

## **Day Two Wealth Expansion Notes**

**Dance:** Where's your head at - Basement Jaxx

**00:07** What was your biggest takeaway from yesterday's session? How do you feel about stepping into your wealth?

**00:09** 1 degree shifts. In the online world we focus so much on the quick change but quantum transformation happens through the compound impact of you making small shifts on a day-day basis. Your wealth is innate, you get to choose it today.

**00:12** Yesterday's recap

You can do a 1 degree shift each day.

**Today:** Intrinsic wealth. Detangled different dimensions of work that get us stuck and block us from receiving.

### **00:17 INTRINSIC WEALTH**

- Feelings \*
- Emotions \*
- Connection
- Inner voice
- Nervous System
- Self Worth \*

### **00:19 SELF WORTH**

- Self Worth
- Net Worth
- External Worth

All 3 are completely separate. We get these things entangled all of the time. When you are able to separate these three you will change your life. You external value is not connected to your net worth, it's a story. Everybody can think of someone who gives a lot and is not getting paid.

**00:25** Is there a baby that's born not worthy? We all know the answer but from the age of 2 we learn if we do something a certain way we will get a certain response. Your worth is innate to you and has nothing to do with the business. You are still the baby, with all that worth you were born with. You are all of the things you have ever been. Self doubt, guilt, fear - that's you forgetting who tf you are.

### **00:30 Net Worth**

Money is just money. No matter how much money you have it will never make you feel safe or worthy enough if you do not put the work in for self worth. Can I be deeply appreciative and grateful for any amount that comes into my bank account, but it doesn't make you a better person.

### **00:33 External worth / Value**

What you put out into the world, you can be really really good at that but you still have to do the work to receive the money. Once you do the work, you won't be afraid to put your prices up.

Because of the life Suzy has created, she knows this week is priceless.

Look at your objective and what's the external value.

**00:39** Your self worth is innate and intrinsic. It's a life's work. Everytime you want to go up a level it's very easy for the stories to come up. The work continues. You don't take breaks from this work. You need to be committed to getting back on the wagon.

**00:41** Notice how you behave when you feel a certain way

Finish the sentence:

When I feel awkward I .....

What do you do with your feelings when it comes to feeling scared/ shame/ anger.

We have to make a decision that you are going to become much better at allowing your feelings. What most people do when they feel awkward, they try to stop the awkwardness. The amount of energy it takes to suppress how you are feeling, impacts your ability to create.

**00:47** Joanna's Example

**00:50** It's not true that the sadness is going to swallow you up. The identity of a wealthy person, who is living life in the way we desire to live is fully open to feeling all of the emotions. If you change your beliefs you'll change your results. You get to feel and then release.

**00:57** Can I allow my job to ruin my sadness?

I'm ok but I feel sad

**HW:** What's one story that you have been holding onto that relates to your self worth and not being enough. Share in the group.