

Amanda Moxley's

END YO' MONEY DRAMA

Guidebooks



*Get Off the Feast or Famine Roller
Coaster
Once and For All*

Amanda Moxley © 2013



Amanda Moxley's

END YO' MONEY DRAMA

Get Off the Feast or Famine Roller Coaster
Once and For All



Week Three Time to Get Intimate



It's time to snuggle up and get intimate in your relationship with your money. After all, money is energy... and if you have been ignoring it, hating it, feeling bad and guilty about it -- or worse! -- wishing it didn't exist -- that's not healthy for ANY relationship! So no wonder your bank account balance isn't where you want it. Well, you can kiss that all bye- bye because we are going to get YOU INTIMATE with yo' money so you become irresistible to each other!



This week, you will:

- ♥ Learn the secret strategy to **make money WANT YOU** like a sought after love
- ♥ Discover **your TRUTH about money** – how you may have been “turning it off” and how to turn that around!
- ♥ Find out how to **finally OPEN your money channels** so you can magnetize amazing opportunities, fun adventures, great wealth and financial freedom to yourself on a CONSISTENT basis
- ♥ Use my **money tracking templates and tools to build** your 6 and 7 figure foundation – to keep your relationship with money strong and vital over time.
- ♥ Let yourself be loved, claimed and adored by MONEY.



Check In

Review Last Week's Action Steps



Week Two Check In:

It's really important that you track your progress each and every week so that you can be accountable to your intention and desire. So please review **Week Two's Action Steps** and check the boxes if you completed the action steps. If you have not completed Week One, please go back and work through the guidebook and complete all of the Action Steps so that you will have a solid foundation to build upon. Fair enough?

Did you?...

- Work on your WC2 (wealth consciousness) every day for 30 minutes each day no matter what.
- Use the attached sheet also found in Think and Grow Rich to complete the "Six Steps to Turn Desires into Gold" exercise. Please follow all 6 steps and begin reading your statement aloud, twice daily, before retiring to bed and once after arising in the morning. Begin this TODAY.
- Uncover your SOUL MONEY GOAL
- Set up your CASH FLOW Containers
- Start cultivating your daily *bliss* discipline routine which includes writing your life into existence

The Secret Strategy

Learn the secret strategy to **make money WANT YOU** like a sought after love.

This really is a BIG secret that most of the world does not know. Are you ready to unleash a lifetime of lies and to learn the secret to make money WANT YOU like a sought after LOVE?

I know it's really juicy! Are you ready? **How ready are you baby?** Do you really want to know ? Huh huh huh? Just kidding! I know you are ready because you are with me in this course at this time.



Drum Roll please.... The secret is _____

Ha! I'm not going to tell you until we are LIVE on the call. Teaser!

But here's a hint.

Answer these questions...

1. What is your favorite thing to do? The thing I could do all day long and feel like not a moment has passed. (Examples: lay on the beach, surf, ski, bike, hike, shop, spa, laugh, be with friends)

2. Where are your favorite places to visit? Maybe you've never been to Paris but you've always wanted to. List the local, national and international places and adventures you would like to have or you have had.

a. Local adventures

b. National adventures

c. International adventures

3. Why do you love these places? What about these places makes you happy?

4. What are your favorite foods? What are your favorite tastes?

5. How do these foods and tastes make you feel?

6. What's your favorite music and WHY?

7. How does this music make you feel?

8. What's your favorite season and WHY?

9. How does this season make you feel?

10. If you could live anywhere in the WORLD where would it be? Feel free to pick one place or several.

11. What are your favorite ways to RECEIVE self care? (Examples.. massage, chiropractor, yoga, dancing, hot tub, relaxing on the beach, sauna, steam room, manicure, facial, sleeping in, hot baths, essential oils etc)

12. What are your favorite books to read?

13. How many hours a day would you PREFER to sleep?

14. What coaches and coaching programs do you want to be mentored by?

15. What new hobbies do you want to try?

16. What kind of experiences are on your "bucket list"? Don't have a bucket list yet? Now is your chance to start yours. (A bucket list is a list of ALL of the things, places, experiences, FUN, adventures you would like to do before you die.) In the lines below write 100 things that you would like to do before you die! How fun right!!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____

23.

24.

25.

26.

27.

28.

29.

30.

31.

32.

33.

34.

35.

36.

37.

38.

39.

40.

41.

42.

43.

44.

45.

46.

47.

48.

49.

50.

51.

52.

53.

54.

55.

56.

57.

58.

59.

60.

61.

62.

63.

64.

65.

66.

67.

68.

69.

70.

71.

72.

73.

74.

75.

76.

77.

78.

79.

80.

81.

82.

83.

84.

85.

86.

87.

88.

89.

90.

91.

92.

93.

94.

95.

96.

97.

98.

99.

100.

17. Now this is the ULTIMATE QUESTION...

Write in full description and detail your Perfect Average DAY. (ie your PAD). This is a wonderful exercise for your imagination which will highlight exactly what your values are and how you truly would LOVE to spend your day/ your PRECIOUS HUMAN LIFE.

Please write your PAD in your journal and then read it aloud once a day.

My Perfect Average Day is....

You see money likes fun, passion, freedom, adventures and when you live your life following the compass of your own heart. This exercise will support you in remembering your dreams, passions and desires. Now it's up to you to love yourself enough to let yourself FOLLOW your heart.

How can you let money LOVE you more?

In this section we are going to talk about:

- ♥ Discover **your TRUTH about money** – how you may have been “turning it off” and how to turn that around!
- ♥ Find out how to **finally OPEN your money channels** so you can magnetize amazing opportunities, fun adventures, great wealth and financial freedom to yourself on a CONSISTENT basis
- ♥ Let yourself be loved, claimed and adored by MONEY.
- ♥ Use my **money tracking templates and tools to build** your 6 and 7 figure foundation – to keep your relationship with money strong and vital over time.



Up until a few weeks ago your “truth” about money was built on a lifetime of lies about lack, limitation, separation, scarcity and not enoughness.

Is that story still YOUR TRUTH? _____

Some time ago, I started relating to money as my love. I would lie in bed and imagine that money really loved me and wanted me. I would fantasize about a strong, dark and handsome man who was just insane about me. He wore gorgeous luxury suits. He smelled amazing. He had the HOTTEST body and was drop dead gorgeous. He was strong and masculine and he was in love with me. All of a sudden, I would feel my root chakra begin to tingle and I felt turned on (sorry if this is TMI but it's important, I promise).

This image represented the Sacred Masculine. He was fierce, strong, protective and yet very loving and warm and open. He was expansive, generous and giving. And he wanted me.

I envisioned myself as the Divine Feminine. I was relaxed and open to receiving. And at the same time I could be fierce, feisty and feminine. I was open to being held and to being CLAIMED and taken by my money. I didn't need to be in control. I didn't need to worry or fret or stress about anything because my man was in charge. Instead, I was free to LEAN BACK, breathe into my belly and be relaxed, happy, beautiful and playful.

I could just be ME and money could take care of the rest.

I could actually soften and breathe and be me. I didn't have to prove anything. I didn't have to GET anything. I didn't have to BE anything. I didn't have to hustle. I didn't have to over give of myself. I didn't have to put myself dead last. I didn't have to do a song and a dance for anyone. I didn't have to work hard. I didn't have to

sacrifice myself. I didn't have to do stuff I hated doing. I didn't have to be stressed out. I didn't have to ignore my body.

I was that loved. I was that special. I was that worthy. I was so loved and I was safe! What a freakin' relief.

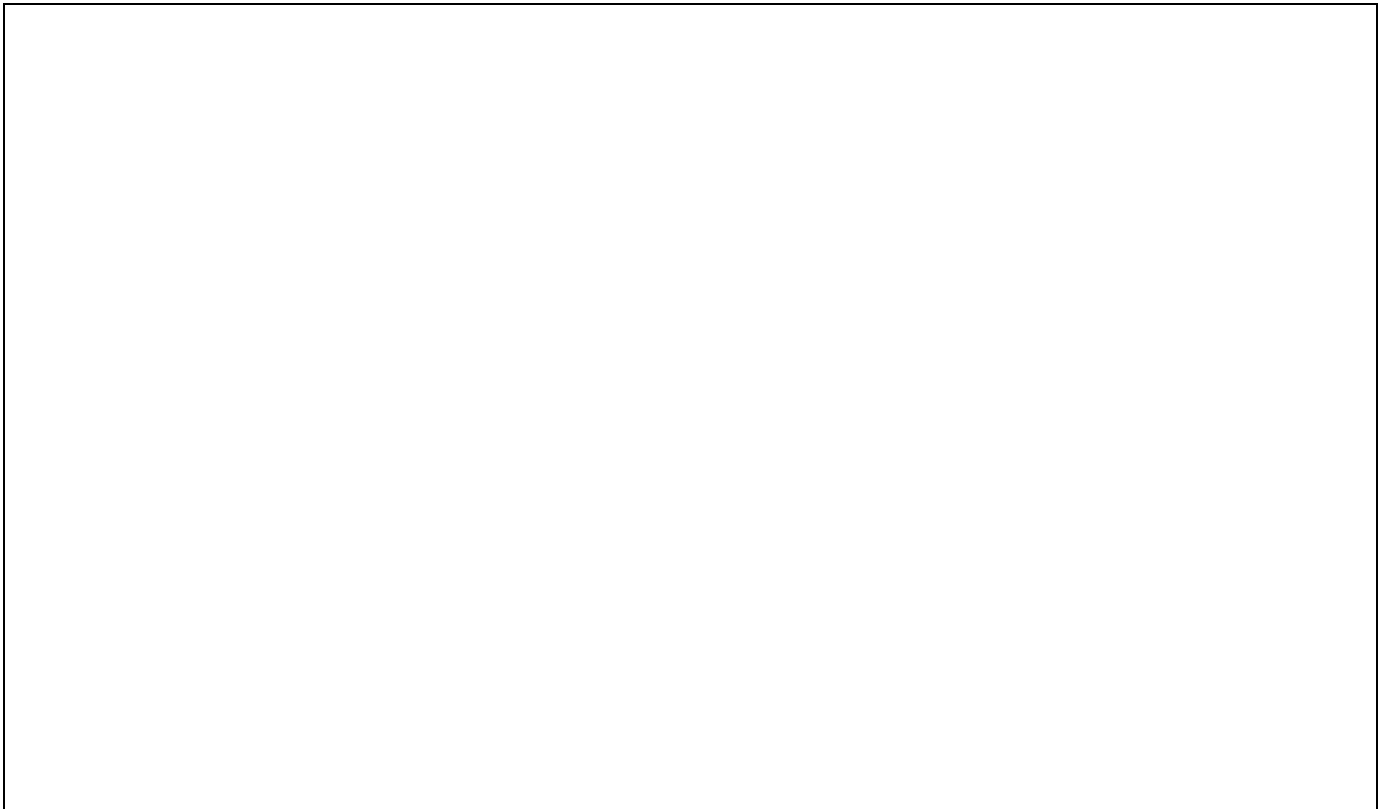
Before that it was me against the world. The wind was in my face. I felt like life was against me not FOR me. I felt separate. I felt fear. I felt STRESSED. I felt lack and limitation down to my cells. You get the picture.

But now, I walk a little slower. I breathe a little deeper. I laugh a little longer. I linger a little longer in those sweet moments. I trust. I receive.

So what about you, how can you let money LOVE you more? You see when you are always in control or stressed and in fear about anything how can you let the love in? This energy is totally unattractive and will actually REPEL the very thing that you LONG for.

So now, it's time to get to know your Money as the sacred masculine all loving protective and generous being. What kind of sacred divine masculine energy could you soften around? What kind of guy/gal could you open your heart to? What kind of love could you be intimate and vulnerable with?

Write about this new found love here...

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompts above.

Awesome work here! Next you need to keep relating to money in such a way that you feel like you are being loved, claimed and adored by it. You have to learn to be intimate with your money in order to sustain your relationship.

Amanda Moxley's Get Intimate with Your Money Tips

1. Create a Sacred Money Date-Night once a month.

By creating a sacred money love date night you are infusing this experience with gratitude, grace, attention and love. Light candles, use essential oils, take a bath, wear some sexy lingerie, have some dark chocolate make it fun, spicy and romantic!



Last week I asked you to track your monthly outflows. Now that you have those numbers enjoy one glorious day/evening a month (you may want to increase this time to once a week) in which you pay your outflows with joy and gratitude. Pick a set day each month (or each week) in which you will sit down and look at your outflows and take care of your bills. Lots of times, you may have a boat load of different emotions around your outflows. This sacred money love date night will infuse your money love with love which will lift your vibration and allow more money to flow to you with ease and joy.

Helpful tip: You can designate this night to get all of your bank statements and bills statements organized and delivered to your book keeper. I recommend hiring a book keeper unless you are a wizard and it brings you ecstatic joy at doing your own books. Just sayin'.

2. Track every dollar, penny, pound, cent, check, cash, gift, refund, rebate, found money that comes across your fingertips/bank account on the attached tracking sheet every day 365 days a year. No matter what! Money like anything else likes to be paid attention to! By tracking your money on a physical **piece of paper** every day you will always know how much money you have and how much you have made year to date so that you can be in track and in line with your SOUL money goal. This is a crucial STEP in putting a fork in your f'in money story! Do it!

Use the "**Easily & Joyfully**" **Financial Tracking Sheet**. The Word version can be found after your Action Steps at the end of this document. The Excel version is here: www.amandamoxley.com/andyomoneydrama/docs/money-tracking-sheet.xls

3. Track your SOUL MONEY GOAL every day.

On a large 8 x 10 piece of paper write out your SOUL money Goal. And every time you receive money subtract that number from your SOUL money goal so that you can track how much money you need to manifest in order to reach your SOUL money goal.

Example:

I am easily and joyfully attracting and receiving \$500,000 by December 31, 2013. I am so happy and grateful to be receiving and serving this money by December 31, 2013. It is simple and doable. I see it now.

1/1/13 \$25,000 received.... \$475,000 to GO!!

1/5/13 \$12,000 received\$463,000 to GO!!

1/10/13 \$500 received..... \$462,500.. to Go!!

And So on...every day until you have zero to go....

I like to write my affirmation in beautiful colored sharpie pen's and then use a purple marker to write my inflows. I do this every day I receive money. I use both my DAILY INCOME tracking SHEET and my SOUL Money Goal tracking sheet to track my progression towards my SOUL Money Goal. This is very encouraging to watch your number go down signifying that you are closer to your SOUL MONEY GOAL.

See the Soul Money Goal tracker at the end of this document.

4. Get intimate with your numbers every day.

Maybe you're the type who doesn't like to look at your bank account balance. You'd prefer to avoid it all together because it produces so many emotions. Well honey, that's gotta change if you want to end yo' money drama. You got to get intimate with this love!

I would recommend using an online banking system so that you can check your balance every day. Knowing your money status will eliminate your anxiety and will keep you connected to your love.

Set up a daily ritual in which you look at your bank balance every day. Even if it's a negative balance, form the habit of looking within every day. Choose your time to look at your numbers and stick to it.

Helpful hint: set up your mobile phone to your bank and check your status on your smart phone.

You can also set up notifications for when your balance reaches a certain number or if your transaction is more than a certain number. There are lots of ways in which you can make this fun and easy. Be creative.

5. Choose to feel GOOD NOW about your money. Be grateful for money. Appreciate your money and the money that is coming to you.



Action Steps



- Complete this week's form entirely taking time to answer each question and doing every exercise
- Add 100 desires to your "bucket list".
- Write out your PAD (perfect average day)
- Meet and get intimate with your Money Love ...
- Create a Sacred Money Date night once a month.
- Use the "*Easily & Joyfully*" *Financial Tracking Sheet*
- Track your SOUL MONEY GOAL every day.
- Get intimate with your numbers every day.
- Choose to feel GOOD NOW about your money.

I AM easily & joyfully attracting & receiving financial blessings each and every month

January

February

1st	<u>\$10,000.00</u>
2nd	<u> </u>
3rd	<u> </u>
4th	<u> </u>
5th	<u> </u>
6th	<u> </u>
7th	<u> </u>
8th	<u> </u>
9th	<u> </u>
10th	<u> </u>
11th	<u> </u>
12th	<u> </u>
13th	<u> </u>
14th	<u> </u>
15th	<u> </u>
16th	<u> </u>
17th	<u> </u>
18th	<u> </u>
19th	<u> </u>
20th	<u> </u>
21st	<u> </u>
22nd	<u> </u>
23rd	<u> </u>
24th	<u> </u>
25th	<u> </u>
26th	<u> </u>
27th	<u> </u>
28th	<u> </u>
29th	<u> </u>
30th	<u> </u>
31st	<u> </u>

1st	<u>10,000.00</u>
2nd	<u> </u>
3rd	<u> </u>
4th	<u> </u>
5th	<u> </u>
6th	<u> </u>
7th	<u> </u>
8th	<u> </u>
9th	<u> </u>
10th	<u> </u>
11th	<u> </u>
12th	<u> </u>
13th	<u> </u>
14th	<u> </u>
15th	<u> </u>
16th	<u> </u>
17th	<u> </u>
18th	<u> </u>
19th	<u> </u>
20th	<u> </u>
21st	<u> </u>
22nd	<u> </u>
23rd	<u> </u>
24th	<u> </u>
25th	<u> </u>
26th	<u> </u>
27th	<u> </u>
28th	<u> </u>
29th	<u> </u>

January Total \$10,000.00

February Total \$10,000.00

Total for Year \$10,000.00

Total for Year \$20,000.00

I AM easily & joyfully attracting & receiving financial blessings each and every month

March

April

1st	<u>\$10,000.00</u>
2nd	<u> </u>
3rd	<u> </u>
4th	<u> </u>
5th	<u> </u>
6th	<u> </u>
7th	<u> </u>
8th	<u> </u>
9th	<u> </u>
10th	<u> </u>
11th	<u> </u>
12th	<u> </u>
13th	<u> </u>
14th	<u> </u>
15th	<u> </u>
16th	<u> </u>
17th	<u> </u>
18th	<u> </u>
19th	<u> </u>
20th	<u> </u>
21st	<u> </u>
22nd	<u> </u>
23rd	<u> </u>
24th	<u> </u>
25th	<u> </u>
26th	<u> </u>
27th	<u> </u>
28th	<u> </u>
29th	<u> </u>
30th	<u> </u>
31st	<u> </u>

1st	<u>10,000.00</u>
2nd	<u> </u>
3rd	<u> </u>
4th	<u> </u>
5th	<u> </u>
6th	<u> </u>
7th	<u> </u>
8th	<u> </u>
9th	<u> </u>
10th	<u> </u>
11th	<u> </u>
12th	<u> </u>
13th	<u> </u>
14th	<u> </u>
15th	<u> </u>
16th	<u> </u>
17th	<u> </u>
18th	<u> </u>
19th	<u> </u>
20th	<u> </u>
21st	<u> </u>
22nd	<u> </u>
23rd	<u> </u>
24th	<u> </u>
25th	<u> </u>
26th	<u> </u>
27th	<u> </u>
28th	<u> </u>
29th	<u> </u>
30th	<u> </u>

March Total \$10,000.00

April Total \$10,000.00

Total for Year \$30,000.00

Total for Year \$40,000.00

I AM easily & joyfully attracting & receiving financial blessings each and every month

May

June

1st	<u>\$10,000.00</u>	1st	<u>10,000.00</u>
2nd	<u> </u>	2nd	<u> </u>
3rd	<u> </u>	3rd	<u> </u>
4th	<u> </u>	4th	<u> </u>
5th	<u> </u>	5th	<u> </u>
6th	<u> </u>	6th	<u> </u>
7th	<u> </u>	7th	<u> </u>
8th	<u> </u>	8th	<u> </u>
9th	<u> </u>	9th	<u> </u>
10th	<u> </u>	10th	<u> </u>
11th	<u> </u>	11th	<u> </u>
12th	<u> </u>	12th	<u> </u>
13th	<u> </u>	13th	<u> </u>
14th	<u> </u>	14th	<u> </u>
15th	<u> </u>	15th	<u> </u>
16th	<u> </u>	16th	<u> </u>
17th	<u> </u>	17th	<u> </u>
18th	<u> </u>	18th	<u> </u>
19th	<u> </u>	19th	<u> </u>
20th	<u> </u>	20th	<u> </u>
21st	<u> </u>	21st	<u> </u>
22nd	<u> </u>	22nd	<u> </u>
23rd	<u> </u>	23rd	<u> </u>
24th	<u> </u>	24th	<u> </u>
25th	<u> </u>	25th	<u> </u>
26th	<u> </u>	26th	<u> </u>
27th	<u> </u>	27th	<u> </u>
28th	<u> </u>	28th	<u> </u>
29th	<u> </u>	29th	<u> </u>
30th	<u> </u>	30th	<u> </u>
31st	<u> </u>		
May Total	<u> \$10,000.00 </u>	June Total	<u> \$10,000.00 </u>
Total for Year	<u> \$50,000.00 </u>	Total for Year	<u> \$60,000.00 </u>

I AM easily & joyfully attracting & receiving financial blessings each and every month

July

August

1st	\$10,000.00
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	
22nd	
23rd	
24th	
25th	
26th	
27th	
28th	
29th	
30th	
31st	

1st	10,000.00
2nd	
3rd	
4th	
5th	
6th	
7th	
8th	
9th	
10th	
11th	
12th	
13th	
14th	
15th	
16th	
17th	
18th	
19th	
20th	
21st	
22nd	
23rd	
24th	
25th	
26th	
27th	
28th	
29th	
30th	
31st	

July Total \$10,000.00

August Total \$10,000.00

Total for Year \$70,000.00

Total for Year \$80,000.00

I AM easily & joyfully attracting & receiving financial blessings each and every month

September

October

1st	<u>\$10,000.00</u>	1st	<u>10,000.00</u>
2nd	<u> </u>	2nd	<u> </u>
3rd	<u> </u>	3rd	<u> </u>
4th	<u> </u>	4th	<u> </u>
5th	<u> </u>	5th	<u> </u>
6th	<u> </u>	6th	<u> </u>
7th	<u> </u>	7th	<u> </u>
8th	<u> </u>	8th	<u> </u>
9th	<u> </u>	9th	<u> </u>
10th	<u> </u>	10th	<u> </u>
11th	<u> </u>	11th	<u> </u>
12th	<u> </u>	12th	<u> </u>
13th	<u> </u>	13th	<u> </u>
14th	<u> </u>	14th	<u> </u>
15th	<u> </u>	15th	<u> </u>
16th	<u> </u>	16th	<u> </u>
17th	<u> </u>	17th	<u> </u>
18th	<u> </u>	18th	<u> </u>
19th	<u> </u>	19th	<u> </u>
20th	<u> </u>	20th	<u> </u>
21st	<u> </u>	21st	<u> </u>
22nd	<u> </u>	22nd	<u> </u>
23rd	<u> </u>	23rd	<u> </u>
24th	<u> </u>	24th	<u> </u>
25th	<u> </u>	25th	<u> </u>
26th	<u> </u>	26th	<u> </u>
27th	<u> </u>	27th	<u> </u>
28th	<u> </u>	28th	<u> </u>
29th	<u> </u>	29th	<u> </u>
30th	<u> </u>	30th	<u> </u>
	<u> </u>	31st	<u> </u>
September Total	<u>\$10,000.00</u>	October Total	<u>\$10,000.00</u>
Total for Year	<u>\$90,000.00</u>	Total for Year	<u>\$100,000.00</u>

I AM easily & joyfully attracting & receiving financial blessings each and every month

November

December

1st	<u>\$10,000.00</u>
2nd	<u> </u>
3rd	<u> </u>
4th	<u> </u>
5th	<u> </u>
6th	<u> </u>
7th	<u> </u>
8th	<u> </u>
9th	<u> </u>
10th	<u> </u>
11th	<u> </u>
12th	<u> </u>
13th	<u> </u>
14th	<u> </u>
15th	<u> </u>
16th	<u> </u>
17th	<u> </u>
18th	<u> </u>
19th	<u> </u>
20th	<u> </u>
21st	<u> </u>
22nd	<u> </u>
23rd	<u> </u>
24th	<u> </u>
25th	<u> </u>
26th	<u> </u>
27th	<u> </u>
28th	<u> </u>
29th	<u> </u>
30th	<u> </u>

1st	<u>10,000.00</u>
2nd	<u> </u>
3rd	<u> </u>
4th	<u> </u>
5th	<u> </u>
6th	<u> </u>
7th	<u> </u>
8th	<u> </u>
9th	<u> </u>
10th	<u> </u>
11th	<u> </u>
12th	<u> </u>
13th	<u> </u>
14th	<u> </u>
15th	<u> </u>
16th	<u> </u>
17th	<u> </u>
18th	<u> </u>
19th	<u> </u>
20th	<u> </u>
21st	<u> </u>
22nd	<u> </u>
23rd	<u> </u>
24th	<u> </u>
25th	<u> </u>
26th	<u> </u>
27th	<u> </u>
28th	<u> </u>
29th	<u> </u>
30th	<u> </u>
31st	<u> </u>

November Total \$10,000.00

December Total \$10,000.00

Total for Year \$110,000.00

Total for Year \$120,000.00