

Money Mindset Mastery

WORKBOOK

1. Money Mindset Mastery: Is The Juice *Worth* The Squeeze?

HOW MUCH IS YOUR TIME WORTH?

Your annual income in 3 years:

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Number of hours you want to work in a year:

*number of hours per week (e.g. 25) X number of weeks per year out of 52 (e.g. 39)

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Amount your time is worth per hour:

While you are not charging by the hour, *always use the amount your time is worth to calculate the cost of your time invested* in marketing and delivering each offer.

Now that I know what my time is worth, one project or activity I can let go of is

so that instead, I can focus on my offer of

2. Money Mindset Mastery: The “*I am*” Tool

“*I am*” is a future-based statement of WHO YOU WANT TO BECOME.

This exercise will help you create an identity in relation to your business in a way that helps you become who you need to be as the next highest version of yourself when it comes to income and impact.

The following statements *will describe you as someone who is successful, someone who feels aligned with what you’re doing, and someone who’s making fabulous money by being of service to others.*

1. Create a statement in relation to money that feels empowering for you. Who do you want to see yourself as when it comes to the revenue you are generating? (Remember: this isn’t about your money goal)

I am _____
(i.e. Million Dollar Business Owner)

2. Create a statement claiming what type of professional you want to step into being in your industry.

Who would you be if you were totally committed to being the best at what you do?

Who would you be if you were here to play at the highest level?

I am _____
(i.e. Top 10 Business Consultant)

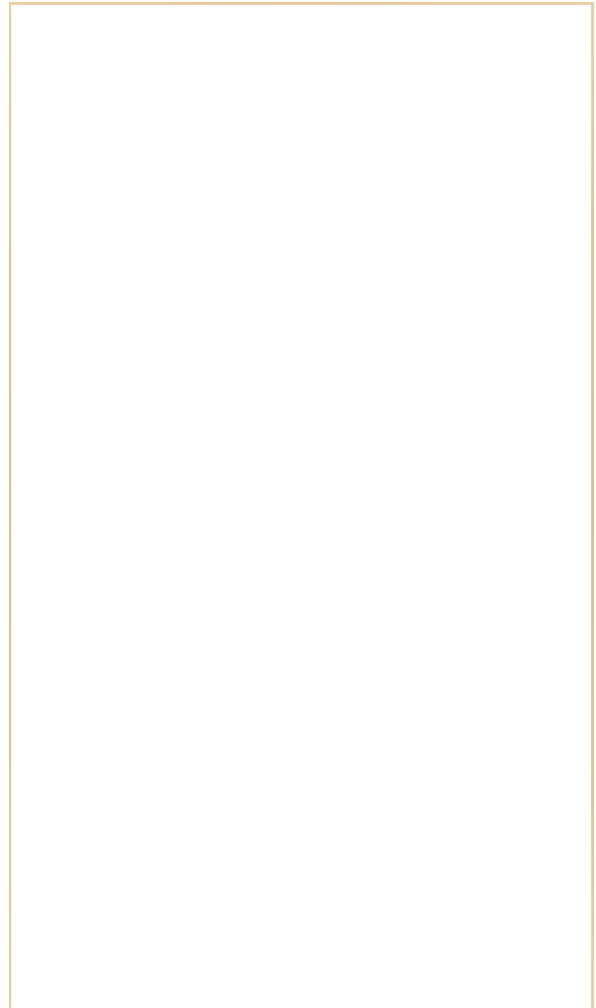
3. Money Mindset Mastery:

Self-Talk

LOW VALUE STATEMENTS



HIGH VALUE STATEMENTS



Whenever I start to think _____
(low value statement)

I know it's not true because what is **TRUE** is _____
(high value statement)

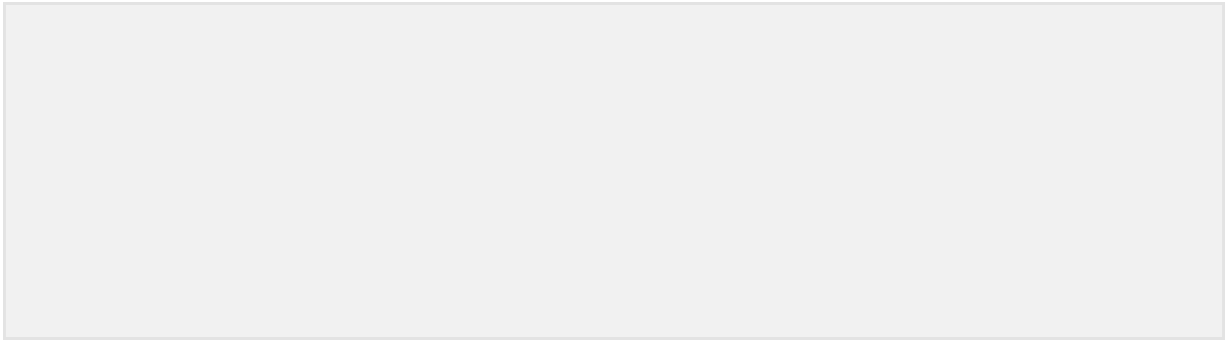
4. Money Mindset Mastery:

Premium *Beliefs*

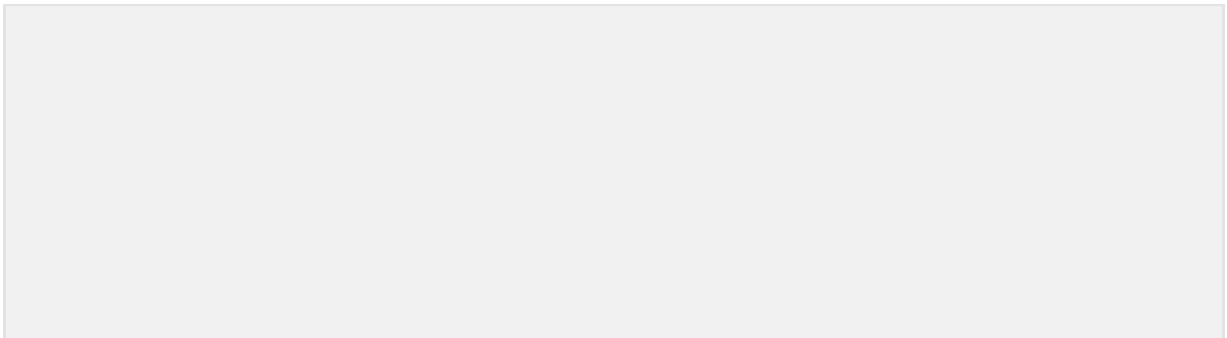
Listen to the Premium Beliefs Visualisation and as you hear me read these statements to you, ask yourself, '**What if this was true?**'

Journal on the following questions to help you further embed these premium beliefs:

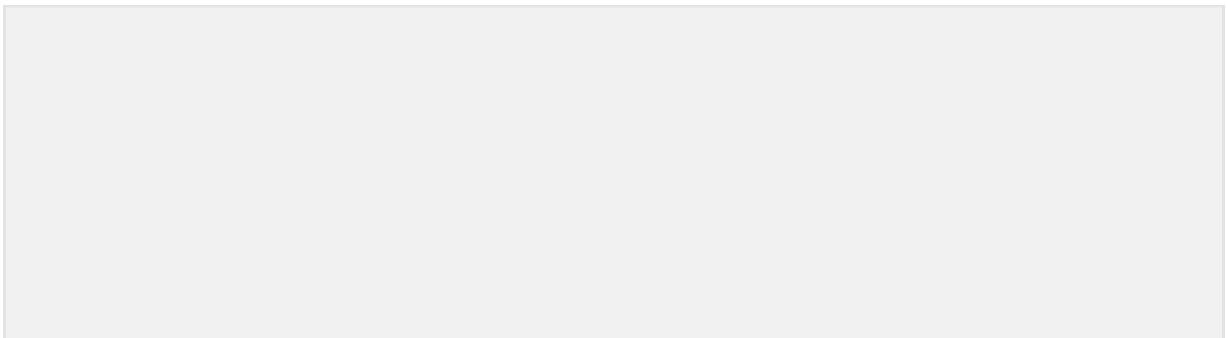
1. What strengths can I allow to shine in my work? Why is being of service important to me?



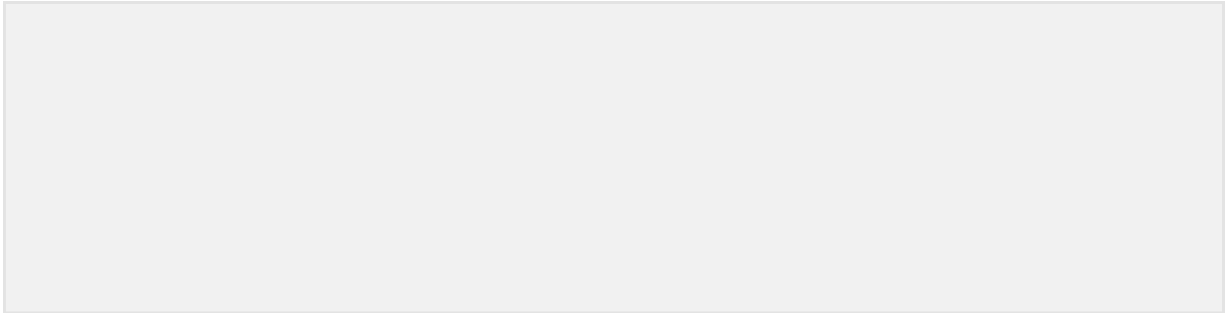
2. How can I increase the value in my client's life?



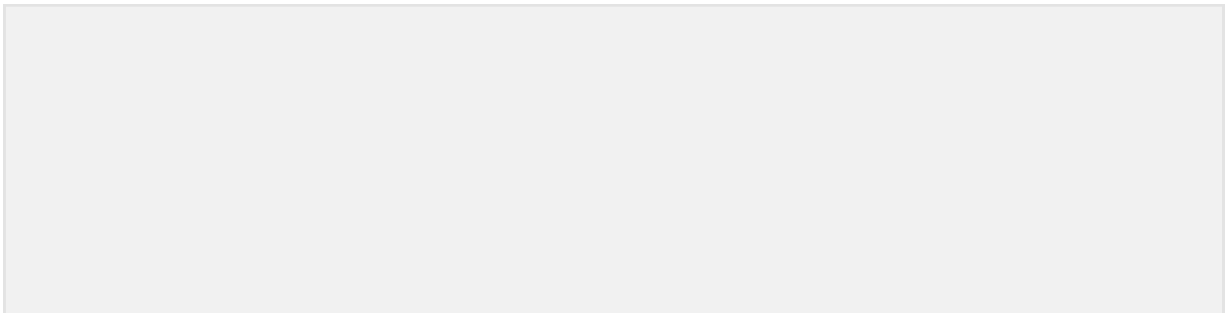
3. What actions would I take if I were committed to being the best at what I do?



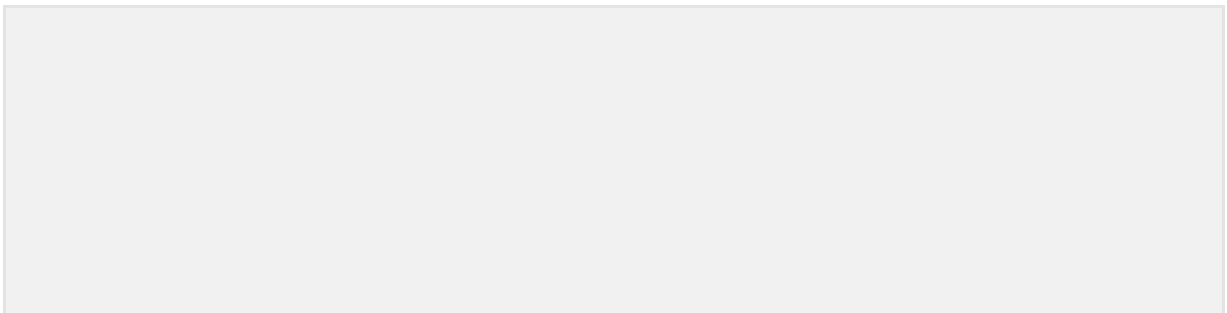
4. Who would I be if I were here to play at the highest level?



5. What permission do I need/want, for me to make great money in less time?



6. What if I were to make all of my business decisions based on what is going to get the best outcomes for my clients?



5. Money Mindset Mastery:

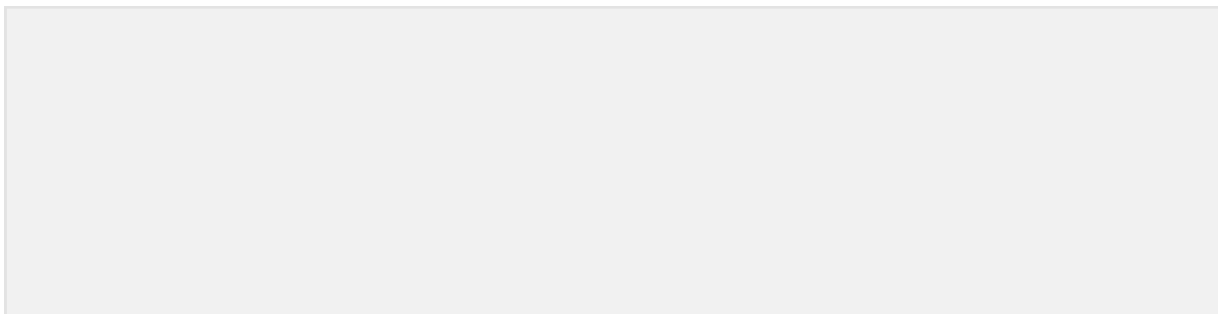
Self-Worth

- Three years from today my annual income will be:

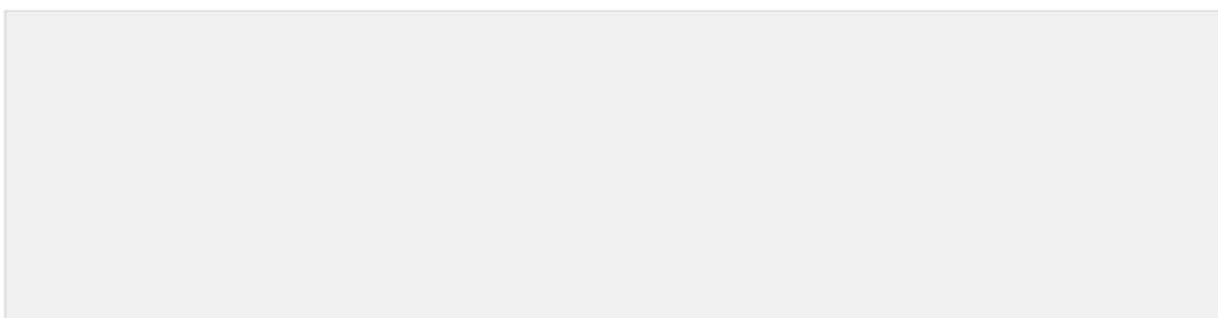
- As someone who makes that amount, what do I focus on during my day?

- As someone who makes that amount, what do I wear?

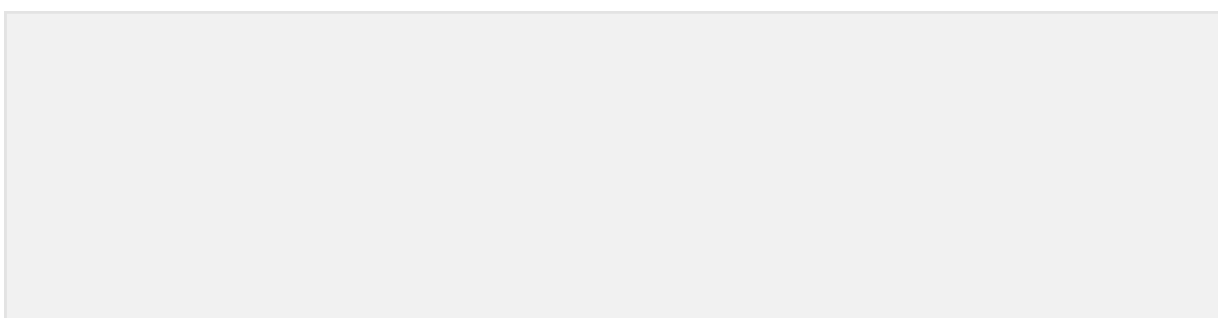
- As someone who makes that amount, what do I delegate?



- As someone who makes that amount, what do I get rid of in my environment?



- As someone who makes that amount, what do I no longer put up with?



6. Money Mindset Mastery:

I am *Awesome*

It's time to stop discounting YOU and your accomplishments, wisdom, knowledge, and experience.

Set a timer for 8 minutes and brainstorm EVERYTHING about your brilliance...

Be sure to include:

- Skills and talents you've developed over time
- Books you've written or contributed to
- Positions you've held
- Degrees, schooling, graduating in high standing
- Awards you've won, regardless of the topic
- Trainings, areas of study you've immersed yourself in over time
- Life experiences or situations you've overcome
- Natural skills and talents
- Skills and talents you take for granted because they're easy for you
- What clients and people value about you
- What you value and appreciate about yourself
- What you've created
- What you're proud of having accomplished

I am awesome because

(awesome brilliance one)

and

 !

(awesome brilliance two)