

5 STEPS TO TRANSFORM YOUR MONEY MINDSET

BY KLEO KIZIAH

A guide to find your inner '*Girl Boss*' &
manifest wealth in abundance!



CONTENTS



02	INTRO
04	GET CLEAR ON YOUR GOALS
06	WHATS STOPPING YOU?
08	HIGH VIBES ALWAYS
10	TRANSFORM YOUR MONEY MINDSET
12	MANIFEST YOUR BEST LIFE



INTRO

HEY GIRL,

Thanks for signing up to my **'Transform Your Money Mindset'** Guide to find your inner *Girl Boss* & manifest wealth in abundance

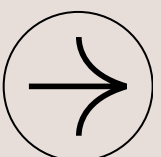


I'm super excited to share this information with you because I know from first hand experience that this is the beginning of your journey to manifest the life you deserve, dreamt of and now will have the tools to make a reality.

I'm Kleo Kiziah, a Mindset Life Coach. I focus on money mindset coaching and what I do is help female creatives overcome their limiting beliefs around money, transform their money story and provide the tools they need to manifest generational wealth!

I'm extremely passionate about this focus around money and helping like minded women transform their beliefs and get to a place where they are smashing their money goals and have a positive thriving relationship with and around money, making money, saving money, investing money and so on. If you follow my guidance the possibilities will be endless and the results, boundless .

I've always been someone with a side hustle, as I'm an entrepreneur at heart but at the time I was working a normal 9-5 job, well it was more like 7-7, I was burnt out and being a single mum at the time meant I couldn't afford to just give up so I started to do some research. I've known for most of my life that I wanted to help people and I knew this was my calling. I've also always been a believer in the universe and I know that there is a higher power.



INTRO

CONTINUED...

Law of attraction is real and as I was telling myself more about how I DIDN'T want to be in this financial hole and I DID want to elevate myself, have a laptop lifestyle and be the Girl Boss I knew I was, a coaching course popped up on one of my social media accounts, I read it, clicked the link and instantly I was hooked.

I did a free course similar to the ones I have created and was then inspired so I began meditating, journaling and learning all I could on crystals, energy and most importantly Mindset. This was my AHA! moment. I finally knew what I wanted to do - Life coaching! And thus my financial freedom lifestyle journey began. I learnt how to transform my mindset, I went from saying "my ideas aren't good enough", "that's too expensive", "I can't afford that" and "I will never be able to make that amount of money" to "I'm going to have a £10k month", "I will have wealth in abundance" and "I am good enough, I am worthy". I finally became unstuck and transformed, I raised my vibrations, let go of all negativity and was able to manifest my life goals! Now I'm that 'Girl Boss' who coaches others to do the same.

In my journey I discovered that our beliefs around money, what we are worth and our own vibrational frequency dictates how much money we experience in our reality. If our thoughts, beliefs and energy around money are negative then it only makes sense that you will then struggle to manifest abundance.

This training is designed to help you transform your money story from "making money is hard work" to "making money is something I can do and I'm good at". Your transformation will allow you to discover a freedom you've never experienced and a power that's always been inside you to thrive and manifest wealth. If you want to access this power and transform your money mindset then this guide will help you with just that.

The first step is to work through this content, so let's begin...



STEP 1

HOW TO GET CLEAR ON YOUR GOALS

So you're here, you've taken the first step in your financial freedom journey, so tell me, what do you really want? What are your goals? What's the specific amount you would be comfortable attaining each month, year? You need to be really really clear on your money goals, be specific so the Universe can hear your desires and those desires can be manifested.

A lot of people think they have clarity because they tell themselves "I want to be rich" or "I want to be a Millionaire", but these goals are too broad and too generic. These people think these goals work because that's what society has told them, drummed into them from a young age. This broad, generic mindset leads to goal setting based upon these ideologies and then when these goals are not met they wonder why. Also, if you don't know how to access your intuition, or know the questions you need to ask yourself in order to figure out what you really want, then you will also struggle to get clarity.

People will set goals that aren't truly connected to their authentic desires, they will limit themselves by setting goals based on what feels realistic. Their goals are created based around their current limiting belief system & by what they feel is possible for them or what they feel they deserve, rather than by creating goals that are what they really desire and dream of having.

It's really important that complete clarity of where you want to go is achieved because without clarity, it's very easy to lose momentum, get distracted, procrastinate and/or become unmotivated, this is the cycle that most of us live and one of the reasons why you're here today working through this content. Clarity of your goals is not just about the physical goal, but also about the emotional goal. The reason why we want anything in life is to feel a certain way. It's important you have clarity not just on what you want, but also how you want to feel when you get there. You will need to set specific goals and be very clear in your mind about what these goals are, trust your gut, your instincts and be one with your intuition.



STEP 1

CONTINUED...

HOW TO GET CLEAR ON YOUR GOALS

Clear goal setting example:

A client of mine Ami, had always set goals about being a "millionaire" but never was really specific about what this meant. By signing up to work with me, I was able to help her to get super intentional about the goal, but I also coached her on how to get clarity on what the money would be used for and how she would feel when she got there. Her new goal was now - "I want to be earning £100k a month by December 2024, so I can scale my business and get a second storefront"

This is a clear goal, an attainable goal, one which the universe can comprehend and fulfil and also one that would leave the client feeling proud, satisfied and elated that she was able to hit her goal. - Remember just saying it isn't enough, you actually need to do the work, but we'll get into that a bit later.



STEP 2

WHAT'S STOPPING YOU FROM TRANSFORMING INTO A GIRL BOSS?

The Law of Attraction dictates that beliefs create your reality. Whatever you believe in and focus on shapes your world. The beliefs you have now, have created your current money reality. If your money goals are not being attained or the savings amount you would have liked to have is short, is most probably because of your money beliefs.

Limiting beliefs are thoughts or a state of mind that you think is the absolute truth, that stops you from doing certain things, like building wealth. We all have these limiting beliefs, and they do just that, limit us from our highest potential. We are aware of some of these beliefs and some of them we have no clue that they even exist. It's these subconscious beliefs that often hold us back the most and it's these beliefs that will need to be eradicated so that we can then do the work to transform them.

So, to make it more clear, the reason you are not wealthy is not because you are not worthy, or you don't deserve it, or even because you are not working hard enough (these are your limiting beliefs). The reason is because you have these beliefs and your subconscious has encouraged you to believe that these things are true, YOU, YOURSELF, are stopping yourself from manifesting wealth. As we know the MIND is your strength and if you tell yourself you can't do something (a place of lack), you most likely won't, but if you start to do the opposite and convince yourself that you can do it (a place of abundance), then you will only start to see results.

YOU have the power, the power to change your beliefs from limiting to abundant, and therefore create a new money story for yourself. In order to change your beliefs however, you first need to know what they are. You need to focus on your beliefs that are locked in the subconscious level of your mind that you need to identify. Most of these beliefs will have formed at an early age and could have been learned from those who raised you. If you don't identify these subconscious beliefs, you won't be able to change them and they will continue to cause you to repel money and experience a negative reality when it comes to your finances.



STEP 2

CONTINUED...

WHAT'S STOPPING YOU FROM TRANSFORMING INTO A GIRL BOSS?

Once you have identified your limiting money beliefs you can then start to do the work to transform and replace them with a new more empowered, positive set of beliefs. These new beliefs will then assist you into creating your brand new abundant money reality. If you believe that money is easy to make, it will come easily into your life. If you believe that you deserve to be wealthy, you will become wealthy.

A lot of people think that money is made through action steps we take when the reality is that it's your beliefs that create a positive mindset and if your mindset is abundant, then you will attract abundance. Transforming your beliefs can be achieved using a variety of tools which I can help you with.

Transforming a limited belief example:

Identifying a Limiting Belief - "I realised that I'd absorbed a lot of my parents beliefs about money, including thinking I could never earn more than what they did, I believed making money would require burnout and sacrifice & I also believed on a subconscious level that it was greedy to be rich"

Outcome of allowing limiting beliefs to overpower your mind - "Because of this negative money belief, I found myself self-sabotaging when it came to making money. I always found myself in lower paid jobs that I knew deep down was way less than what I was worth & I often resisted new opportunities to make money"

Transformation Work - Together, through 1:1 coaching, we committed to replacing this belief with "The more I make, the more I can give back". With this new attitude, my client found herself feeling empowered in her decisions to make more money, rather than feeling guilty by it and applied for a senior leadership position - and YES she got the job!



STEP 3

HIGH VIBES ALWAYS

Other than transforming your negative money beliefs, it's also important to evaluate where you are holding onto negative money energy, because if you are then you will in turn experience a negative money story. We are all made up of energy and our energy has its own vibrational frequency. If we vibrate high we attract other high vibrating people, things and experiences and vice versa if we vibrate low, its magnetic. In order for you to possess your desires, you have to be on the same energetic frequency, and have a vibrational match with that desire.

We are made up of both positive and negative energy, the negative is something we hold onto when we have a negative or traumatic experience. Think about the last time something bad happened to you, chances are you had that horrible feeling in your stomach or in your chest, that's negative energy. When it comes to negative energy around money, you could be holding onto this because you've experienced a loss of funds, you've seen someone close to you like a parent struggle with debt or maybe you lost out on a big deal and wasn't able to do what you had intended to with those funds. It could also be linked to feelings of shame or guilt about how you have acted around money and also with our own sense of worth. Whatever the experience, it's something our body holds onto and actually causes us to repel positive experiences or things from coming into our existence and it can actually block the flow of positive manifestations, including money.

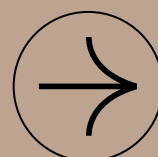
In order to clear the path for our desires to manifest, you have to clear this negative energy and to do this you would require some energy work.

Energy work falls into two parts:

- Part one is all about releasing negative energy and
- Part two is all about raising your vibration

Forgiveness, chakra balancing, EFT and theta mediation are all techniques that can help release energy blockages. Without releasing these blocks, you will find yourself subconsciously resisting and repelling money.

Once you've released any negative energy, you then need to start aligning your own energy with the vibration of your desires, raising your vibrations to match the vibrations of what you want. Once you match your energy with the frequency of your desires, only then can it come into your life. In order to attract wealth for example, you need to be vibrating at the frequency of wealth. High Vibes Always!



STEP 3

CONTINUED...

HIGH VIBES ALWAYS

High vibes example:

"When I started my business I was holding onto a lot of guilt and shame for my previous money dramas, this negative money energy meant that money didn't ever feel like something I was comfortable talking about, even thinking about money made me feel stressed and anxious. In order to have empowered experiences with money, I needed to feel empowered about money. I needed to let go of the negative energy in order to attract more positive money experiences. Using a combination of forgiveness, EFT and energy clearing, I was able to release my negative money energy and open myself up to receive more wealth in my business and life"



STEP 4

TRANSFORM YOUR MONEY MINDSET

To transform your money mindset the next step would be to embrace your feminine energy, allowing yourself to be vulnerable and speaking your truth. Everyone has both feminine and masculine energies within them but many of us rely too much on our masculine energy, the masculine is very much goal focused and attached to the outcome, whereas the feminine is much more about detaching from the outcome and allowing things to go with the flow, having faith in what will be, will be. Feminine energy is also about embracing your authentic self, stepping into your highest power and owning all of you, and it's from this space that you not only achieve your goals, but you feel amazing when you get there - Remember its not just about the physical goal, but the emotional too. So when you feel those emotions you need to be present and take them in, celebrate them, embrace them, rather than squashing or ignoring them. Be careful to not dwell on any negative emotions because this will keep you in a low vibration - not a good place to manifest wealth from.

This part of the process is about who we become and how we feel when we finally reach our goals. No one wants to achieve their goals but then get there and feel disconnected, burnt out or out of alignment. This is why it's so important that you embrace your feminine energy whilst you are on the path to co-creating which will help you to become the woman you are meant to be, get to the place of your desires and ensure that when you get there, you feel empowered.

Surrendering to The Universe is a part of embracing your feminine energy and is the next step you must take, you have to be able to hand things over to The Universe so it can play its role. Surrendering means handing over the "how" AND the "when" to The Universe, you can tell the Universe what you want, but you have to be open to the idea that what you want could come in ways you never expected. Until now what you've had to do is, get clear on what you want, work on your beliefs, raise your vibrations and embrace your feminine energy, now you need to let go and trust that The Universe will deliver, without resorting back to fears or doubts about whether what you want is going to happen.



STEP 4

CONTINUED...

TRANSFORM YOUR MONEY MINDSET

You must put your total trust into the Universe because as soon as you start to doubt if things are going to work out for you, or try and control things by asking The Universe "when are you going to fulfil what I have been affirming?" you not only demonstrate a lack of faith and a lack of belief that you are being supported, but you also make the gap between you and your desires greater. The ability to surrender is difficult when you want something so much and with that desire you try to force things to happen in the way you want them to or by the deadline you want them to manifest, but this element of control just causes you to resist your desires from appearing. You have to be able to let go.

You can only truly transform your mindset around money and achieve wealth with a firm, unshakeable belief that things are working out for you, and it's a matter of 'when' not 'if'. You also have to understand that when things will happen is not up to you and The Universe will deliver what you need to receive at exactly the right moment you are meant to receive it.



STEP 5

MANIFEST YOUR BEST LIFE

The final step in this process to 'transform your money mindset' is to take Inspired Action. The Universe plays its role, as we discussed in the previous step and you have yours, a part of your role is taking action. The Law of Attraction is all about CO-creating, we have to take some sort of action, but it can't just be any kind of action, it has to be INSPIRED action. You can't just sit down, do nothing, connect with no one and expect what you want to come to fruition. You have to actually do the work, take the steps and believe in yourself, transforming your mindset is 90 % of the process and the remaining 10% is your own action.

Knowing WHAT kind of action to take is part of the struggle and most people don't have anything in place or poses a step by step strategy for what they can do to get to their goals which is part of what keeps them stuck. But the other part of the struggle is understanding HOW to take inspired action, it needs to be action that keeps you in alignment with your goals and action, that makes you feels good. When you take action that makes you feel burnt out, stressed or overwhelmed, you put yourself out of alignment and therefore hold your manifestations further away from you. You manifest based on how you feel & the stronger your manifestations are the more likely you are to achieve your desires. It's so important that whatever action steps you take help you to feel good and keep your vibrations high, because when you feel good, amazing things manifest. You need to have a plan for how you are going to achieve your money goals and action steps you are going to take that help you maintain a high vibration.

And that's the 5 steps...

I hope that this workbook has provided you with some value on transforming your money story and that you have enjoyed this journey as much as I have enjoyed creating it for you!

Please read on to continue your transformation...



SO WHAT'S NEXT?

MANIFEST YOUR BEST LIFE

The inspired action you need to take is:

INVEST

Invest in yourself and book a 'Girl Boss' Chat with me to see what coaching services I can offer you now - <https://kleokiziah.com>



JOIN

Join my NEWLY LAUNCHED Facebook Group for female creatives designed to help you shift your money blocks for good www.facebook.com/groups/highvibesgirlbosshubmindsetcoaching/



CONNECT

Connect with me on Instagram @kleokiziah for daily inspo and motivation <https://www.instagram.com/kleokiziah/>

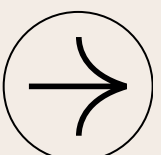


Thanks again for trusting in me and working through this guide

Welcome to the Hub xx

Kleo Kiziah

Money Mindset Coach



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