



SEAN WILLARD

HAVE A LIFE ATTACK

CALENDAR
7 WAYS TO
MANIFEST MORE
MONEY
in Your Business

*Please note this is NOT for resale or giveaway.

Week 1

Monday

AM

1. Fill out the worksheet that accompanies this training.

Take your time thinking of and examining your answers. The more thorough and honest you are with your answers, the more helpful you'll find the exercises to be.

2. Identify your main goal and brainstorm your plan.

Make sure the steps you mean to take are active steps (as opposed to simply waiting for "the right [something/someone]")

3. If you haven't already done so, set your Income Goal and make a plan.

Remember to specifically address the following questions, when you're making the plan:

- What
- Who
- When
- Where
- Why
- How

PM

Coach clients

Tuesday

AM

1. Look over the Income Plan you made yesterday.
 - Are there any new ideas you can incorporate or replace yesterday's with?
 - Are there any new steps you can think of?
 - Can you think of a better way to perform or achieve any of the steps in your plan?
2. If you haven't already done so, deal with your negative money mantras and fears, using the steps laid out in the workbook that accompanies this training.

Decide if there are any additional actions you should take. For example:

- Investigating a kinesthetic aid to clearing such as EFT, meditation, Reiki, etc.
- Hiring a coach, counselor or therapist
- Reading a self-help book
- Joining a group

PM

Coach clients

Wednesday

AM

1. Investigate paid money mindset groups, bootcamps or challenges. Is any one of these right for you at this time?
If your answer is 'yes'—join it!
2. Get to know the group members, take or start any trainings and start participating

PM

Coach clients

Thursday

AM

1. Create or refine your new:
 - Money affirmations
 - Reframed money thoughts
2. If you have not already done so, write out your negative, repetitive Money Story.

This can be as simple as one sentence:

 - E.g. “our family is doomed to be poor”

... or it can be longer, if you feel compelled to go into detail.

 - E.g. “It all started when my great-great uncles tried to sell the farm, which was in such an inhospitable place, the only way to reach it was up the river in a canoe. In five years, only two buyers were interested—real estate men from New York—but it was the spring thaw and the river was raging. The canoe overturned, and both drowned. Since then, every good opportunity our family has, goes sour—sometimes really oddly. And I’ve inherited the Curse...”

Here’s a tip: *The longer your Sad Money Story, the more of a hold it’s likely to have over you.* The GOOD news is, you can replace it with a really short, simple one:

 - E.g. “I am throwing away the family Money Curse and I am now having fun creating an income that brings me joy and empowers me.”

PM

Coach clients

Friday

AM

1. Review your progress this week. What negative money mantras and thoughts did you reframe or replace?

Say your new thoughts, mantras and affirmations aloud. Write or print them out. Pin them where you can see them.

MOVE YOUR PRINTED AFFIRMATIONS AROUND every day to different places on your desk, wall or bulletin board.

(Moving them around helps keep them fresh in your mind. If you leave your sticky notes, list or index cards in one place all month, you will grow 'blind' to them and stop seeing and reading them.)

2. Make a "To Do" list of steps you want to line up and implement next week.

PM

Coach clients

Week 2

Monday

AM

1. Make today a day to feed your new relationship with money. Read your chosen money book, do work from your chosen money group or course, or book a session with your chosen coach.

In addition:

- Read at least three money mindset articles that grab your attention OR watch a money mindset video

PM

Coach clients

Tuesday

AM

1. Find at least three money mindset top influencers or blogs to follow:
 - 1) _____
 - 2) _____
 - 3) _____
2. Read or interact with your chosen experts, and make notes if desired.

PM

Coach clients

Wednesday

AM

1. Take a look at your list of ways you indulge in nickel-and-dime habits or thinking. (If you haven't made that list yet, do so!)
2. Check your budget to see how much money you have for investing in:
 - Yourself
 - Your business
3. Check PayPal or your Credit Card statement. See if there are cheap subscriptions you are not using. If so, cancel them—to free up money for one or two better resources or subscriptions.
4. UPGRADE any systems you use regularly to beyond the basic level.
5. Make a plan to increase or add something that creates a sense of personal well-being (self-care)
6. Double-check to make sure you are not still stuck with areas of nickel-and-dime thinking out of habit. If so, make a plan to get rid of these areas or upgrade them.

PM

Coach clients

Thursday

AM

1. Time to consider outsourcing. If you already do it, is it effective?
If not, why not?
What can you do about it?
2. Follow [Time Freedom Business Blog](#) and/or join the [Freedom Business Academy](#) for powerful outsourcing resources and tips
3. Consider investing in Melissa Ingold's [Fab Contractors List](#) to find top-notch, pre-vetted outsource contractors in many fields.
4. Make a plan for outsourcing. PRIORITIZE. Start by outsourcing the one task or area that drains your energy and time the most.

PM

Coach clients

Friday

AM

1. Review your week.
 - Have you been actively working on your new money mantras and affirmations?
 - Have you been diligently re-framing negative money thoughts to realistic, “can-do” thoughts?
 - Have you taken the action steps you decided on during these past two weeks? If not...
 - Identify what’s stopping you and where you are stuck
 - Brainstorm your way around the obstacle using your Goal/Plan Mini Formula (What, Who, Where, When, Why, How)
2. Make a note of money mindset areas or action steps you wish to take next week.

PM

Coach clients

Week 3

Monday

AM

1. If you haven't already done so, identify toxic people in your life. MAKE A LIST.
2. Look over your list and decide how you will handle them:
 - o Cut off all contact
 - o Reduce contact to minimal
 - o Change the way you interact
3. If you chose "Change the way you interact", decide exactly HOW you will do this.

Remember, two of the most effective tips for dealing with negative or needy people:

- o Say no
- o DO NOT GIVE AN EXPLANATION. Instead, REPEAT your "no" as many times as needed.

You can use a standard phrase and make it a habit, such as "no, my plate is full" or "that won't work for me right now".

Remember that anyone who counters your "no" with a "but" is not behaving like a friend.

PM

Coach clients

Tuesday

AM

1. If you have people close to you in your life that habitually give you negative money messages, ask yourself qualifying questions about that person.

There are two reasons for doing this:

- To better tailor your response
- To REMIND YOURSELF that their negativity is “their stuff”—not yours!

Example questions:

- “Is s/he trying to control me?”
- “Is s/he afraid our relationship will change?”
- “Is s/he jealous? Is his ego threatened?”
- “Is s/he simply in the grip of fear; of his/her old, negative money story?”

Finish this exercise by reminding yourself that their negative money stories are **not yours**—and that you don’t have to accept them or bend for them!

PM

Coach clients

Wednesday

AM

1. Surround yourself with positive, quality people who share your values and outlook
 - Join focused, positive Facebook Groups, Challenges or Membership sites
 - Research and invest in the best coach for you—one that deals with the area you're having problems with
 - Use the best contractors for your business level
 - Get an accountability partner (your coach, someone in a group, a friend or peer you trust)

PM

Coach clients

Thursday

AM

1. Today, focus on gratitude. Do your best to wake up every morning and instantly think of three things you are grateful for.

Do this again whenever you take a break during your day.

Finally, think of three things you are grateful for that occurred within your day when you go to bed.

Make this part of your daily routine from now on.

PM

Coach clients

Friday

AM

1. Go back over the last three weeks. Look at notes you have kept.
 - What is working for you?
 - What is not?
 - How can you adjust whatever is not working for you and make it an enjoyable action or routine?
2. Plan for next week anything you need to complete or take care of

PM

Coach clients

Week 4

Monday

AM

1. Look for opportunities to say a genuine 'thank you'—especially for those things you take for granted.
2. Practice smiling more:
 - Smile while you work
 - Smile when you see yourself in a mirror
 - Smile when you make or take a phone call
 - Smile at strangers

It may not seem as if this has any direct bearing on making money: But you will find it relaxes you, builds your confidence and relaxes those around you. It will show in the tone of your Facebook responses and blog posts.

People are attracted to positive people (at least, the ones you want to attract most likely are!)

PM

Coach clients

Tuesday

AM

1. Go over your last three weeks. Look for paradigm shifts in:
 - Your thinking
 - Your habits
 - Your patterns
 - Your attitude toward making money
2. Give thanks for shifts you have made.

If you are stuck in any area, brainstorm possible shifts. Ask yourself “What if...?” and let your imagination soar.

Say to yourself: “Nothing is just an ‘A’ choice or a ‘B’ choice. What is a third alternative I can try?”
3. Consider consulting your coach, group or another reliable friend/peer on any point you still feel genuinely “stuck” with. Very often, an objective pair of eyes is all that is needed.

PM

Coach clients

Wednesday

AM

1. Identify any bad habits that are still holding you back.
2. Identify why you are still drawn to that particular habit, and brainstorm ways to break the hold it has on you.
3. Remember to replace bad habits with new ones that are:
 - Easy to adopt
 - Fun or rewarding to adopt

PM

Coach clients

Thursday

AM

1. Where do you still need to take action? Identify steps you still need to take—and set them in motion. (Remember that outsourcing can be an enormous help and actually increase your ROI, if you use it to delegate tasks that drain you or make you procrastinate).
2. Make sure you have a clear picture of your finances—every day.
3. Set up a tracking system for your money.

PM

Coach clients

Friday

AM

1. Review your month! Continue to tweak and refine your attitude and your practices.
2. BE READY FOR ABUNDANCE. Focus on creating a balance of planning and serendipity. LOOK for the opportunities the Universe will deliver:
 - Be specific yet flexible
 - Actively practice gratitude
 - Think outside the box and go beyond your comfort zone
 - Remember that you can't control other people—just the way you respond to them
 - Allow the universe to deliver inspiration, help and results in its own way

PM

Coach clients