

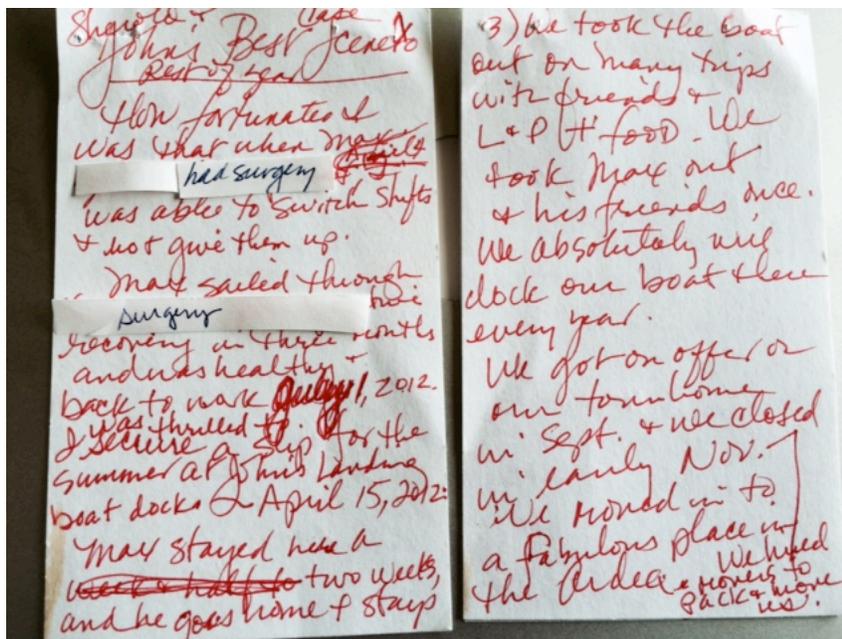
## SMART WOMEN MAKE MONEY™

FINANCIAL INDEPENDENCE THROUGH FEARLESS SELF-INQUIRY.

### How to Create Your Ideal Financial Life

I created this exercise after my son became ill in 2012 and my husband and I adjusted our life and work schedules to care for my son. I said to my husband one night at dinner, "If it could go perfectly this year given what we are dealing with and what we would like to see happen, how would it go?"

Then we wrote down how things would unfold in a positive way for my son to recover and be able to return to work. Then we added a few big things that we wanted including for our townhome to sell by a certain month and for us to find a home to buy.



Well guess what? Not only did things happen for my son in a positive manner but they happened the same months we wrote down. Not only did that happen, but also every single thing on our list came true! I have saved that index card to remind me to get crystal clear on what you want to have happen and to write it in a positive manner – affirming it to happen. This is setting a clear intention.

I always say as a reminder, be careful what you ask for because it might happen earlier than you want it to. The Universe is not on “time” the way we are so make sure you want what you ask for because you might get it faster than you are ready to have it.

Our home sold three months earlier than we had hoped and we had 30 days to pack and move out!

**If your financial life went perfectly now through the end of 2015, how did it go?** What do you want your financial life to be like in the next two years? Write down every single thing you want to do, be and have with your money. You can start with the fact that you invested in Smart Women Make Money and you started taking more responsibility for your finances. You put your credit cards and checking accounts on Mint.com to track your spending and how this helped you start looking for money leaks (places you might be spending more than you need to spend.

Step into your “future Self” – who you want to be in the next year and in 2015? Write down exactly what you did (past tense) to make more money.

As you write out a description of your ideal financial life, write it in the past tense as if you are telling me everything you already did starting right now and go through the end of 2014. Then use 2014 as a foundation for the wise choices you made and actions you took in 2015.

Always write in the past tense; I did \_\_\_\_\_ and when I did that \_\_\_\_\_. Always use the positive DO NOT use words such as “don't, can't, or will have.” Write about what you did as if you already have it. Remember you want to create the feeling of having -- not wanting.

**Here's a key truth:**

**When we want something, it's not the thing we want but the feeling we will have when we get the thing we want.**

What is the feeling you want to have when you create this money you want to have next year? If you had the feeling of being financially free would you feel ease? Think of the feelings you will have when you do and have this financial life you are creating.

If things were going perfectly, you would not have the pressure of paying bills or of worrying about how much money you are making. Imagine how you would feel as you read what you wrote that you created. Remember the key is never to ask “how” but “what” you want to do. Your mind will block you if you go to the how. This is a dreaming exercise so stay in the creative what if place.

**List three feelings you will have when you have this financial life in 2014:**

- 1.
- 2.
- 3.

Pick one feeling you would have and sit with it. Bring it in your body by imagining that you already have it. Stay there and let it expand within you.

As you stay in the thought patterns and emotions of ease, freedom, relief, and excitement, start to imagine things you will do with your money and trips you want to take, lovely things to see and do; adventures, dinners out, lovely treatments, let it keep filling in what you want.

Generate the emotions and then watch the Universe bring a smaller subset of things to choose from and as you observe that – the Universe will bring a more refined subset. Notice if you suddenly get checks in the mail or a new client or a refund. Start paying attention now and when you get money, yell out “Yes Universe – thank you so much!”

I want you to make this a game and a challenge. Start seeing what comes to you when you operate from a place of feeling abundant rather than lacking. You will get to the point where you can't wait to see what comes in. You will begin to realize that the Universe is working overtime to give you things you wanted.

Write this as a story of what you did starting now as a result of taking this class. What happened in your life in 2014 – write it as if it's already happened and you are telling me all about it. Make this one year from the day you write this. This is a powerful process that helps you become intentional.

If you believe you can do it and you desire it, take action, you can do it!