

*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 Two

### Create and Step Into "Your New Money Story 2.0"



This week we are going to create and embody your very own **NEW money story** that is built on the truth of unlimited abundance, financial freedom, expansiveness and freedom

- ✓ Birth your **NEW MONEY vision** that will powerfully pull you forward and effortlessly magnetize money, wealth, fun adventures and opportunities to you so that you can receive more FUN and freedom in your LIFE than you have had in years
- ✓ Discover how to TAP into your unique divine spiritual TRUST FUND so that you can double your income or better in the next 12 months
- ✓ Create cash flow containers for all of the money that is coming your way
- ✓ Learn and play my two favorite prosperity games and begin practicing them immediately
- ✓ Find out a simple technique to write and speak your dream life and cash flow into existence
- ✓ Stop focusing on survival and let your light SHINE. Learn how to powerfully get out of your own way and let go so that you can easily open up to more money in your business and life





# Check In

## Review Last Week's Action Steps



### Week One 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 One'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?...

- Write out 100 LB'S.
- Write out your new empowered money beliefs on index cards and repeat them daily.
- Complete the Sacred Releasing Ceremony
- Tune into, honor, love and get to know our WC1.

**Birth your NEW MONEY vision that will powerfully pull you forward and effortlessly magnetize money, wealth, fun adventures and opportunities TO YOU so that you can receive more FUN and freedom in your LIFE than you have had in years.**

Have you ever given birth? If no, have you ever watched anyone give birth? I have and it's intense! They call it labor for a reason people! Birthing a new MONEY VISION is really no different than the MIRACLE of conception and birth. You got to work HARD for this new vision and the hard work comes from WITHIN you – actually in between your two ears. In order to transform your WC2 (*wealth consciousness*) you have to be willing to think, feel, act and believe differently than 97% of the population.



No doubt you will feel ALONE, scared, isolated, fearful and even “crazy” on this path to self-made financial freedom and financial independence. 97% of people don't stay the course. Instead they give up because it's too hard or because “It's NOT working” or they give into what their peers or family say even though their friends and family are not making the money they desire or living the life they desire.

When you are giving BIRTH and that baby is coming down the canal there are NO back doors. There is NO SILENT retreat into comfort and “safety”. That baby is coming out no matter what and you either surrender to the pain and let your body joyfully and miraculously push the baby out or you hold on in pain and in fear of the pain and the unknown. My suggestion is to let go and to RECEIVE the pain and the fear and to let the Divine move through YOU. Be the instrument. Be the channel.

This road is not for the faint of heart. It is the warrior and warrior Goddesses road. You are being shaped into a diamond when you take a fierce stance for your financial freedom and financial independence.

**Are you up for this?**

If you say yes, there is NO turning back. Your SOUL won't let you.

The good news is that once you are on the other side you will have all of the comfort, joy, fun and freedom that you always desired. If you say no and shrink to the fear and the lies and the falseness then you will always feel fear for the rest of your life. Once you slay the dragon of money fear, you will be FREE forever.

## Birthing Your NEW Money Vision Action Steps

**Doing so will allow you to TAP into your unique divine spiritual TRUST FUND so that you can double your income or better in the next 12 months**

### **Step #1 Commit to working on your WC every day for 30 minutes.**

Devote at least one year to transforming your wealth consciousness. I know we burned that "shiz" up last week in the releasing ceremony and you needed that to powerfully DECIDE and commit to being COMPLETE with the old but now you are required to work your program every day for at least 30 minutes in order to birth your new money vision.

#### **Do I have your commitment?**

Sign the line with your name. \_\_\_\_\_

I \_\_\_\_\_ herby commit on this date, \_\_\_\_\_, to work on transforming my wealth consciousness every day, 7 days a week for 365 days like my life depends on it.

Because actually YOUR life does depend on this. If you do not heal and transform your WC you will not fulfill your soul's destiny. That might piss you off. Birthing your new money vision is going to transform you into your power. The money vision is going to amplify who you really are and all that you are destined to give to the world. The world needs you and your message and your love and your vision. It doesn't need another woman or man suffering with an outdated money story, that is NOT helping anyone.

### **Step #2 Read wealth consciousness books every day for 30 minutes.**

Here are my favorites. You can also consider starting a study group about these books. Please don't tell me that you have already these books and that you are done with them. These books are like the bible (no offense) and need to be read daily over time not just one time and then you are done!

The Game of Live and How to Play It, by Florence Scovel Shinn

Think and Grow Rich by Napoleon Hill

The Science of Getting Rich, by Wallace D. Wattles

Grow Rich While You Sleep, by Ben Sweetland

Ask and It Is Given By Jerry and Esther Hicks

### **Step #3 Read Napoleon Hill's book Think and Grow Rich immediately.**

I want you to read all of it but for this Action Step, please follow the directions in chapter two called "*Six Steps to Turn Desires into Gold*". (See attached sheet at the end.) 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.

**Step #4 Answer the following questions to support you in birthing your NEW MONEY VISION.**

1. Why do you want to end your money drama?

2. What's your BIG vision for you and money?

3. How are you not living your vision?

4. How specifically are you playing small?

5. Why are you holding yourself back?

6. How is playing small serving you?

7. Who is suffering and how specifically are they suffering by you not more fully living out your vision?

8. What will happen if you don't fulfill and live YOUR vision?

A) You?

B) Your family/ children/ future children/spouse?

C) The world?

D) Your ideal clients?

## Let's Have Some Fun!

You are doing great working through all of this muck. Now it's time to let loose and CREATE! In this section, we're talking about:

- ✓ Creating cash flow containers for all of the money that is coming your way
- ✓ Learn and play my two favorite prosperity games and begin practicing them immediately
- ✓ Find out a simple technique to write and speak your dream life and cash flow into existence



Have you heard that nature is like a vacuum? Well it is! It's time for you to create your cash flow containers so that you can magnetize money, abundance, adventures and fun to you!

Here's what to do.

**Step 1: Get a special EYMD journal or notebook. In this journal, begin at once to start listing all of your desires.** Make a list of 100 plus desires. Getting jazzed up and excited about your desires will magnetize them to you. When you look at this journal a year from now you will be surprised and happy to see that everything you desired has manifested for you. At least, that's been my experience. I challenge you to grow and stretch with your desires. Use your imagination and really DREAM and stretch into what you desire.

**Step 2: Create a SOUL money goal.** This number is going to match the number you are using in your TGR (Think and Grow Rich) script. I have discovered along the way that money likes to have a container and it likes to feel like it's on purpose. I recommend having a SOUL MONEY goal as opposed to an ego goal. Here's my trick for discovering your SOUL MONEY goal.

1. What is the cost of your monthly outflows for both your personal and business?

Personal: \_\_\_\_\_

Business: \_\_\_\_\_

Total: \_\_\_\_\_

Multiply that number by 12 months to get your outflows for the year: \_\_\_\_\_

Use the attached monthly money expenses tracking sheet to discover your number. Here's a helpful hint: please do not shrink or play small with your numbers. Be honest with your number and give yourself some breathing room. We're all about expansion not contraction here. If your number is "big" that's a good sign that you are ready for a BIG life.





# Monthly Expenses



**Grand Total Monthly Expenses: 0.00**

Personal Expenses Total:		\$ -	Business Expenses Total:		\$ -
Rent/Mortgage:			Taxes:		
Car:			Virtual Assistant:		
Car Insurance:			Google:		
Landline:			Web Hosting:		
Cell phone:			1ShoppingCart.com:		
Electric:			Constant Contact:		
Gas:			SpeakerMatch.com:		
Student Loans:			Networking Groups:		
Credit Card Minimums:			Audio Acrobat:		
Gas:			Audio Generator:		
Groceries/Toiletries:			AdImpact:		
Misc. Spending (i.e. dry cleaning etc.)			Business Development (coaching/ educational cds/ telecourses/ seminars):		
Health Insurance:			Merchant/Gateway fees:		
Personal Development (coaching/therapy/telecourse s/gym membership):			P.O. Box		
Cable/Internet:			Advertising:		
Housecleaning:			Web Maintenance:		
Spending Money (eating out, getting a massage/or nails done, shopping for clothes or home or kids):			New Projects (setting up website, getting headshots done, computer software, upgrades etc.):		

**Step 3: Write out everything that you desire this year. If you really could be, do and have anything this year what would that be?**

**Here are some examples.** Think about the year ahead of you and everything that you would like to accomplish.

- ♥ Up-leveled lingerie
- ♥ New shoes
- ♥ New dresses, clothes, makeup, jewelry
- ♥ Sports gear
- ♥ Car, transportation
- ♥ Fun short trips or a long trip
- ♥ Short weekend trips
- ♥ Events you want to attend
- ♥ Support you want to hire for your home and personal life
- ♥ Support you want to hire for your business and professional development  
(coach, coaching programs, assistants, copy writer, photographer, graphic designer, image stylist, social media experts, videographer media etc)
- ♥ New technology- like a computer or a camera
- ♥ New home, house furnishings
- ♥ A big event such as a wedding, a child, a new home, your own workshop or event
- ♥ Savings for financial freedom accounts
- ♥ Savings for your children
- ♥ Self-care: massages, hair, facials, pedicures, retreats
- ♥ Giving
- ♥ Keep going....

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.

**Step 4: Now that you have your list...**

Write a number representing how much money (energetic exchange) each desire will cost. You may have to do some fun and significant research to find out how much all of your desires will be. Look online or go out and GO window shopping!

**Step 5: Uncover your SOUL MONEY goal.**

Total up your number:

Plus your yearly total biz and personal number:

---

---

**My SOUL MONEY Goal is:**

---

**This SOUL MONEY Goal is your money goal for the next 12 months.**

**Step 6: Use your sense of visualization to magnetize your money to you!** Have fun creating your actual money containers use your imagination and artistic expression to create your containers.

**Here's one way to create your containers.**

Use BRIGHT shiny envelopes and write on the front of the envelope exactly what your intention is for the money desire. *(Example: 2013 Hawaiian Family Adventure: airfare+ lodging, food, transportation and fun \$10,000)*

Place these containers (envelopes) somewhere you can see them every day and remind yourself that you desire them. Doing so will give your SOUL MONEY goal purpose and meaning.

**Step 7: Start fueling your containers with cash injections.** Either use actual cash or open up a separate savings account at your bank specifically for your soul money goal, then write your deposit total on an index card and place the card in your envelop container. Pay attention to your containers on a daily basis.

## Write and Speak Your Dream Life

**Here is a simple yet powerful technique to write and speak your dream life and cash flow into existence**

**Cultivating a daily blissdiscipline habit** has the power to transform your entire existence. The key to my day being on track, and therefore my life being on track is how I spend the first hour of my day and the final 15 minutes of my day.

How can you create a morning and evening ritual which supports you spiritually, mentally, physically and mentally? By making it meaningful for you. Here's mine:

### Amanda's Blissdiscipline Habits

**This is my morning ritual.** I take a no excuses policy on this one by the way!

**Step 1:** The moment I come through out of sleep, I go through a visualization of my ideal body and my ideal life. I'll give you specifics on our calls.

**Step 2:** I keep my journal right next to my bed.

**Step 4:** In the morning, I write:

- ♥ **5 things I am grateful for** (*no you cannot repeat the same 5 things every day. It needs to be something NEW you are grateful for every day*)
- ♥ **3 affirmations** always stated in the present and positive tense
- ♥ **I write my body and life into existence**, meaning that I write as if what I desire has already manifested into my present reality (usually about 1 and a ½ pages)

**My evening ritual:** I journal again and I visualize.

**I exercise daily** even if it's only a walk around the block. On most days, I practice yoga (either at home or in a class), bike, ski or hike depending on the season.

Write down some ideas and begin setting your alarm clock a whole hour earlier than usual to create your blissdiscipline time each morning.

**Are you ready to stop focusing on survival and let your light SHINE. Learn how to powerfully get out of your own way and let go so that you can easily open up to more money in your business and life?**

### **It's Time to Claim YOUR Worth and Be the Channel**

**1.** Do you habitually stand in your own way of success? Are you the only one blocking you from your light?

**2.** What are your fears and secret doubts about your own ability to serve... especially if you're charging a lot?

**3.** Who around you- friends, colleagues, peers, celebrities, leaders –do you see living their vision and claiming their worth?

**4.** What specific characteristics, behaviors and beliefs do these people possess that show you they claim their worth?

**5.** Who do you need to become to claim your worth and value in yourself? What specific characteristics, actions, BELIEFS and attitudes must you embody in order to fully claim your worth?

6. What do you need to look like?

7. What do you need to charge for your worth/time/value/channel?

8. What will your schedule look like? Be specific.

9. Who do you need to hire in your business and for your home in order to thrive and be fully supported to be the channel for your work? Hint: Ask yourself, "Who else could do this?"

10. What must you believe?

11. What is standing in your way of claiming your worth and being the channel?

**12.** What are you willing to do differently to claim your worth from this moment forward?

**13.** What excuses have you habitually used to keep you from your success and true potential? Be honest! Write them ALL down here.

**14.** My commitment level on a scale of 1-10 to claim my worth and success is:

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
----------	----------	----------	----------	----------	----------	----------	----------	----------	-----------



# 6 Steps to Turn Your Desires Into Gold



By Napoleon Hill

**First:** Fix in your mind the exact amount of money you desire. It is not sufficient merely to say that "I want plenty of money." Be definite about the amount.

I desire this exact amount: \_\_\_\_\_

**Second:** Determine exactly what you intend to give in return for the money you desire. (List or write a brief paragraph in the box)

**Third:** Establish a definite date when you intend to possess the money you desire. The date I will possess my desire amount: \_\_\_\_\_

**Fourth:** Create a definite plan for carrying out your desire, and begin at once, whether you are ready or not, to put this plan into action.

**Fifth:** write out a clear, concise statement of the amount of money you intend to acquire, name the time limit for its acquisition, state what you intend to give in return for the money, and describe clearly the plan through which you intend to accumulate it.

**Sixth:** Read your written statement aloud, twice daily, once just before retiring at night, and once after rising in the morning. As you read, see *and feel and believe yourself already in possession of the money.*





# Action Steps



Complete this week's form entirely taking time to answer each question and doing every exercise

- 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