Having money?  
Spending money?

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How do you feel about your level of responsibility and effectiveness  
with money?

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How would you describe your energy regarding money?  
**What THREE WORDS WOULD YOU CHOOSE?**

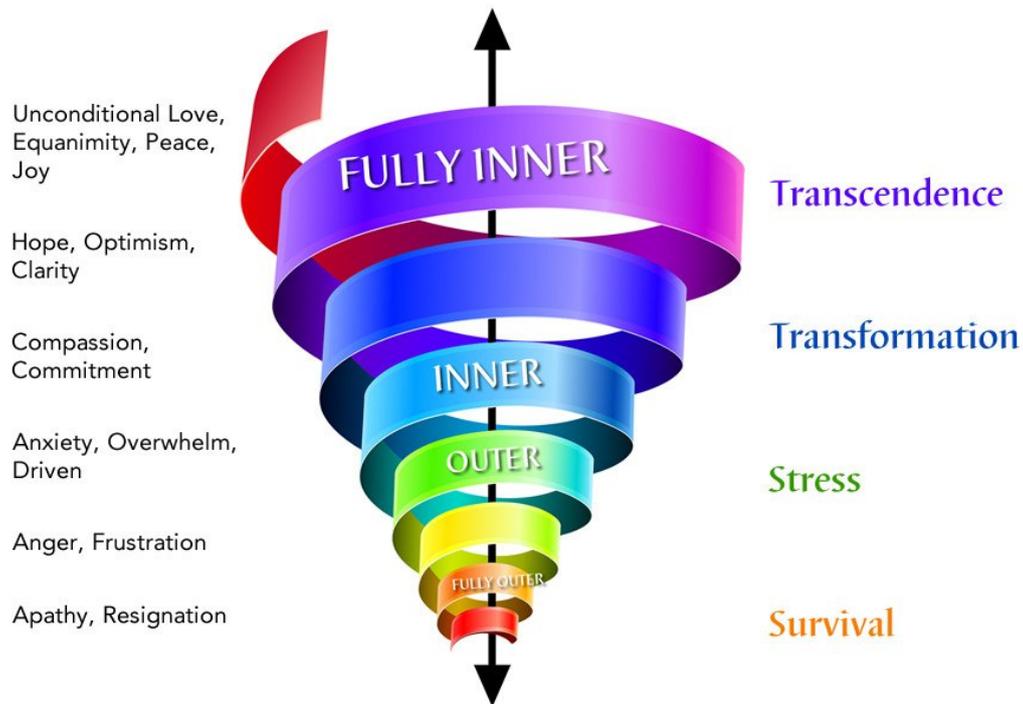
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***ENERGY IS EVERYTHING***  
***Practice the 4 E Formula!***

The Energy necessary to raise your Money Vibe:  
**Enthusiasm | Excitement | Expectancy**

# Vibe Model



**Survival:** I can't seem to get ahead or dig out of the perpetual financial hole I am in. I am exhausted by it so I often just look the other way and hope things get better. Sometimes I would rather give up because it feels like there is no use trying. None of the efforts I have made have paid off, so I will just hope something comes my way, so things get better.

**Stress:** I struggle to make ends meet. I get frustrated with the continual stress of trying to pay the bills. I frequently worry about money and the anxiety wears on me. I work hard, but just cannot seem to get on top of things, no matter what I do.

**Transformation:** There are so many ways I can make money. I see opportunity everywhere. I want to use my skills to make a contribution to others through the work that I do. I know it will work out, as I strive to do what I love and do my best for all concerned. I will "do well by doing good." That is the best and surest way for me to get ahead, stay happy and make a difference that matters in the world.

**Transcendence:** Money and finance are linear illusions created in the human experience to measure and acquire what appear to be limited resources. There is no lack in the entire Universe as I am deeply connected in the flow of Life. I am one with all there is, and therefore I always have all that I need.

# Financial Beliefs Inventory

What underlies our practices and habits is what we believe about money. In the inventory below, rate how true the following statements are for you with 0 being this totally does not fit your experience or thoughts and 5 being that this statement entirely describes you and fits your thoughts or experience. The first series of statements reflect high money consciousness and the second set of statements are those that reflect greater challenge with your money consciousness. Answer as truthfully as you can, as this will support you in seeing where you need to create new beliefs that will give you a new financial future.

## How True are the Following Statements for You?

<b>STATEMENT</b>	<b>LESS → MORE</b>					
Money is everywhere and I can direct the flow of money currency into my life.	0	1	2	3	4	5
I enjoy money; making, spending, saving and investing it.	0	1	2	3	4	5
It is easy to make money.	0	1	2	3	4	5
There is financial opportunity everywhere. I just have to decide in what way I want to make money.	0	1	2	3	4	5
Money flows into my life easily.	0	1	2	3	4	5
I feel like I've done well financially so far in life.	0	1	2	3	4	5
I can trust myself when it comes to money and to financial decisions.	0	1	2	3	4	5
I feel optimistic about my financial future.	0	1	2	3	4	5
I keep close track of what I spend and what I earn.	0	1	2	3	4	5
I am generally relaxed and at ease when it comes to money.	0	1	2	3	4	5
I am in the flow of the unlimited supply of good in the Universe and my life experience reflects this to me.	0	1	2	3	4	5
<b>Total Score</b>						

**STATEMENT****LESS → MORE**

It's hard to earn money.	0	1	2	3	4	5
I am in survival mode, living day-to-day.	0	1	2	3	4	5
It's a tough to make enough money to feel comfortable.	0	1	2	3	4	5
I worry about money.	0	1	2	3	4	5
I often feel limited and restricted because of money.	0	1	2	3	4	5
When I think about where I am financially, I don't feel so good about myself.	0	1	2	3	4	5
I had better hold onto the money I have. I don't want to risk losing it in foolish investments.	0	1	2	3	4	5
It is inappropriate to talk about money to friends or colleagues.	0	1	2	3	4	5
I keep thinking things will get easier for me financially, but it never seems to change.	0	1	2	3	4	5
If I have too much money, other people will take advantage of me or want something from me.	0	1	2	3	4	5
If I make a lot of money, it will change my personality and values.	0	1	2	3	4	5
I worry that I won't have enough money in my senior years or to be able to retire.	0	1	2	3	4	5
<b>Total Score</b>						

# High Vibe Beliefs

Living with a high Money Vibe means that you have consciously cultivated a way of being and relationship with money that consistently empowers you, lifts you up and brings you joy.

**Financial freedom means never having to worry about money, whether you have any or not.**

In keeping with this definition, these fundamental beliefs about money will support your progression toward financial freedom and mastery with money:

- 1.** I believe that everything is energy, including money. The more I consciously align myself with the flow of Life energy, the more I create the conditions for sufficiency, inflow, peace and joy.
- 2.** There is a universal energy flow of abundance and goodness that is inherent in Life and I am one with that universal energy, and therefore I always have what I need.
- 3.** I believe in myself. I trust myself to make prudent decisions, to be a responsible steward of all that Life brings my way, to pay attention to my financial fitness and life, and to conduct myself in a way that honors the universal life force within me.
- 4.** I believe that thoughts and emotions are creative. Therefore, I do not dwell on any negative emotion or thought. I simply notice these, allow them to move through me, and consciously redirect my energy and focus toward all that Life has to offer and the Being that perceives Life through awareness.
- 5.** I consciously align myself with the high vibration flow of Life energy through my actions, thoughts, beliefs and attitudes – my level of consciousness.
- 6.** I believe that negative thoughts, emotions and behaviors restrict the flow of goodness into my life. Therefore I refrain from complaining, anxious talk, gossip and negativity of all kinds.
- 7.** As my consciousness elevates and expands, I align with the universal flow of Life energy that naturally comes my way.
- 8.** I offer the best of myself in all I do. I do not shy away from challenges and opportunities because I know that I am here to grow and expand.
- 9.** I believe that persistence is a virtue worth cultivating. Therefore, I envision my highest good and persist in my beliefs and actions toward the experience of the manifestation of my desires.
- 10.** I believe that manifesting my deepest desires is a spiritual process and one to which I devote my life and myself.

# How to Raise Your Vibe:

**1. Learn to Use Your Mind to Train Your Brain!!**

**a. The 3 C's Method**



**b. Clearing Exercises**

**2. Do the 30-Day Money Vibe Challenge!**

**a. [www.MoneyVibeMethod.com](http://www.MoneyVibeMethod.com) – it's FREE!**

**NOTES**