**Money Mastery Mantra**

Money Mantra consists of 3 things:

* 1. Your “I AM” statement, which is a combination of King and Queen;
  2. Your “self-talk rescue remedy” to use in emergencies!
  3. Your “I am Awesome” statement.

The “I AM” statements

These identity statements are about who you want to become. Identity statements are about IMPRINTING your future onto the present. Fully become this new I AM takes some time – but it will begin to work as soon as you embody it.

**I am a**

(stretch of identity, something you don’t know how to get to – this is the inner King, the masculine ACTION-oriented part of “I AM”) – must speak to ***identity***.

Examples: *“I am a million-dollar business owner”, or “I am a high-end artist”*

**I am a**

(about empowering you, something you emotionally want to be – this is the inner Queen, the feminine FEELING-oriented part of “I AM”) – must speak to ***experience***.

Examples: *“I am gracefully empowering” or “I am creative and resonant” etc.*

Now **combine both** “I AM” into one statement!

**I am a**

Example: *“I am a gracefully empowering million dollar business owner”*

Repeat this last “combined” I AM every day in the morning and before you go to bed, and you can also add it as a permanent intention to the weekly energy-downloads – and look for the evidence of it becoming true for you!

Self-talk Rescue Remedy

Fill in your Lower 3D Statements and Higher 3D Statements:

**Lower 3D Statements**:

1-

2-

3-

4-

Example: “Nobody will pay me so much!”, “I am not an expert in anything”

**Higher 3D Statements**:

1-

2-

3-

4-

Example: “I believe that my Soul creates my reality”, “I know I will find the way”.

Now create your Self-Talk Rescue remedy:

**Whenever I start to think …**

*(something negative from your Lower 3D list)*

**I know it’s not true, because what IS true is …**

*(something positive from your Higher 3D list)*

I am Awesome.

Set a timer for **eight minutes** on your phone and **brainstorm** on the next page everything that is your unique brilliance. Don’t over-think this – allow yourself to be an impartial witness to your life and write it down. Be sure to include:

*Skills and talents you’ve developed over time*

*Books/articles 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 in your life value about you*

*What YOU value and appreciate about yourself*

*What you’ve created from scratch*

*What you’re proud of having accomplished*

*What creative projects have you accomplished*

*What IMPOSSIBLE things have you made possible*

*What do you know that no one else knows*

*What strength you’ve found in difficult situation*

*What skills you naturally express that empower others*

*What innate quality you have learned to not hide anymore*

1-

2-

3-

4-

5-

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12-

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22-

23-

Now **read your entire list out loud** to yourself so that you can really take in the extent of your achievements, knowledge, wisdom and experience and recognition.

Then **call your buddy** and read to each other your lists! You will be amazed at how much POWER there is in such an acknowledgement!

Now it’s time to create a SINGLE statement.

Pick what makes you feel the most joy, the most proud, what lights you up the most and you want to feel that every day!

*(Pick from above list one of the King’s and one of the Queen’s accomplishments):*

**I am awesome because …**

**and because…**

**CONGRATULATIONS!!!** You’ve assembled your Money mastery Mantra!

* **I am a**
* **Whenever I start to think …**

**I know it’s not true, because what IS true is …**

* **I am awesome because …**

**and because…**

Add it as a **permanent intention** to the weekly energy-downloads – and look for the evidence of it becoming true for you!