

Day One Wealth Expansion Notes

Focus of today: Experiential wealth

Day Two's focus: Intrinsic wealth

Day Three's focus: Money!

00:10 Suzy's Mum at the Quantum shift event. We were present.

00:17 Quantum Shift was a huge event for us. Leverageable wealth was substantial, it came from a place of being wildly present and connected to the moment. You can't receive fully if you are not present. Be wildly present this week. How do you feel right now?

00:22 If you are not present during your launch you're not able to celebrate every single person there. Your job is to be in celebration and appreciation in the moment. Notice each moment.

00:23 Meditation, close your eyes and think about a time in the last 3 months when you were subjectively wealthier. How does it feel? Where were you? Who were you with? What were you celebrating? Tap into that feeling. Open your eyes & hold the energy

What was the scenario? How does it feel? Share in breakout rooms.

00:36 The Wealth Triangle

- Experiential wealth
- Leverageable wealth
- Intrinsic Wealth

Most of us are focused on one area, very few are focused on all 3. You have the capacity to be working on all 3 areas right now. What area have you been prioritising?

00:45 The Wealth Triangle represents our multi dimensions.

What word do you prefer: wealth or rich. Use the one you didn't say and complete this sentence. Rich people are

00:54 what would my next level of wealth look like? Where would there be more flow?

How do you know you are not there yet?

01:00 How do I do this? It starts with a decision. When it comes to decisions there are 3 layers.

Outside layer: result

Second layer: The Process / System/ How

Inner layer: Who, the Identity

We have to start consciously choosing and designing our life experiences.

Faith + Action = Miracles