

Day Three Wealth Expansion Notes

Dance: On a Ragga Tip – SL2

00:06 How were you feeling before you came on the call? Did you do day two's homework? What have been your biggest takeaways? Day 1 & 2 Recap.

00:10 Today's Intention: Redefine your relationship with big money. What are the things that have been getting in the way of you owning your desire when it comes to big money?

What do you want when it comes to money? How does it feel when you write that number down?

Write down where you are now? How does it feel to write down where you are?

00:17 When you get your self worth entangled with your net worth you stop yourself from receiving. Are you willing to tolerate shame/guilt? It's just a number, this is the work to catch and release these feelings.

00:20 Look at where you are and where you are going. Answer this:
What is it that is stopping you from being where you want right now?

Your vision (the bigger circle) represents you being more of you – it is still YOU.

The majority of your answers for the reason why you are not there right now are 'how/doing' things. Remember what we learned on day 1, it's not the how it's the who.

Change your beliefs = change your results

00:26 A belief is just a thought that we keep on thinking. You can choose to think differently. You can commit to noticing where you have been choosing shame/guilt on a daily basis.

00:29 If each of the lines between where you are now and where you want to be are the resistance we are looking to release the resistance.

00:30 How we have been approaching things. We look at what we want and how we get there .If I'm making a decision based on fomo I am acting out of alignment with a wealthy person.

00:32 Feast & famine

Do you notice when you dip from a high you feel like your back at square one even though you have made progress?

It's going to take a lot of courage to choose to be different and choose to commit to who you are going to be no matter what is going on around you.

It takes courage to be full of yourself. Look at your bigger number and ask yourself what are the negative things that might come up when you commit to that number? The wealthy identity is willing to fuck it up and have everybody know.

I create my own reality. So as I get wealthier, everyone around me gets wealthier.

00:41 0.04% of business ever reaches 10 million. Who do I get to be to be part of that 0.04%?

It's safe for me to honour my desires. It is safe for me to trust, you get to trust yourself. I am going to be ok, so if i know i'm going to be ok so why not go for gold?

00:45 Notice where your body is out of alignment with your mind - do the semantic work.

Get comfortable with discomfort. Practice doing the hard thing. The embodiment comes from embodying the behaviour of the wealthy person.

00:50 Take your number that you want, times that number by 100. Write that number down. How does it feel to write that down? If instead of going for the 1st number you picked you went for that number? You again would have to change your behaviour significantly and would have to release a lot of distractions.

Pretend you're going for that 100x number. What comes up for you when you think of letting go of distractions to be an energetic match? What would you need to let go of practically?

When you pick a big number it takes the pressure of it needing to happen in the next 30 days.

00:59 Making bold moves and being able to follow that up on a daily basis while being okay with the discomfort

01:00 Alex's Question

HW - Fill out the business and life assessment. If you are a VIP or in the top 50 suzy will look at your form and give you 3 key action steps. To get your feedback you need to book your call with the team. If your submission is not in the top 50 the team will feed back.