



UNIVERSITY OF WELLNESS

# PREP SCHOOL

*with Kerissa Kuis, MBA*

# Week Five

## ATTRACTING ABUNDANCE

# Overview



## In Module 5, you will . . .

- Create a relationship with your finances that will help you live life freely.
- Receive tools to examine your money situation and any blocks to money that you have.

## Notes:



# Attracting Abundance



## Pre-Class Journal Prompts

- If your relationship with money were an intimate relationship, what would it be like?
  
- If your relationship with money is good, why is it good?
  
- If it is not good, what can you do to fix it? (You may finish these questions after watching the recording if you would like to gain more ideas.)









# Attracting Abundance



## Increase Your Spending Awareness

**Before All Financial Decisions, Ask Yourself:**

Is it loving?

Is it kind?

Is it going to be worth it?

Is it necessary?

Is it going to help me feel better long term or is it just instant satisfaction?

**Notes:**



# Attracting Abundance



## Five Steps to Fearless Finances

Step One: Remove Fear

**Notes:**

Step Two: Remove Blocks

**Notes:**

Step Three: Become Clear

**Notes:**

Step Four: Become a Magnet

**Notes:**

Step Five: Set Intentions

**Notes:**



# *Million Dollar Habits*

## *By Brian Tracy*



### **Action Exercises**

- Decide today that you are going to accumulate wealth in the next five to seven years.
- Conduct a complete financial analysis of your life.
- Open a savings account.
- Begin saving a fixed percentage of your income.
- Investigate before you invest.
- Also, be sure to complete the financial trackers (located in a separate document)

### **Notes:**

