

*Amanda Moxley's*

# **END YO' MONEY DRAMA**

## *Guidebooks*



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

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## END YO' MONEY DRAMA

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



## Week Four

### Build Your 6-7 Figure Spiritual Foundation Based on Love & Receiving



Learn how to experience having more than enough, rather than living in deficit. When you learn the real meaning of DEBT, and heal any residual bad feelings you may have accumulated around it, this will support you in releasing any debt for good so that you can focus on receiving more abundance, ease and flow around money. This week you wipe the slate clean to start fresh.

#### This week you will:

- Learn how to **develop the self love, confidence and worth and healthy practice to habitually pay yourself first**, even if your cash flow is tight or unpredictable (this is easier than you think and so powerful, you'll wish you'd started doing it sooner!)
- **Heal your DEBT story** (if it applies). Learn the real meaning of DEBT and how to heal the shame, embarrassment and fear forever
- **Discover my fast easy 5 part DEBT payoff plan** so that you can become debt-free....and put that energy into wealth creation and abundance vs. fear, limitation, lack and worrying about the future
- **Receive a guided visualization from Amanda to open, heal, balance and strengthen your root and heart chakras** (spiritual energy centers) opening the way to consistent money in-flows and short-circuiting the feast-and-famine cycle forever.





# Check In

## Review Last Week's Action Steps



### Week Three 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 Three's Action Steps** and check the boxes if you completed the action steps. If you have not completed the Action Steps for prior weeks, please go back and work through the guidebooks and complete all of the Action Steps so that you will have a solid foundation to build upon. Fair enough?

- 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)
- Identifying your Money A-Hole once and for all!
- Then...break up with, fire and TOTALLY end your relationship with this prick today!
- Meet and get intimate with your Money... spend time with him. Answer the questions about how you can get intimate with him and then ACT on them.
- 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.

## Heal Your Debt Story



Let's talk about DEBT with the intention to **HEAL your DEBT story** (if it applies). Learn the real meaning of DEBT and how to heal the shame, embarrassment and fear forever.

Yikes! This is a touchy subject that lots of people do not like to talk about. Collectively there is a TON of shame, embarrassment and fear around debt. This negative emotional energy will never support you in being free and happy and in love with your money. In week one, we talked about your LB's about debt and then you

burned that shiz up - but it's important to look at the whole story in order to heal this heavy-loader for good!

**Answer the questions below:**

**Journal about your DEBT story in your journal or in the space below.**

Part of healing anything that is not healed is looking at it very closely and studying all of the multiple layers of feelings, emotions, thoughts, beliefs, actions and dramas. By looking at the story you will be able to take MASSIVE leaps in healing the story. **Debt energy is about the past and the past is OVER.**

My intention is to empower you to TRUST yourself to become the woman that you envision becoming in this lifetime. If you are that woman/ man you envision becoming how would SHE handle debt?

What you focus on expands. If you are only and always focused on the debt you have then it will never go away!

**What is your DEBT story?**

**How did you take on DEBT?**

**What were your parent's, grandparent's, families', culture's, religion's, country's and society's thoughts, feelings, stories and beliefs around DEBT?**

**Why did you take on debt?**

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**What was your intention for taking on debt?**

[Empty rectangular box for writing]

**Can you forgive yourself of this debt?**

[Empty rectangular box for writing]

**Who do you need to forgive in order to surrender this debt? This is a bold question. I invite you to list the names of the women or men past or present who you need to forgive.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What kind of energy do you have about this debt?**



## The Real Meaning of DEBT... well Amanda Moxley's take on it 😊

After my son was born in 2009, I knew I **needed to go to the next level in my business**, to become the soulful and successful woman entrepreneur I dreamed of being ...and I knew I could not do it alone. I needed a coach and a mentor to personally guide me and show me the way. **But here my "money story" was still getting in my way.** High end coaching was a huge investment, and I was deathly afraid of going into debt. I asked my Dad for money and he flat out said no.



Because of my excellent credit and being debt-free, the credit card companies were more than excited to "sponsor" me. I **took a leap of faith and trusted** that I would use the credit cards as a tool to build my business, rather than a crutch.

I then took on a TON of shame, embarrassment, guilt and fear about having DEBT but I didn't let it stop me from continuing to invest in myself by getting the support and tools I needed to fund my vision of being a 6 figure + coach.

Along the way, I came up with this acronym for DEBT... that it truly was **Divine Energy Blessing the Dream**. This reframe was all I needed to loosen up the shackles of fear and shame. I also liked to call DEBT an investment in my education and in myself which was my business. I then turned the shame and fear into massive gratitude and appreciation for the ENERGY of money. I was so grateful that AMEX was my sponsor. I needed this platform of capitol to dive off from in order to become the successful entrepreneur I envisioned. I was also extremely grateful that I had access to capitol to fund my vision and felt like that money energy in credit was available because I was TRUSTWORTHY enough to return it back to my sponsors.

***It's all about the reframe.*** You need to lift and SHIFT out of the old vibrations in order to move deeper into LOVE and abundance.

You see, 90% of success is just showing up. I have found that you have to YES your way to success. Those who you see who are successful and prosperous got that way because they have said YES to their heart's desires and dreams. They have said YES even when they were afraid and it didn't make logical sense.

Life wants you to say yes!

**Notes about Divine Energy Blessing the Dream:**

A large, empty rectangular box with a thin black border, intended for the user to write their notes about divine energy blessing a dream.

## Discover My Fast Easy 5-Part DEBT Payoff Plan...

... so that you can become debt-free, and put that energy into wealth creation and abundance vs. fear, limitation, lack and worrying about the future

**Step 1:** List all debts from smallest to highest. Include the interest rate, payment amount, payment date and total balance. (Could include: Personal loans, credit cards, IRS, student loans, outstanding balances owed for services)



**Step 2:** Add up the total amount owed. Once you have that number, take a very deep healing and cleansing breath. Be grateful that you have been given access to this energy. Look at this number. Feel this number in your belly. Talk to this number and this money that you have received. Look at this number and energy straight in the eye. Breathe with it. Be with it. Feel into it. Make peace with it. Is there someone you need to forgive? Do you need to forgive yourself? Journal and be with this number energy. Have a heart to heart with this money energy.

**Step 3:** Knowing how much you owe, decide by when you will pay it off by. Set yourself up for success here. Pick a SOUL date not an ego date. When do you really *really* want to be complete with this divine energy blessing the dream energetic exchange? How much longer do you want to be in relationship and communication with this number?

I \_\_\_\_\_ (your name) have soulfully decided that I will pay this Divine Energy Blessing the Dream off by \_\_\_\_\_ no matter what...

**Tip:** Make this a SOUL goal. When do you desire to be complete with this number? Tune into and ask your money. Do not put pressure on yourself to achieve this goal and to stress yourself out. Instead TRUST yourself. Also be open to the miraculous appearing in your life once you cleanse your energy and negative emotion about this subject.

**Step 4:** EMPOWER yourself with your DEBT payoff plan and keep your eyes focused on your VISION at all times. Don't let shame, guilt, fear and embarrassment get in your way. Having debt just means that you get to serve and receive MORE money. Your purpose, your contribution, your message and your power get to be HUGE on the planet. Allow yourself to grow into THAT!

**Step 5:** Make it fun! Track your DEBT payoff totals every month. Be creative. You can create a colorful chart of the total owed and every month draw in the new balance

as the amount drops. You can list the debt amount along the left side of the column and on the top of the paper list the months January through December. Each month, color in your DEBT amount. You will feel rewarded and happy seeing and watching the DEBT total number decrease every month.

**Juicy Bonus Step #6:** Pay your lowest debts off first. Celebrate every debt that you pay off no matter what the number is, be grateful that you are making progress toward your goals! If it's in alignment with your SOUL money goals you can apply any extra money received to pay down your debt faster. Example.. tax refund money, commission checks, affiliate checks etc.

#### **Amanda's Tips:**

- ✓ Remember to always pay yourself first, even while paying down debt.
- ✓ Remember that what you focus on expands.
- ✓ Be grateful for every debt you have and be sure to send a blessing of gratitude and thanksgiving every time you pay your bills and debt.
- ✓ Don't get emotional about debt. Empower yourself with your debt pay off plan. Implement your pay off plan and let it go.
- ✓ Do not stop investing in your business while you're paying down debt.
- ✓ The KEY to success is to IMPLEMENT and take ACTION on what you are learning so that you can see a return on your investment.

## Guided Visualization with Amanda

**Receive a guided visualization from Amanda to open, heal, balance and strengthen your root and heart chakras** (spiritual energy centers) opening the way to consistent money in-flows and short-circuiting the feast-and-famine cycle forever.

Notes and Inspiration from Amanda's guided visualization to open, heal, balance and strengthen my root and heart chakra...

**Answer these questions:**

**Describe your power place...**

**How you felt in the guided visualization**

**Describe and remember what your future higher self looked like, felt like and what he/she shared with you about your relationship with money....**

**The feeling tone of this new set point...**

**If you had an infinite amount of money, support, time and love, I would FEEL...**

**Examples:** *relaxed, creative, joyful, comfortable, alive, stretched, excited, passionate, at ease, trusting, abundant, free, healthy and able to be me.*



You have just given yourself an amazing gift! Thank you for RECEIVING this guided visualization to open the way to consistent money in-flows and short-circuiting the feast-and-famine cycle forever.

It's all about the breath. Let your breath be a reminder of the cyclical energy flow of money. It is safe for you to let go and release money and it is equally as safe for you to receive and be in pleasure and joy with the energy of money. Throughout your day, practice giving through your outflow breath and receiving through your inflow breath.

Notice what resistance you may have anywhere of the cycle. Notice how good it feels. Be aware of it ALL.

Being intimate with money is really important. You are in a life-long relationship with money and it is VITAL to your success that you become emotionally intimate with the way in which you relate to your money on a moment to moment basis. This is an ongoing, never ENDING relationship. The questions below are to support you in becoming super conscious and aware of your intimate relationship with money. Enjoy!

**Amanda's tip:** Use these questions as a tool to examine your relationship with money on a daily basis and then journal about your ah ha's and awarenesses every day. I promise this will help!

**Here are some ideas of what to look for the next time you are outflowing...**

I would love for you to replace the words "spending" with circulating. Because when you spend something it is GONE forever. When you circulate something you open up to an energetic free flow of energy.

**Are you feeling tight or constricted when you give it away?**

**Where were you? At the store, shopping online, paying bills, writing checks?**

**What were you outflowing towards?**

**What feeling did you have when you were outflowing?**

**Where do you feel it in your body? Your heart and chest, your neck and shoulders, your belly? Notice your bodies messages.**

**What was your breath like when you were outflowing?**

**What were your thoughts when you were outflowing?**

**What were your actions when you were outflowing?**

**Here are some ideas and questions for when you are inflowing and receiving money.**

**How do you feel when you receive money? Either through your paycheck, client retainer, services, gift money, rebates, refunds etc...**

**Where do you feel it in your body?**

**What emotion do you feel? Are you happy, sad, mad or afraid/excited or turned on?**

**What thoughts do you think... do you think it's enough? Do you judge it that it is too little or too much or that it won't last? Really EXAMINE what you are thinking when you**

**RECEIVE the money. This is a MONEY question.... In it lies a lot of juicyness. When you receive money or the energetic exchange of money what are you thinking?**

**Do you feel grateful?**

**Do you feel like you have to turn around and “get them back” or over give or over deliver?**

**Do you think or feel that you don't deserve it?**

**How do you act when you receive money? Do you go and give it away right away?**

**Do you stash it away? Does it have a container and a purpose?**





# Action Steps



- Complete this week's form entirely taking time to answer each question and doing every exercise
- Journal about your debt story with the intention to heal and empower yourself.
- Practice breathing with your inflow breath and out flow breath and relate that feeling to your relationship with money.
- Follow Amanda's 5 step Debt Pay Off plan (if applicable)
- Celebrate yourself...