

# HOW TO RESURRECT A LOW INCOME MONTH

If you are having a low income month you need to combine shifting your mindset with taking practical action steps and when you're not feeling in flow this is hard. We wobble. We don't want to be forward-facing. We think, 'people will pick up on my vibe'. We feel inauthentic. So we disappear.

It can be hard to switch out of this space but with practice and some simple steps you can!

I have put together this cheat sheet of things to do if you are having a lower-than-average income month.

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What do I need to do to redirect my attention? .....

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I will use/do/say this every time I feel .....

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.....

- What are **6** ways that I can move my body every day?
1. ....
  2. ....
  3. ....
  4. ....
  5. ....
  6. ....

I will do this every time I feel .....

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Who is it that I serve? .....

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What are their biggest problems right now? .....

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How can I be of service to them today to help them with these problems? .....

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**6** ways that I can communicate how I can be of service to them today:

1. ....

2. ....

3. ....

4. ....

5. ....

6. ....