

SELF LOVE

SCHOOL SOPHOMORE

WEEK 6 WORKBOOK

As you move forward, it's important to continually recognize + celebrate how far you've come.

What good things have you manifested/created?

Did you track your money manifested? How much?!

What are some money self worth beliefs that you could be proud of shifting?

How did money feel 6 weeks ago and what it's like now?

BRAINSTORM AND FIND AT LEAST 10

What is something you needed to learn or overcome in order to have these results now? Or What are your top 5 takeaways?

What is something that was not in your life 6 weeks ago that has now become part of your routine? Ex: Money, Self Care, Time, Using nice things, Improved Feelings about spending.

If **THIS** is now your new normal way of thinking around money and self worth, what other good things might happen over time?

TOOLBOX RECAP

FRESHMAN

- AFFIRMATIONS
- PRIMING
- POWER POSING
- SMILE FOR 30 SEC
- 3 MINUTE DANCE PARTY
- TRIAD OF EMOTIONS
 - CHANGE YOUR LANGUAGE
 - CHANGE YOUR FOCUS
 - CHANGE YOUR PHYSIOLOGY
- HO'OPONOPONO FORGIVENESS
- MIRROR WORK

- SOPHOMORE
- MONEY AFFIRMATIONS
- MAGIC OF GRATITUDE
- WRITING A HEALING LETTER TO MONEY
- PROSPERITY DATES
- YOU KNOW HOW TO MANIFEST NOW ✨
- MANIFESTING RITUAL
- RAMPAGE OF APPRECIATION