

THE
Freedom
SOCIETY



Module 1
The 6-figure
Mindset

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Welcome to Module 1 of the Freedom Society!

I'm so excited to start our journey together and to support you in taking the steps to create the lifestyle and business you desire.

And to kick us off, we're going to create your very own 6-Figure Mindset.

In this module we'll be covering how to:

- Remove Money Blocks For Good
- Create Your Ideal Budget
- Set Powerful Intentions to Earn More
- Use A Morning Routine for Abundance
- And Much More!

You might be all ready to get your business set up, start offering your services and connect with ideal clients. But, if you're going to create a sustainable business that consistently earns the income you deserve, you **MUST** get clear on your specific desires first and create a mindset that will support you in reaching them.

There are plenty of people in this world who are great at earning money, and a lot of it, but that's not the only reason you're here. You're here to earn the money you desire, doing work you love and without going into burnout or overwhelm.

To do this we must know exactly what you desire to earn and why.

We must clear out limiting beliefs around money, earning, self-worth and your value which no longer serve you. It's important for you to be able to step into your power as a woman entrepreneur, to be able to serve your ideal clients and charge the rates that you deserve - but none of this can happen until you've built a solid foundation for your business and yourself.

Throughout life we're taught to be "responsible", to suppress our true desires, to fit in, to follow the pack. I'm asking you to step away from this way of thinking and carve out a new life for yourself.

You will no longer follow the pack - you will create your own pack, your own tribe and community. The clearer you are about what you desire and how you want to work, the more women will know that you are the mentor, coach and business owner for them.

So give yourself permission right now to really let yourself dream.

Give yourself permission to reconnect to the desires that have often been there since you were a child, but were probably pushed to the side.

To tap back into those times where you said, "I'd love to but I can't afford it" or thought to yourself, "Wow, that would be amazing but it's just not for me".

It is for you, this is your life. Each of us have completely unique desires. You don't have these desires because you're spoiled or asking for too much. You have them because your soul knows what lights it up the most, what excites it, what will support you in expressing yourself fully in this lifetime.

Your desires aren't here to be daydreams, they're here to be a road map to attain your dreams.

So let's dive in!

What Do You TRULY Desire?

This is a space for you to start exploring and reconnecting to your feelings and desires.

You have to know where you're going in order to get there.

I see way too many women entrepreneurs who place their focus solely on earning money or booking clients. They're disconnected from how they feel or just straight up ignoring it, and at some point they often burn out or realize they're just not as lit up by their work as they used to be.

How do you avoid this? How do you have a blast now while building your business instead of just when you hit certain goals or mile markers?

By reconnecting to your desires and honoring them every day as much as possible, starting now.

For instance, I'm a nature girl. I love sunshine, being outside and spending time with my husband and pups. I'm not interested in "making enough money" so someday I can go for long hikes, snowboarding or surfing in my free time.

I have a true desire to be living this life now. I carve out time every week for the lifestyle I desire because life is happening now and I'm not interested in earning 10K, 20K or even 100K a month if all I do is sit behind my desk. That's me honoring my desires.

And when I honor my desires I show up more powerfully in life and my business which leads to me earning more and attracting my ideal clients.

Honoring your desires is a big Win-Win. You'll feel better now AND be creating an even bigger vision and experience of the life you'd love to live.

So let's start exploring what you truly desire out of life!

Action Steps

What lights you up, puts a big smile on your face, brings you joy and just makes you feel amazing? It could be experiences, people, hobbies, pastimes, etc. Take a moment to free write about what makes you feel great.

What could you just lose yourself in - i.e. time goes by and you don't even notice because you're so lit up by what you're doing?

If you knew your business was going to be successful no matter what, what would you do on an average work day? What about on a free day?

What makes you feel good about yourself, on purpose and free?

Now check in - is the business starting, or have already started, supporting you in the areas you wrote about above that you love and light you up? If so, how? If not, how can you bring more of your desires into your business and lifestyle?

Great work! This is the beginning of honoring your truth, reconnecting to who you really are in life, saying 'Yes' to your dreams and realizing that you deserve all you desire.

Your Powerful Language

You'll notice that I don't use words like need, should, can't, won't, or even want very often.

This isn't by accident.

When I started my business, I trained myself to shift the way I speak and now even the way I think. I know the power of our words, thoughts and beliefs in creating our reality and our experience.

So I ask you to start becoming more aware of the words that you use on a day-to-day basis and I invite you to start practicing conscious language instead.

I learned the practice of conscious language through my own mentors. There's also a book called *Conscious Language* by Robert Tennyson Stevens that goes into these practices even more deeply, if you'd like an additional resource.

Basically what it comes down to is using powerful positive words to create your reality.

Here's a list of some of the most powerful words and phrases.
Read this list out loud:

I Am

I Can

I Will

I Choose

I Have

I Love

I Create

I Enjoy

Feels powerful, right? Do it again.

Action Step #1

Become aware of what you're saying before you speak.

This isn't about micromanaging every word that comes out of your mouth. It's about reclaiming the power that you were born with and that we often completely forget about.

Notice how often you are canceling out your power by using words and phrases like, "I can't, I'm blocked, I don't know how, I feel stuck, it's too hard, I should, I need, I want, etc."

You can tell when you're using these words and phrases because you'll feel powerless and often constricted in your chest.

The first step to creating change is becoming aware of what is no longer serving you.

As you become more aware of your language you'll realize what's kept you away from your desires for so long and you'll see it in friends, family and even the media and understand why the majority of society is stuck in jobs they don't like and not earning enough money. Because they're continuously affirming it and it's what they expect life to give them. So it does.

Where in your life do you hear yourself using unconscious language? Are there key words or phrases that you hear yourself using in repetition?

Do you use these words and phrases around specific topics like money, your health, relationships, etc.? Why do you think that is?

Now that you have become more aware of the words that you're using, I bet you can see where you have been blocking your desires from coming to you without even previously realizing it.

Wondering why life has felt so hard? Why you feel stuck? Why you're not making the money you desire?

I bet you know a good part of the reason now!

I often notice when speaking with women who aren't practicing conscious language that they constantly affirm that life isn't meant to be that good. If something comes up that seems difficult they'll say something like, "it figures" or, "of course that would happen to me". They're affirming in their life things just don't go that well and basically waving a sign that says, "Send me more of that!"

Wouldn't you rather affirm something else? Wouldn't you rather wave the sign that says "Life is easy and good things always come my way"?

I'm not asking you to be in denial about the way life is, I'm just asking you to look at the situation differently, put on some new lenses.

You're not always going to be floating down the easy river. Sometimes something won't work out the way you expected and you get to decide if it's a disaster or an adventure.

And the quickest way to get back into the flow is to use powerful positive language to get you there.

Action Step #2

Now that you've identified the key words, phrases and areas where you've been unconsciously using your language, let's turn things around!

Here's the list again of some of the most powerful words to use:

I Am

I Can

I Will

I Choose

I Have

I Love

I Create

I Enjoy

For example, "I can't earn money with my business" could shift to "I can earn money with my business", "I choose to earn the money I desire", "I love earning money for the work I do."

Feel the difference? It puts you back in power. Now on the next page it's your turn.

Go back to the previous action step and copy the words and phrases that you use the most and that hold you back, paste them in the box below. Feel free to add in any others that you've become aware of as well.

And now let's turn them around from phrases that are blocking you from creating the life you desire into powerful phrases that will help you create it by using the list of positive power words on the previous page:

By becoming aware of the words you speak on a daily basis, you will reclaim your power, your thoughts will follow with practice and your physical reality will shift to meet what you're putting out into the world.

A New Relationship With Money

Now that you've started to connect with what you truly desire in life, are becoming more aware of using conscious language and being a powerful creator of your experience, let's shift your relationship with money!

First of all, let's start by clearing any energy around money being good, bad or otherwise.

Money is a tool, just like the hammer in your toolbox or the hairbrush in your drawer.

It doesn't have emotion or traits unless you give these to it. It's an inanimate object that's passed around the world, traded for goods and experiences. It's done nothing wrong and it won't make you good, bad, happy, sad or otherwise.

With that said, money does buy you choices and I've found that since breaking my negative relationship with money that I'm a lot happier.

But, I'm not a better or worse person for having money now, I just have a more joyful relationship with currency and I expect it to show up for me.

And this is what I want for you.

When I decided it was time to change my relationship with money I didn't just lean into it and feel it out. I decided 100% that me and money were going to become besties.

So how would I treat a best friend? Not how I'd been treating money.

I didn't trust money. It would show up for me sometimes and then it would totally disappear. It felt elusive, all over the place, totally unpredictable.

I like to be in control in my life and money felt like the one place I had no control. I realized I was in an abusive relationship with money. I didn't think I was

abusing it, I thought it was abusing me. Every time I'd get ahead I'd be hit with some unexpected bill and knocked back down.

What I didn't realize is that I was being just as bad to money. The words I thought about it, how I avoided looking at my online bank accounts and credit cards, the way I held onto it so tightly.

If I had been in a relationship with someone they would have thought I was crazy. Obsessively stalking them sometimes, then totally ignoring them. Being so joyous they showed up and then crying because they weren't showing up for me.

No wonder money was all over the place with me. I was all over the place with money.

So if you're ready to change your relationship with money you have to look at how you've been treating it up until now.

Action Steps

What's your relationship like with money right now? Are you aware of how much you have, where it's at and what it's spent on? Does your relationship feel joyous and supportive or strained and exhausting?

If money was actually a person in your life, based on how you've been treating it, how would they feel?

What would you like your relationship with money to be like? How would you like to feel around money?

Going back to thinking about money like a relationship you're having with someone, how do you need to treat money going forward in order to feel as joyous, supported and free as you'd like?

There's a good chance you just noticed you've been treating money pretty terribly. I was a little in shock the first time I did an exercise similar to this one and realized how contradictory my actions and thoughts were to money in comparison to how I was wanting money to treat me.

Once again, go back to the analogy of having a relationship with money. If you're being the crazy girlfriend to money do you really think it's going to consistently show up and be there for you?

We get in this space of blaming money for not showing up, for not being there for us and it can be a little painful to realize it's just a mirror of how we've been treating our finances and often even ourselves.

Here are some of my top tips to help create a joyous relationship with money:

- Always have your money facing up. If I have cash in my wallet, the front is always facing me, same with my credit and debit cards. When I pay for something I always have the front of the cash or card facing up. To me this symbolizes money is always coming to me, I'm aware of my money, I respect it and welcome more.
- When you spend money say thank you and feel the gratitude. And if there's any constriction or fear about spending the money, follow up with an affirmation like "When I invest in my truth, money is returned to me swiftly and exponentially" or, "Good thing I'm rich! There's always more where that came from."
- Get comfortable logging into your online bank accounts or credit cards. I hated doing this for years, I felt so bad about my balances no matter what they were. You must create a more positive energy around money and checking your finances. Even if you feel like a big fraud in the beginning, log into your accounts with a big smile on your face, visualize how much money you'd love to have in the account, write yourself a check from the Universe with the sum you desire. I even went so far as to take copies of my bank statements and white out the numbers and write in the ones I truly desired.

Removing Money Blocks For Good

Money blocks can be very real in our lives. The good news is they can also melt away in an instant. We put them there and we can let them go. It's simply the decision that you're no longer available to think and feel about money in a certain way.

In the Orientation and Welcome Packet you went through different memories and beliefs that you may have about money. You forgave each of these and let them go which will immediately create a space, a vacuum for something new and better to come into your life (if you haven't completed this exercise yet, take some time to do so before moving forward).

If you've noticed there are several money blocks that just keep showing up for you or feel like tripping points, let's break those apart here.

Action Step

What are the main beliefs around money or money blocks that you feel are holding you back?

What are you getting from having these beliefs? Might sound crazy but we typically don't hold on to a belief system unless we're getting something from it, even if this "something" has become twisted or is no longer useful for us, there's usually a reason it's there. Dig in so you can let it go.

Ex. "If I hold on to my belief that making money is hard then my parents/husband will have to keep supporting me. So what I get from this belief is a closer relationship with my parents/husband".

Take a look at your beliefs around money and money blocks. Did you come up with them or were they shared with you from your mother, father, family members, friends, partner, media, etc.? Often when we dig deeper we realize these beliefs aren't even ours.

Do you desire to keep these money beliefs or are you ready to let them go? In other words, are you still available to think about and be in a relationship with money in this way or you ready for a change?

First and foremost, your relationship with money is a choice. It's a habit that's either serving you or not.

If you're not impressed with your money situation right now, the good news is you can create a new habit where it's just as easy to be supported by money and expect it to show up for you as it is to feel the opposite.

Get your mind on track first, shift your words, change out your beliefs for better ones, and create a new relationship with money.

You are in mindset hustle mode.

How did I go from charging \$50 to \$5,000 for my coaching packages?
Major mindset hustle!

Yes, negative thoughts about finances are going to pop up. Possibly even 20 times a day in the beginning. You have to decide what you're available for.

If you're still available for this negativity then you'll get sucked in, you'll feel your energy drop and go into a frustrated, angry and possibly even victim mode.

The other option is to no longer be available for your old patterns. When they pop up, immediately have a response for them that shuts them back down.

And that brings us to our next step.

Creating Your Money Mantra

To fully step back into your power as a creative being I highly recommend that you have a solid mantra or affirmation to guide you.

You're reprogramming your mind right now and when old belief systems pop up you have to have an answer to shut them back down and keep you in high vibe.

What worked best for me during my first year of shifting my beliefs around money was a powerful mantra. Not just one mantra, I've gone through many mantras since the beginning of my business changing them anytime they didn't charge me up any longer.

This isn't about chanting or even meditating, this is about debugging your brain the same way someone would debug a computer or a piece of software.

In the beginning when I was nervous about what I was charging and wondering if my prices were worth it I followed the mantra:

**I CAN.
I CAN charge and receive the money I desire.
My prospects CAN afford my services.
I CAN close the sales I desire.**

That was it for me. Anytime I went into fear over whether I really could sell my programs, whether people could afford them, etc. I immediately recited the above mantra.

I had it written on a card that sat by my laptop and I referred to it any time my mindset needed a tune up.

After I had begun to sell my coaching packages but was still nervous about whether I was providing enough for my clients I switched to a new mantra:

The work I do is worth every dollar.

It's not complicated or even profound, it was what I desired to believe 100% so it's what I immersed myself in.

Other mantras I've used over the first year of my business included:

Today, great clients are coming my way.

There's more than enough money for me and more than enough clients for me. The Universe is my source.

The money I invest in myself is returned swiftly and exponentially.

If any of these mantras resonate with you, by all means use them! Write them out, put them by your laptop, in your wallet or on your bathroom mirror.

They will pull you out of sticky situations when your mind's not cooperating and help you get back on track fast.

Stay close to your mantras and before you know it, they'll become your default - your new normal.

I also use specific money mantras every month to help me stay close to my desires, earn at the level I choose and act as if the money is already on its way to me.

To be able to create your own money mantras you have to be intimate with your finances. Which brings us to creating your ideal budget.

Create Your Ideal Budget

In the Orientation and Welcome Packet there was an exercise to help you get clear on what you desire to earn and why.

I'm not a big fan of someone saying they want to earn 10K because someone else is doing it or because it sounds good.

You're here to live your own life, on purpose, not to replicate someone else's life. To do so you have to know why you desire the money you do and give it specific purpose.

Because I've found over and over again that money loves purpose.

I'm not interested in restrictive budgets that keep you in a space of obsessively checking your bank account, tallying up your spending and typically beating yourself up for not being on track.

You do need to be intimate with your money though. You need to know where your money is going and where you'd like it to go.

In the beginning I got super clear on my monthly budget - what I desired to earn each month and why.

And now my bookkeeper does all of this for me. I know what I've earned every month for years, what I've spent and what I've spent it on.

It was by being this intimate with money that I noticed in the beginning any time I traveled I earned A LOT more than when I was hanging out at home.

Why?

Because there's a serious purpose for money! I love to travel, I love to stay in beautiful hotels, dine out and shop and that's only happening if I earn at the level to support it.

Also, I'm completely connected to my joy when I travel and potential clients see this and are inspired to reach out and work with me.

Once again, honor your desires and it's a Win-Win.

So now I know when it's time to go a little harder and book up with clients and when it's ok for me to lean back a little because I've already hit my financial goals instead of always pushing all the time, which can lead to burn out.

I know that if I desire to make a purchase then I need to set an intention and start taking steps to earn X more this month.

This is the opposite of a regular budget where you know X amount is coming in a month and you have to break it up over all your expenses and desires.

Instead, you're going to get clear on what you need to be earning to create the lifestyle you desire and then you'll use this number to design your packages and pricing in upcoming modules.

Once you reconnect with your finances and see it less like a math problem and more just about being friendly and familiar with your money, the stress leaves and you're back in your power asking better questions like "how can I bring in X this month?".

Action Step #1

Take some time to sit down and look at your budget right now, how much you're spending a month and on what. It might not sound like the most glamorous task but once you know where you are, you'll know the baseline of what you need to be earning a month.

Now fill in this chart for the baseline you must earn every month to meet your basic bills and expenses:

Rent/Mortgage
Groceries
Utilities
Phone
Eating Out
Car Payment
Credit Card Payments
Entertainment
Business Expenses
Education/Personal Growth
Savings Account
Charity/Donation
Miscellaneous
Business Team
Housekeeper
Car Insurance
Health Insurance
Gas
Taxes
Self-Care (spa, nails, etc.)
Shopping
Travel

Baseline Budget Total

Great! Now you know the minimum that you desire to earn each month.

But we're not stopping here. Hitting this number typically means just getting by.

When I put this budget together for myself several years ago (before I became a coach and got my online business going) my baseline budget was \$1200 a month.

If I could make \$1200 a month I felt pretty good. I had completely self-denied my other desires at the time and thought the ultimate freedom would be to have just enough to get by and then everyone would just leave me alone and I would feel free.

Can you see how much I was hiding here?

Even though I didn't realize it I was having serious visibility issues at the time. I was just wanting to be left alone, to curl up somewhere and just get by with the bare minimum.

The fact that you've signed up for this program means you're already light years ahead of where I was at that point so know you're on the right path and moving forward in a powerful way already.

Let's take it up a notch.

Action Step #2

Take a couple deep breaths and let your mind go crazy in the most positive joyful way. Sit down and close your eyes for a minute and imagine what your life would be like right now if money wasn't even a concern.

Are you the type who'd be jet-setting around the world? Would you buy a cottage in the country and spend lots of time outside? Would you live in a cosmopolitan apartment, have a masseuse who stops by once a week, a housekeeper and personal chef?

This is your time to fully lean into what your life would look like if you weren't concerned about money or what anyone thought of you.

Now answer the following, what would your life look like if money wasn't a concern? Where would you live, how would you dress, would you hire help, would you travel, what self care would you practice? Go!

That felt good right? That's because the answers you just filled in are you at your highest frequency, this is what's meant for you! Not to get all grandiose, but this is your destiny, seriously. You are a divine being, here for a reason and you think having a personal chef and masseuse who stops by your home is out of the question? No way!

Now that we know your big desires, let's check in on something that can often trip us up right about now.

The expenses we don't actually care about but think we should.

Every single person's desires are totally unique, right? So for one person they might be thrilled about paying off their credit cards and how that makes them feel. For someone else they might feel like they 'should' pay them off because that's what responsible people do.

Here's your chance to get super honest with yourself. Right now, today, in this month, or even over the next 90 days, do you care about paying off credit cards, building a savings account, putting away money for your retirement fund, saving up to buy a home, etc.?

There's no right or wrong here, we're just getting clear on your desires.

In the beginning I felt like I HAD to pay off my credit cards because that's what responsible people do and I was taught that debt is bad.

My cards all had 0% interest for at least a year, they weren't negatively affecting me at all. So when it came time to manifest money to pay off my credit cards, guess what? I didn't. Because deep down the desire wasn't there.

I see it all the time, someone will come to me and say they have to earn 10K this month because they have to pay off this credit card, put money towards their retirement and buy a home.

They'll start taking action in their business and will hit 5K in a month instead.

They feel like a big failure until they check in and realize they don't actually care that much about the other reasons they HAD to manifest money. Those were someone else's rules and desires, not theirs, at least not at this time.

I'm not saying totally blow off your bills if you don't feel like paying them. What I am saying is in the beginning I spent a heck of a lot more on shopping and travel than paying off credit cards in full because it had been so long since I'd focused on pleasure and play, I was hungry for it and it inspired me to earn.

I put together a debt repayment plan so I knew I was moving forward in paying off debts and I put a small amount into savings every month.

Once I refilled my wells when it came to shopping and play, I put my money towards building our dream home and investments because it lit me up more. But in the beginning, I was much more excited by Louboutins and Chanel. No judgment either way, you just have to know yourself.

Action Step #3

Put together a debt repayment plan that actually feels good so that you know you're moving forward every month but also aren't spending all your money on paying off your credit cards if you find you're more inspired by pleasure and play at the moment.

Are there pieces in your budget that are more 'shoulds' than desires? You're intimate with your finances now so you know what actually needs to be paid off vs what is just an old belief system about what responsible people do.

Action Step #4

Now it's time to create your Ideal Budget!

Take the inspiration from your dream lifestyle to start filling in the boxes below.

Maybe you actually desire \$200 a month for a housekeeper, \$500 a month because it's time for a serious wardrobe upgrade, etc. It's your budget so you get to choose.

I'm not here to help you create a fantasy in your mind. I'm here to help you get results. And to get results we need to know specifics.

Instead of "I want to travel more" shift to "I want to go to southern France in July and with hotels, shopping and flights it's going to cost \$4,000".

That gives you something concrete to manifest!

Also, don't be concerned if your ideal budget is much larger than your baseline budget. It's totally normal for your Ideal Budget to be 4 times if not 10 times bigger than your baseline budget.

Don't freak out or go into overwhelm about how you're going to make it happen. The "cursed how's" are none of your business right now. Start with desire and positive emotion, take the first step and the "how's" will fill in as you go.

And lastly, have fun with this! It's what's inspired my business for years and helped me stay focused and free.

Your Ideal Budget

Rent/Mortgage
Groceries
Utilities
Phone
Eating Out
Car Payment
Credit Card Payments
Entertainment
Business Expenses
Education/Personal Growth
Savings Account
Charity/Donation
Miscellaneous
Business Team
Housekeeper
Car Insurance
Health Insurance
Gas
Taxes
Self-Care (spa, nails, etc.)
Shopping
Travel

Ideal Budget Total

Now that you know exactly what you desire to earn AND why, you are in a very powerful place to move forward from.

Over the next couple modules we'll start to set up your business systems and structures, create your packages and your marketing plan. But right now, it's time for your unique money mantra!

Action Step #5

For now we're going to stay out of the cursed 'hows' around how money is going to come to you and instead you're going to set a specific intention and take action steps each day knowing that the money you desire is not only coming your way, but is already there for your right now.

I consistently used money mantras every month at the beginning of my business to keep me focused. Often these mantras were as simple as:

"I am easily booking a minimum of 2 private clients and receiving a minimum of \$10,000 by xx date. And so it is!"

We don't have the details of your packages yet so just skip the piece on how many clients for now and instead stay focused on the amount that you desire to earn (and remember why!). In the next month, how much would you love to make? This doesn't have to just be with your business, it might be a mix between a side job, an unexpected check or tax refund, coins you find on the ground, your business and more. Money is available to us in so many ways when we stop making rules and just ask for what we desire.

Create your money mantra below and write it out on a flash card or piece of paper that you can keep with you and read often. This is your new normal.

Your Unique Money Mantra:

"I am easily receiving a minimum of (your Ideal Budget number) by (choose a date). And so it is."

Great work! You are flying ahead and making some serious positive changes in your life.

To wrap up this section there's one more recommendation that can help you really connect with your desires and manifest even more quickly. And that's by feeling your dream lifestyle.

One of the strongest ways I know to feel the emotion of my desires is to see them, close my eyes, visualize them.

But how do you visualize what it's like to live in the penthouse or travel to Spain if you never have?

Vision boards!

No, I'm not asking you to get out a bunch of magazines and cut out images that create a certain emotion that you're looking for. Even though from where I'm sitting I can see three of the vision boards that I've created in the last couple years, so it's never a bad technique.

But these days I've switched up my vision boarding practice to make it faster, more tech-friendly, more fun and honestly it feels more powerful for me.

How?

The lovely Pinterest.

Action Step #6

I highly recommend that if you're not on Pinterest you sign up for a free account and create a board called "My Ideal Life" or something similar.

You're welcome to make the board private if you don't want to share it with everyone just yet. Now, take some time for yourself, sit down and pin photos and quotes that bring about the feelings you desire.

Maybe it's feelings of freedom, to travel, to dress a certain way, to be in love. Maybe you have specific experiences in mind from your ideal budget that you can find photos of to pin.

Really FEEL what it will be like when you manifest these areas you desire.

You'll know if a photo is working by how it makes you feel. If you feel excited and expansive, you're on the right track. Give yourself permission to close your eyes and see yourself in the photo, maybe looking out at the ocean, sipping a glass of wine, celebrating your big month. Go there, feel it!

That emotion is the most powerful tool that you possess. You're a creator, give your creative mind freedom and you can start expecting miracles.

Once you feel that your board is complete for now, take a screen shot of your Pinterest vision board and share it in our members only Facebook group, or share the link to the board if you'd like, so that your sisters and I can get a better idea of what your dreams are and also for you to start practicing confidently standing behind your desires.

Scroll through your Pinterest board, envision yourself there and add more photos any time you need a boost of positive energy or reminder of why you're creating this business and committed to your success. I keep the Pinterest app on my phone so I can visualize anywhere, anytime. Try it out!

My Morning Routine for Abundance

Congratulations! You should be feeling really clear on your desires, how they feel, how much you desire to earn and why.

This is an incredibly powerful step. Statistically, only 1 out of 100 people know what they truly desire. So you're way ahead of the norm!

To wrap up, I want to share two of the most important practices that are still a large part of my life: my morning meditation and daily visualization.

Thoughts become things. Period.

What you dwell on and focus your energy on becomes your reality, so why not dwell on something a little more pleasurable that you actually want to attract and manifest instead of fears, worries and concerns.

Also, once you leave these mindset pieces and go into the business building modules that are coming up next, it's easy to get caught up in the busy work.

This meditation and visualization is there to constantly bring you back to your true desires, reconnect you and support you in making decisions based on what you want in life instead of what you don't want.

The last thing this world needs is another exhausted, overwhelmed and burnt out woman. Taking time every single day to connect, feel and commit to your desires will help you make better decisions all day long and carve out a life of true freedom and joy.

Action Step #1

The Morning Meditation I credit for my first 48K month.

When I wake up in the morning on weekdays, before I check emails, Facebook and jump into the day, I take time for my morning meditation.

This meditation can literally take 10 minutes if you're short on time, but I recommend giving yourself 30 min if at all possible.

1. I begin by closing my eyes and connecting with my breath. Filling my lungs up completely and then emptying them.
2. And then I open my mind to anything that needs cleared before I begin my day. These are typically the concerns, worries, or anxieties that might be in my subconscious or have crept in while I slept.
3. One by one, I see each concern or fear in my mind walking up and telling me what it's afraid of. "What if I don't hit my income goal this month?", "What if I can't earn at this level without overworking?", "What if I can't sell anymore of my packages?".
4. I take one concern at a time and say in my mind "I see you, thank you, I release you." I take a deep breath and feel the spaciousness of that concern being gone and repeat with the next.

Sometimes there are 3 concerns, sometimes there are 12 if I've been skipping my meditation. What it does is give me a clear space to work from, a space of peace to make decisions from so that I can be led by my dreams instead of pushed by my fears throughout my day.

5. Once I've wrapped up this part of my meditation I open my journal and write down, "What is my message for today?" I get quiet, close my eyes, and wait for divine guidance, my intuition, whatever you want to call it to give me my message and then I write it down.

6. Then I write down, "What's the #1 thing you'd have me focus on today?" And same as above, I get quiet and wait for guidance. What this does is give me my focus and message for the day instead of a busy mind trying to guess what I should do first.

Sometimes I receive guidance like "slow down", "be present with your clients and business team", "breathe more deeply" and sometimes I receive guidance like "write a newsletter on X".

7. If there's anything else going on in my life or business this is the space I use to ask that "What would you have me do about X?". It could be about an email I'm having difficulty writing or even something coming up in my personal life. I get quiet and wait for guidance.

8. I wrap up by writing in my journal "Thank you for this day of perfection and completion. And so it is." So that before the day has even begun I have already received clear guidance and set a clear intention for how I expect the day to go.

I HIGHLY recommend this meditation. It will support you in taking clear action each day with confidence and keep you out of overwhelm.

Plus, I highly credit this meditation for supporting me in earning my first 48K month. Every day I would get up, do this meditation and ask "What would you have me do to book X more clients?" and every day I'd receive clear guidance either to take action or to take a step back because the clients were already on their way to me.

With that sense of peace and confidence I was able to have my biggest month, and one of my easiest, up to that point. Try it out, you won't be disappointed!

Action Step #2

The last mindset piece that I practice on weekdays consistently is a brief visualization. I was first trained by Mike Dooley who is a big believer in visualization and he's also a big believer of only practicing it about 5-10 minutes a day, tops. He actually only does about 4 minutes a day. So don't feel like this needs to turn into some long complicated mindset work.

You can do this in the morning with your meditation or just sometime throughout the day when you need a little mental vacation.

Set your timer (I usually do 4-8 minutes), get quiet, close your eyes and visualize what you desire to manifest.

It can be super specific or it can just be an emotion. I usually have a big smile on my face, feel joy, see myself being exuberantly happy, hitting my goals with ease, jumping up and down, celebrating with my husband, feeling at peace and completely supported.

Maybe for you it feels amazing to see Clarity Call requests coming into your inbox from perspective clients, paying off your credit cards in one big easy payment, booking that trip to the beach, or feeling totally clear every day on the next steps to take.

This is your time to spend feeling the joy of your desires NOW. No more waiting for tomorrow or some time in the future. Start feeling your dream life now and don't be surprised when your life starts to reflect your dreams right back to you.

Wrapping Up

Woohoo! This is THE most important work in setting the foundation for creating the life you truly desire.

These are the specific tools that I used (and still consistently use!) and credit for my success, transforming my life and business from a 7K year to now having a thriving multiple 6-figure business, booked up with clients around the world.

There are business systems and structures that will support you moving forward in earning the money you desire, consistently, and working with your ideal clients. But, mastering the areas I've shared in this module will make all the difference in your business, bank account and even your overall sense of freedom and joy.

Practice conscious language, get clear on your desires, intimate with your finances, remove your money blocks and master the mindset tools that will not only support you in earning at the level you desire in your business but can also transform your entire life right NOW.

Be open to the opportunities that start to come your way, notice how the better you treat money the more it shows up for you and how much more joyous and supported you feel in your day-to-day life.

And make the practices in this module habit so when we start diving into the business systems and structures next, you'll always have a sturdy foundation based on your own desires to support you.

You are on a path to claiming your greatest desires. Soak up this material, take action and expect miracles.

To Living Free!

Jessica