**Money Love**

Whenever we’ve been out of integrity within a relationship, it's important to get things ‘complete’, and restore that integrity, for the relationship to move forward.

A great place to start, is by saying “I'm sorry”. These two simple words, when said genuinely, help to restore intimacy and connection. Its time to get complete around your relationship with Money

Write an apology letter to money. See money as the beautiful loving partner in your life (sexy as hell too!) that you’re now ready to have a beautiful and stunning relationship with of high integrity. In order to move towards that, its time to “clean up” where you’ve been out of integrity with ‘’money” in the past.

Start your letter with, “Dear Money, I am sorry...”

TIPS: Write for at least 5 mins

Let it flow... If you get stuck at all, just keep writing. You can keep repeating the phrase:

“I am sorry...”

“I am sorry...”

Let your answers flow, and keep your pen moving. Once you get to the edge of your own thinking, it’s easy to stop, keep writing beyond this point and you’ll be surprised with emerges and shifts.

DEAR MONEY, I AM SORRY...

**EXERCISE #6 - CREATING NEW BELIEFS**

Write 10 expansive associations you now have with Money (contrast to your 10 contractive beliefs from week two)

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Which of the above 10 affirmation expands your soul, makes you FEEL amazing and resonates with every cell in your body?

Now commit to FEELING those words everyday for the next 30 days by repeating your affirmation morning at least 10 times a day. Your choice as to how you want to implement that as a new ritual to active an expanded behaviour. Ie add to Manifestation number on your phone and set reminder every three hours to repeat 3 times. Or, wake and fall asleep to repeating 5 times whilst holding your manifestation figure in your minds eye.

**EXERCISE #7 – ROMANCING & HONOURING MONEY**

Write down several ways in which you can honour money in your life. Like any relationship, what we appreciate, appreciates. How can you romance money? Get creative…creativity is about FLOW…and we LOVE IT when LIFE FLOWS through the expression of money …right?! 😉