

ALIGNED ABUNDANCE

Path to Financial Peace

A HOLISTIC APPROACH TO WEALTH & WELLNESS

Presented by:

Imani Blake, Founder of Aligned Abundance

www.alignedabundance.co

[@alignedabundance.co](https://www.instagram.com/alignedabundance.co)



H

W

E

A

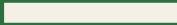
L

T

H

Welcome & Agenda

Why Wealth & Wellness Belong Together



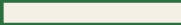
Our Signature Framework



The 5 Habits of Financially Well People



Client Success Story



Interactive Self-Assessment



Next Steps



“True wealth is the
freedom to live well.”

– UNKNOWN

ALIGNED ABUNDANCE

Why Wealth + Wellness?

The Connection:

Your financial health deeply affects your emotional and physical well-being. When your money is misaligned, it causes stress, fatigue, and disconnection. When it's in flow, everything else aligns.

Key Stat:

76% of women report that financial stress impacts their physical health.
— American Psychological Association

Our Framework: Mindset, Money, Movement

We use a three-part method that aligns your inner world with your outer results:

1. MINDSET

- Shift limiting beliefs
- Cultivate an abundance perspective
- Build confidence in financial decisions

2. MONEY

- Create a clear budget
- Eliminate debt and build savings
- Learn to grow your income and invest

3. MOVEMENT

- Build daily habits that support peace and progress
- Align physical activity with your energy and focus
- Establish routines that reinforce both wealth and wellness

ALIGNED ABUNDANCE

5 Habits of Financially Well People

They Track
Their
Spending.

They
Automate
Their Savings.

They Invest
in
Themselves.

They Talk
About
Money.

They Move
Their
Bodies.



Client Transformation Story

MEET JASMINE



Meet Jasmine Before:

- Overwhelmed by debt
- Lacked financial knowledge
- Anxious and disconnected from her goals

After working with us for 6 months:

- Paid off \$7,500 in credit card debt
- Created a savings system and followed a budget
- Began yoga 3x/week and reported feeling “clear, grounded, and free”





Jasmine R.

*CEO Ginyard
International Co.*

“This process changed my life. I now see money as a tool, not a trap. And for the first time, I feel calm and confident about my future.”



Interactive Exercise

Rate Your Financial Wellness Self-Assessment Table:

Area	Your Rating				
I feel in control of my money	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I have a budget I follow	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I save consistently	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I manage debt wisely	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
I feel aligned mentally and physically	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

What's one area you're proud of?

What's one you want to improve?

A background image of two women in athletic wear high-fiving outdoors. The woman on the left is a Black woman with curly hair in a ponytail, wearing a black long-sleeved shirt and shorts, holding a water bottle. The woman on the right is a white woman with long dark hair in a ponytail, wearing a grey tank top and black leggings, with a white towel draped over her shoulders. They are both smiling. The background is a blurred outdoor setting with greenery.

ALIGNED ABUNDANCE

Thank You for Your Time and Energy.

WE HOPE YOU FEEL INSPIRED TO TAKE YOUR NEXT STEP
TOWARD WEALTH AND WELLNESS—ON YOUR OWN TERMS.

“You are worthy of both wealth and wellness.”
— The Aligned Abundance Team