



# The Unstoppable Money Flow

Simple ways to attract wealth





# TABLE OF CONTENTS

Why you really want money

---

Write a letter to your money

---

Breaking up with your money  
mindset

---

Money Mantras

---

Creating your Wealth  
Journey

---

Sending the invitation  
through love

---



# WHY YOU REALLY WANT MONEY

I remember when my kids asked if they could get a dog. I couldn't imagine my life with a pet... All the feeding and walking. It was so much responsibility. I asked them why they wanted one and they just kept saying "because they are cute". It wasn't enough for me to take the leap. Yet every year they asked. It was like a force greater than reality. I mean I had said no 1,000 times yet they wouldn't stop asking. Like if they wished hard enough then I would say yes and get one.

Want me to let you in on a secret? We now have a dog. Her name is Autumn and she's a lot of responsibility but so much more than that. Want to know what changed my mind? They finally told me why they wanted a dog and she began coming to life. I could picture her. Feel her. And not long after our conversation we adopted our fur baby.

So why am I sharing this with you? Because just like a dog, money is a great responsibility yet it has the power to bring joy into your life if you can start to feel the joy that it will bring. What our dog brought to us was unconditional love, a friend and companion during good days and bad, and the lessons of caring for something outside of yourself.

Money is no different. It can bring feelings to you that you never thought possible. Because although money is used to buy things or experiences the real power of money and wealth is to feel something we haven't felt.

Your assignment to find out WHY YOU REALLY WANT MONEY is to get to the emotions that having money will give you. On the next page you will see several hearts, one inside the next. Around the outer edge I want you to write all of the external things you want that money can give you. The boats, houses, cars, trips... anything that comes to mind.

Then inside the large heart I want you to think of how those things make you feel. What emotion comes up when you think of having them. Is it POWER, SAFETY? Really dig in here. In the very center of the heart I want you to think of what having that makes you feel or pick 1-2 powerful words that come from the second heart. Pick something that really make you light up. THIS is your WHY!

# Sample

New Car

Money for a house



New shoes and  
clothes

Retirement fund

Enough money to pay bills

Vacation with the kids





# WRITE A LETTER TO YOUR MONEY

This exercise might feel a bit silly, but it can bring you from a negative money mindset to a powerful one. I didn't know what was really holding me back until I filled up 3 journal pages. By the middle of writing I began to think "am I talking to money or a boyfriend". I would say things like "you haven't always been available when I need something" or "some months it's easy to make you and some I can hardly make enough to cover bills".

I was putting so much energy into the wishing it was more, wanting more, and expecting it to never really be there. But then came the real issue. I actually began to write that I knew I never really needed to focus on wealth because my parents would someday show me how to get it. And if I failed they would scoop me up and wrap me in a blanket of dollar bills.

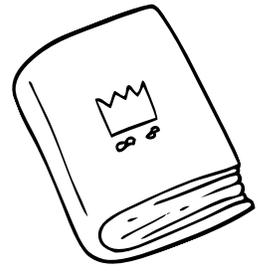
I had handed all of my power over to other people and the negative aspects of money. I hadn't worked on my own relationship with money and I expected others to bring the energy of wealth into my life. The bad thing is that no one really talks about money (at least in my family) so I was just sitting and waiting for some miracle.

But as I continued to write I thought of all the wonderful things that money brought to me (or could bring to me). "Thank you money for allowing me to have enough of you to homeschool my children and be with them in the little years". "I am grateful to you for allowing me the ability to travel and see my brother and his family because I miss them so much".

This shift from the negative to gratitude was new for me. It was uncomfortable and I cried as I realized what money had really done for my life. And at that point I knew I needed to invite it in. "Money, I am inviting you into my life to feel freedom and love. In turn I will show those who work with me the same love so that I can keep you alive".

On the next page (or in a journal) I want you to write a letter inviting money and wealth into your life. You can edit and rewrite as much as you want. There is no right or wrong way to do this. In the last few sentences of your letter I want you to invite money and be grateful that it will come and that you deserve it.

Dear Money,



# BREAKING UP WITH YOUR MONEY MINDSET



NEW MINDSET  
NEW RESULTS

Now it's time to break up with money mindset. It's holding you back and it's time to kick it to the curb. To do this we are going to look at your old way of thinking and reframe your thoughts into affirmations. Have you ever been watching a Disney movie and thought "now there's someone who is up against odds and looks for a silver lining"?

One of my favorite movies is Moana. I've seen it about 10 times with my kids. In one scene, Moana proudly says, "I am Moana of Motunui. I will board my boat, I will sail across the sea and restore the heart of Te Fiti". After a life that seemed confined by rules and expectations, she breaks free.

Now it's your turn. You are going to take several old money thoughts and turn them into affirmations. Here are a few guidelines for creating the affirmations.

- Use the words "I am"
- Stay in the present tense
- Stay positive
- Keep it short
- Be specific

On the next page I want you to write the negative thoughts that come up around money. An example is "I am bad at saving money". Then you get to create your own affirmations. An example might be "I am capable of saving lots of money because I can learn new patterns". Try to dig deep. Most of us have grown up not talking a lot about money and it's a heavy subject. Let it pour out and be kind to yourself as you dig in.

# CREATING YOUR AFFIRMATIONS

Money frustration or negative thought

My personal affirmation



Money frustration or negative thought

My personal affirmation



Money frustration or negative thought

My personal affirmation



Money frustration or negative thought

My personal affirmation



# DESIGN YOUR AFFIRMATIONS OR MANTRAS



## *WRITE YOUR AFFIRMATIONS*

On the following page you will be creating your affirmations. Use each card to put one affirmation or mantra in. Write them with colored pencil, markers, pastels... anything that brings you joy.



## *DESIGN YOUR CARD*

Create a beautiful scene or colors on your affirmation card. Have fun!



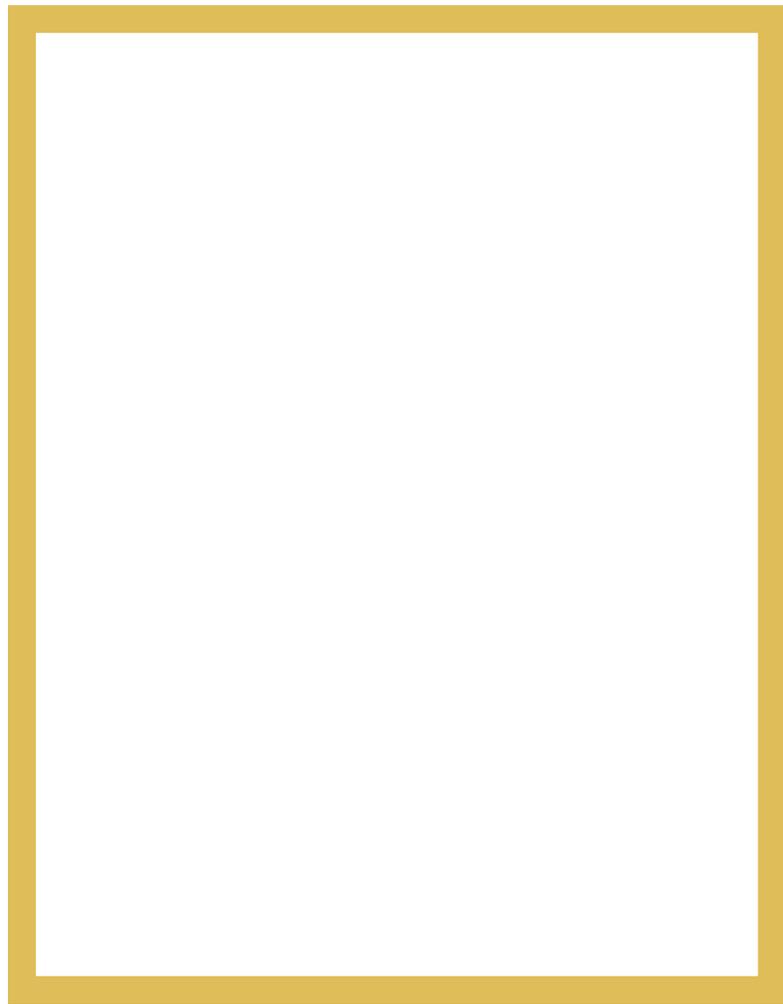
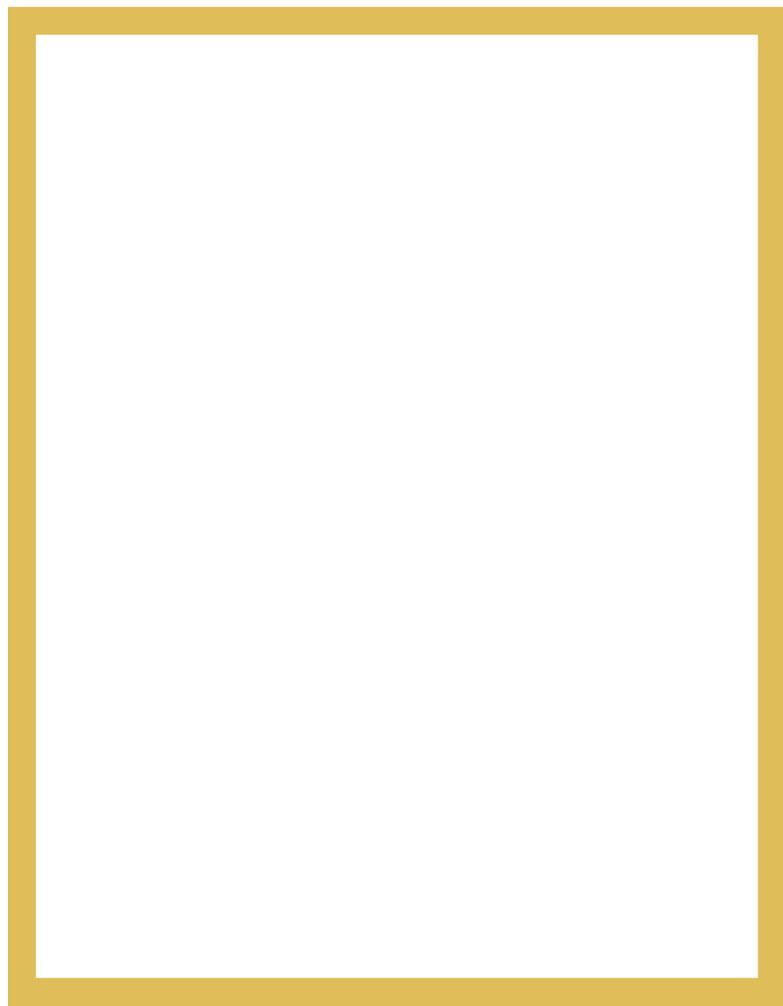
## *CUT OUT AND DISPLAY*

Cut out your affirmation cards and display them somewhere you will see them each day. A bathroom mirror or closet door works great.



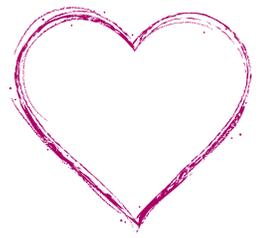
## *LEARN IT & LIVE IT*

Read your affirmations with love. Feel the power you are bringing into your life. You are wealth!





# WEALTH MANTRAS



I am open to receive money into my life

Money will help me care for myself and others

Money flows easily to me

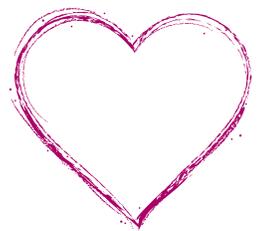
There is always enough money to go around

Money allows me to give others

I am on the path to financial freedom

People like to give me money

I am enough



# YOUR WEALTH JOURNEY- SETTING YOUR RATES

Has anyone ever told you that you are unique? You kind of think, "Well, yeah aren't we all". What that really means is that your strengths and who you are is so powerful that others recognize your beauty in the world. But, sometimes it's hard to see why being unique will draw wealth to you. I'm here to tell you that it is exactly what draws wealth. Your gift creates value for others.

During this exercise we are going to tap into the strengths that you have and the value of the transition you offer. This is a fluid and ever changing worksheet so come back to it as you align with your offer and your price point.



# Your Big Offer

What do you want to make? (this may come at the end)

The value of your



1

What I offer (the tangible aspect)

So What? (how will this benefit the client?)

Your time investment

Value



2

What I offer (the tangible aspect)

So What? (how will this benefit the client?)

Your time investment

Value

---

3

What I offer (the tangible aspect)

So What? (how will this benefit the client?)

Your time investment

Value

---

4

What I offer (the tangible aspect)

So What? (how will this benefit the client?)

Your time investment

Value

Your current value for this offering (add each section):

Value

# SENDING THE INVITATION THROUGH LOVE AND REWRITING THE SALES STORY

4 ways to connect with people you can serve by sending love into the universe.



Tell a friend to send you someone that would benefit from your work. Offer them a free discovery call or discounted session. Have the friend present this as a gift from them.



Send a gift to a client or someone you have or would like to work with. Pop in a personal note if you can. Do this without telling them in advance.



Share a testimonial from a client on social media and tag them. Or share a success story from someone you have worked with (with permission). Giving and receiving love opens the wealth channel.



Give to a charity or organization that fills your heart with joy. It doesn't matter whether you give \$5 or \$500. Money is just energy and giving is a great way to begin to love and be grateful to money.

# Are you ready to take the next step?

Hi I'm Erin. I'm a virtual bookkeeper and financial coach for passionate solo entrepreneurs. I empower business owners to make data-driven financial decisions that increase their earning potential. I work as a strategic business partner to my clients and get to know them on a personal level, which enables me to support their financial future as a whole person. I create easy-to-understand financial systems and action plans that result in big returns.

I've built a lengthy list of happy, financially empowered clients and I'm here to help you if you're looking to do the same.

My approach is easy, fun, and always judgment-free. I provide a container for our work that is safe and open and nurtures a rich client relationship and lasting success.



I would love the opportunity to help creative entrepreneurs like you call in all the wealth and abundance you deserve.



## Why me?

### EDUCATION

- Undergrad degree in small business management.
- Four years of bookkeeping at a multi-million dollar service based business.
- 7 years of bookkeeping as solopreneur.

### HEART CENTERED

- Support when you need it.
- Value your work and set aligned pricing.
- You are in control of your money.
- Work through money blocks and set realistic goals.

### DATA DRIVEN

- Historical bookkeeping data drives future decisions.
- Simple methods for saving and investing.
- Spending audits to keep things on track.

Book a free  
Discovery Call!

