

**A YEAR OF
MONEY AND ABUNDANCE**

60 Mantras to Supercharge your Year

The Companion Workbook to

Begin the journey from where you are to where you want to be

· **LI-LING OOI**

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MONEY
AND
ABUNDANCE**

60 Mantras to Supercharge Your Year

Weekly Inspirational Mantras

TO UPLIFT, INSPIRE AND CHANGE YOU FROM THE INSIDE OUT

MONEY MANTRA #1

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Money flows to me quickly, easily and abundantly; and I know that I am deserving and open to receiving it all.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #2

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I see opportunities everywhere and even though I may not be ready to embrace them yet; I know that this is just the beginning of an exciting, well-deserved journey to financial abundance.”

STEP 2: HONEST EMOTIONS

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MONEY MANTRA #3

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I always have enough money to do with all that I want and desire.”

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MONEY MANTRA #4

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Every little step that I take is helping me move closer towards achieving my goals.”

STEP 2: HONEST EMOTIONS

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MONEY MANTRA #5

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Every day that I live, I learn and gain more with each passing moment.”

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MONEY MANTRA #6

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I am contributing in valuable ways to everything and everyone around me.”

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MONEY MANTRA #7

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I am deserving of all the wealth and prosperity that flows to me.”

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MONEY MANTRA #8

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Today, I know, that I am valuable and worthy of all the good that comes my way.”

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MONEY MANTRA #9

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Abundance abounds in everything that surrounds me, even financial wealth.”

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MONEY MANTRA #10

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I know and trust that Abundance will always flow my way.”

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MONEY MANTRA #11

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“The Universe always finds a way to give me all that I desire.”

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MONEY MANTRA #12

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Money comes to me in more ways than I can imagine, I always trust and believe that it does.”

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MONEY MANTRA #13

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I have an unlimited tap on wealth and I am so happy, eager and excited to spend and share my good fortune with others.”

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MONEY MANTRA #14

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I live with great appreciation for all the opportunities and financial abundance that flow in to my life.”

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MONEY MANTRA #15

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I love knowing that the Universe has got my back, in everything that I desire and do.”

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MONEY MANTRA #16

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“The flow of Abundance and Wealth for me, is like a river flowing to the sea, unstoppable, undeniable and assured of its path and purpose.”

STEP 2: HONEST EMOTIONS

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MONEY MANTRA #17

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Prosperity is my birthright. I am deserving of all the wealth, health and happiness that is to come my way.”

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MONEY MANTRA #18

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Money comes to me in ways that are both expected and unexpected and I eagerly receive it.”

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MONEY MANTRA #19

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Every single thing that I do is moving me closer to my goals..”

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MONEY MANTRA #20

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I am worthy of all the best that life has to offer me.”

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MONEY MANTRA #21

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“It is not the doing that counts, but the being... and Today I am being the best of me and I am open and ready to receive the best that the Universe can bring me.”

STEP 2: HONEST EMOTIONS

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MONEY MANTRA #22

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“As much as I can wish, desire and hope for, I know that I am worthy and deserving of receiving it all.”

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MONEY MANTRA #23

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Today, I am ready to receive all the blessings that the Universe can bestow upon me, knowing that I do not have to do or be anything other than the unique individual I already am.”

STEP 2: HONEST EMOTIONS

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MONEY MANTRA #24

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I love knowing and trusting that all good things are coming to me, in their own way, in their own time. All I have to do is prepare myself for receiving it all.”

STEP 2: HONEST EMOTIONS

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MONEY MANTRA #25

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Everyone that surrounds me, tells a story of abundance, success, joy and happiness. I love being and knowing that I am a vital part of all those stories.”

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MONEY MANTRA #26

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Settle yourself down. Take a deep breath and then read the mantra.

“No matter how much I falter, or how much I question the logic or sanity of giving up and trusting in the Universe, it always manages to find a way to show me that All is Well.”

STEP 2: HONEST EMOTIONS

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MONEY MANTRA #27

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I live a life of infinite abundance because I am ready, willing and deserving of all that I desire.”

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Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #28

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I love knowing that all the good things that I desire are coming my way.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #29

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“With each day, in every little way, I am living my life in full appreciation of the abundance that surrounds me.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #30

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Wealth and abundance is my birthright and I love knowing that it is all working out exactly as it should.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #31

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I know that I am worthy of everything that I desire and I know that things are always working out for me.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #32

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Financial abundance is simply a step in the right direction, a focus on the right thought, a smile to all that surrounds me.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #33

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“With each little thought, focus and choice, the Universe continues to show me how worthy I am.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #34

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I know and trust that abundance is an undeniable part of my life and I am deserving of all the good things that comes with it.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #35

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Money is an amazing, never ending resource that continuously flows to me with ease and joy.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #36

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I love knowing that I am always exactly in the right place at precisely the right time and that everything is always working out for me.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #37

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I enjoy living life with ease and grace knowing that all that I desire is just around the corner.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #38

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I celebrate the success of each and every person because in their success I see the reflection and the becoming of all that I desire.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #39

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I am so happy and excited to be able to live my life to the full fruition of all possibilities.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #40

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I embrace all the experiences that come my way and I know that each and every one contributes to the greater whole of me.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #41

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I am valuable in far more ways than I can imagine and the Universe is constantly finding ways to show me how much I am treasured.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #42

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Wealth, health and happiness are my birthright and I feel an unparalleled joy and gratitude for each passing moment as it moves me closer to my dreams and desires.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #43

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“My heart is filled with love and appreciation and it reflects in my outer world.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #44

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“All day every day, I embrace the thoughts, words and actions that fill me with the belief and the knowing that all good things are coming my way.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #45

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“So much, so often, so valuable, so grateful, very much appreciated - these are the words that describe my feelings all day, every day.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #46

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I love knowing that I am in charge of all that I can be and that the Universe is both the beacon that lights my way and the wind that carries me forward.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #47

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Financial abundance is a state of mind that tells me I am valuable and worthy of all that comes my way.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #48

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I know that I am deserving and worthy of everything I desire.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #49

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“I love knowing that deep within my heart, I have a never-ending trail of appreciation for everything that I experience, see and feel; and I know that good things will continue to unfold for me.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #50

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

*“So many special moments, so many amazing experiences,
so much abundance, all just for me.”*

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #51

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“The one thing that is truly guaranteed in this amazing life of mine, is how worthy I am, of every good thing that comes my way.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #52

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“It is so amazing to feel the flow of desire and abundance fill every pore of my being.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #53

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“The wondrous feeling of knowing that my dreams and desires know no bounds and that the Universe is constantly conspiring to show me the way.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #54

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Wonderful experiences punctuate my life and make me pause to revel in how beautiful life truly is.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #55

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“The ability to desire and manifest is but one of the many human talents I am born with, knowing that with each moment of allowing, a more magical life begins.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

Read the Mantra and the Introduction as many times as you wish. Allow, accept and embrace every emotion that arises. Take a moment to value how you feel. When you are ready, take a deep breath and embrace all the abundance that the Universe has to offer to you.

MONEY MANTRA #56

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Money desires an environment that is happy and welcoming of it, it does not care about my creed or color - only that I care and respect myself enough to know that I am worthy of it.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

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MONEY MANTRA #57

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“Abundance is the birthright of every person; and so it is, also for me.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

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MONEY MANTRA #58

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“My time here on this Earth is not simply marked by the passing years of life but by all the joyous moments that congregate and spring forth.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

STEP 4: POST-INTRO QUESTIONNAIRE

After reading the introduction, take a moment to reflect and answer the questions below:

When I think about it from the space of allowing, I know...

As I tune into my worth and value, I know...

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MONEY MANTRA #59

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“To live, to love, to allow... these are the only principles of living that truly matter to me.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

As I read the mantra, I feel...

STEP 3: READ THE INTRODUCTION

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After reading the introduction, take a moment to reflect and answer the questions below:

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As I tune into my worth and value, I know...

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MONEY MANTRA #60

STEP 1: READ THE MANTRA

Settle yourself down. Take a deep breath and then read the mantra.

“There is no better time to be, right here, right now, living wholly the life of my dreams.”

STEP 2: HONEST EMOTIONS

You will notice a range of different emotions arise within you as you read the mantra and say it out aloud. Allow yourself to wholly feel those emotions. There is no right or wrong way to feel, but it is very important to acknowledge how you feel. Even if negative emotions arise, frustration, annoyance, fear, accept them and embrace them. Make a note of these emotions in the space below.

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