



SEAN WILLARD

HAVE A LIFE ATTACK

CHECKLIST
7 WAYS TO
MANIFEST MORE
MONEY
in Your Business

*Please note this is NOT for resale or giveaway.

7 Ways to Manifest More Money in Your Business

- I understand that daydreams alone are merely wishes and reinforce helplessness: I need to accompany them with action
- I understand that daydreaming is synonymous with procrastination and that, indulged in excessively, will not move me toward my goal
- I understand that daydreaming is only part of the process
- I am making sure my goal-setting includes a plan that addresses:
 - What
 - Who
 - Where
 - When
 - Why
 - How
- I am using the Mini Goal/Plan formula for all components of my ultimate goal; not just the overall Big Picture
- I am setting specific, realistic deadlines for each stage of my plan
- I understand that making and taking action on a specific goal and plan will alert me to unexpected, impromptu opportunities along the way
- I am being specific yet flexible, keeping my eyes open for these unexpected opportunities to fast-track toward my goal

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- I understand that procrastination doesn't mean I'm a failure: It's just a by-product of a fear I need to address
- I have identified:
 - Repetitive thoughts that make me feel powerless
 - Repetitive actions or habits that bleed time and energy
- I have identified and written down repetitive negative thoughts and mantras I unconsciously say to myself
- I have named my monster fears and thoughts and reframed them into realistic, positive new thoughts
- I understand that negative money mantras are often subjective and superstitious, whereas reframed thoughts should be realistic and objective
- I understand that fear is what gives negative money mantras their power—and that I need to banish fear
- I understand it is my choice and my right to banish fear: I am not powerless, I am powerful
- I have written down and identified chronic excuses I make to myself and others—ones that keep me powerless to manifest effectively
- I am asking myself the following six questions to stop self-sabotaging:
 - “Is this thought/belief realistic?”
 - “Am I throwing up objections before exploring this properly?”

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- “How can I reframe this thought more realistically?”
- “What’s the worst that can happen?”
- “So?”
- “What if...?”
- I understand that having issues with manifesting can also signify I have a deep-seated problem loving and accepting myself—and I have taken steps to get help with this area of my life
- I have changed my money story to a positive, active new one
- I have identified my own nickel-and-diming habits and I am changing each one up
- I am using the best tools, contractors and services for my business needs
- I understand that I can only control myself—not other people
- I have changed my responses to or got rid of toxic people in my life
- I have joined positive, energizing, action-oriented Facebook Groups, membership site or courses
- I am using the best coach for me at this time
- I am practicing and embracing daily gratitude
- I am outsourcing everything possible to keep my energies for the most vital parts of my money-making process

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- I have ensured I possess a realistic picture of my finances at all times
- I am tracking my money; expenses plus income
- I am changing all habits that are holding me back
- I am ready for abundance!