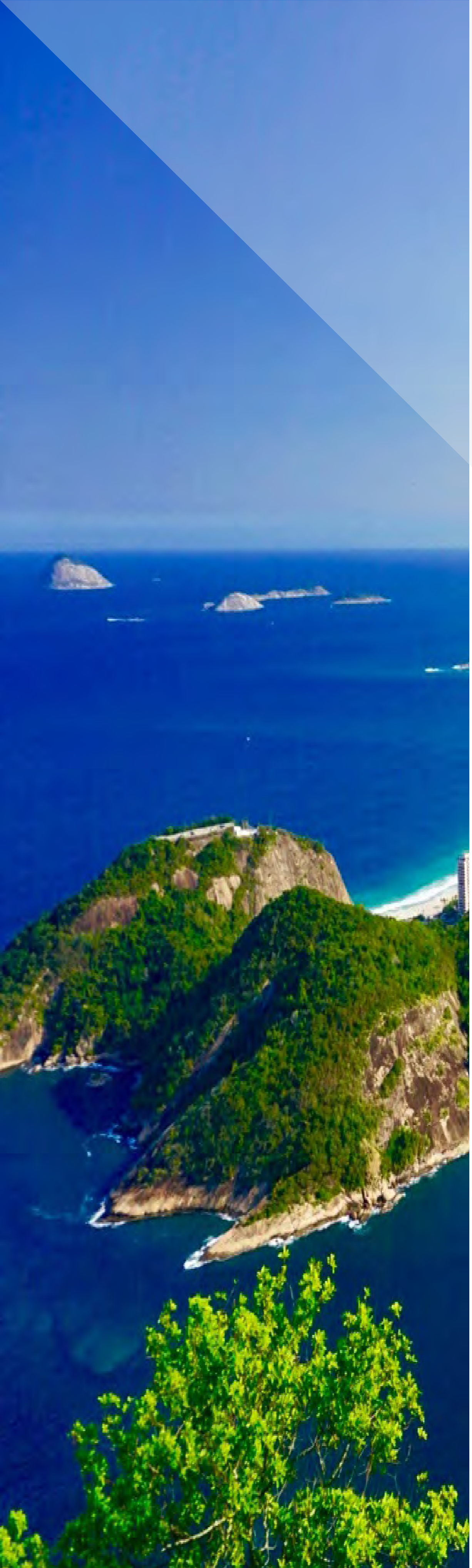
HOW TO MAKE MONEY

WITHOUT A JOB

MONEY FLOW

WEEK 3 - MODULE 1



SETTING INTENTIONS

THE PURPOSE OF THIS WORKSHEET

Money, like everything else, has energy and direction. It is in a constant flow. In corporate, it comes on a reliable day, in a reliable amount. Outside corporate, it comes at different times and in different amounts. This is the adjustment you will need to get used to.

In order to adapt to the new flow, focus on what you have more control of - money out. Budget and tracking are essential with this.

There are some important things to keep in mind about money flow:

1. ***Money And Integrity Go Hand In Hand.*** Money gives you the same respect you give it. If you want your flow to be good, you should pay bills on time, not take on more debt than you can handle, and

avoid borrowing more than you can pay back.

2. Money Needs Trust. An important part of having money is both trusting that you will have it when you need it, and focusing on the times you have money, and how it has shown up for you.

3. Money Comes From Everywhere. In reality, money can come from multiple places. Rather than getting anxious about money coming *only* from work you do, have trust that it can show up from unexpected people and resources as well as your work.

4. Don't Take Money For Granted. Like a person, remember that money you have deserves respect and gratitude. Remember to be thankful for what you have, and use your money for what you need, first, and build up gratitude for the money that will afford you the things you want.

THE FLOW OF MONEY

INGRAINED BELIEFS

#1 What cycle have you received money in, up to now? (e.g. weekly, monthly...)

#2 How often have you spent money, up to now?

#3 What do you buy right now that you don't really need?

INVENTORY

IDENTIFYING WHAT YOU CAN SELL

Use this page to go through your home and identify what you can sell. Use the blank boxes to write in your own rooms - try to keep things organized for listing purposes.

KITCHEN

LIVING ROOM

BEDROOM

BATHROOM

CLOSET

OFFICE

EMOTIONS AND STUFF

LETTING GO

INSTRUCTIONS: Write down any items you have an emotional attachment too. Describe who gave it to you and why you feel attached to it:

EMOTIONS AND STUFF

LETTING GO

List items in the back of closets, hidden behind so many things you forgot they were there.

Write down any clothing you're attached to that doesn't fit anymore - do you still need to keep it?

PRICING SHEET

Print multiple copies if needed. Write how much each item could fairly sell for.

# YOU OWN:	ITEM:	SELLING PRICE:

INVENTORY

POTENTIAL CATEGORIES

Use this page to go put saleable items into categories that buyers will be looking for.

Appliances

Electronics

Books

Crafts

Clothing

Linen

NICE-TO-HAVE'S

ANOTHER LAYER OF STUFF

INSTRUCTIONS: On this page, write down all the subscriptions you have and how much each one costs.

ITEMS AND ASSOCIATED FEES

Which subscriptions can you eliminate, or downgrade?

"YOU HAVE GREATER CONTROL OVER MONEY OUT, THAN MONEY IN. BUT FLOW IS ALWAYS THERE."

HEATHER MARKEL