

Exercises for MASTER CLASS - WEEK THREE

1) Create a new story that you tell yourself about success, abundance and prosperity

Inspire the mind with this new narrative of you being tremendously successful.
Be creative and have fun with it. Include in it that the parts of this money segment that have resonated powerfully for you.
Let the story evolve each time you tell yourself the story.
Do this for 5 min each day

2) Choose a prosperity belief and begin imprinting it

Remember that with imprinting, we are using both techniques of contemplation and affirmation.
Spend 5 min each day imprinting one of the prosperity beliefs I have shared with you in this session.

3) Repeat the “Vow of Abundance” to yourself daily (attached on page 2)

When you repeat it to yourself, don’t just say the words but feel the power and vision behind the words.

4) Continue with your project of choice

Use any three mind power techniques that feel most appropriate.
Do this for 15 min each day (5 min per technique)
Keep the momentum happening.

Every exercise you practice is training the mind to take instructions from you and is giving you control in your life.

Remember to chart and journal everyday.

Put a checkmark in the box when you have completed each exercise.

(Charting is an important part of the training; it allows you to visually monitor your training.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise 1							
Exercise 2							
Exercise 3							
Exercise 4							

The Vow of Abundance

I vow to acknowledge, appreciate and respect abundance everywhere I see it; in nature, in business, in my life and the life of others.

I will vibrate abundance, think abundance, praise abundance.

For abundance is a vibration in the universe, which I accept and embrace.

I vow to have an abundance of money, ideas, opportunities for all my needs, desires and social responsibilities to my community and others.

For abundance is a vibration in the universe, which I accept and embrace.

I vow to draw upon all my inner resources, my mind and my subconscious so that they will work together as a team giving me the ability to do great things and fulfill my destiny.

Together they will lift me to heights that I could never dream of on my own.

For abundance is a vibration in the universe, which I accept and embrace.

I vow to think thoughts of abundance, success and gratitude so that these thoughts become who I am and to eliminate thoughts of fear, scarcity, jealousy and other negative thoughts.

I realize that my thoughts directly influence my actions so I commit myself to being disciplined and creative with my thoughts, imagining myself as the person I intend to become.

For abundance is a vibration in the universe, which I accept and embrace.

I vow to donate a defined percentage of my earnings back to my community.

I will think of this percent as not mine but mine to disburse.

I will do this joyously and creatively, knowing full well that it is good and that it will multiply back to me many fold.

For abundances is a vibration in the universe, which I accept and embrace.

I vow to only enter transactions that benefit all who are involved and to operate at the highest ethical standards at all times. To keep my word and do good for the benefit of others.

For abundance is a vibration in the universe, which I accept and embrace.

I vow to imprint prosperity beliefs into my subconscious so that prosperity will be the way that I think and the vibration of who I am.

This vibration will attract success, prosperity and abundance to me.

For abundance is a vibration in the universe, which I accept and embrace.

I vow to repeat this statement to myself once each day until I have fully absorbed both the meaning and spirit of these words and through this practice, these truths will become my companions and live within me and become the truth and wonder of my being.

For abundance is a vibration of the universe, which I accept and embrace.