UNIVERSITY OF WELLNESS

## PREP SCHOOL with Kerissa Kuis, MBA

# Week Five

# ATTRACTING ABUNDANCE



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:





### **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.)



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## Your Money Narrative & Why it Matters

- By examining and reflecting on your personal money history, you will identify fear-based patterns and historical cycles so that you can break through them
- Visualizing is powerful DURING & AFTER you have worked to clear blocks to abundance
- By becoming aware of your patterns, you will develop new habits and manifest abundance

#### Homework:

 What is your money narrative? (Please use additional paper if necessary. This can be one paragraph to multiple pages ☺)

• How do you feel about your debt?





Homework (Continued)

• What comes up when you think about checking the mail?

• What would you like your finances and lifestyle to be?



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#### **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:





## **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:



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#### **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:

