



SEAN WILLARD

HAVE A LIFE ATTACK

WORKSHEET
7 WAYS TO
MANIFEST MORE
MONEY
in Your Business

*Please note this is NOT for resale or giveaway.



Steps to take	Actions
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6. Identify and write down your negative thoughts in the column below.

1. Reframe your negative thoughts in the left-hand column into realism-based, positive, and active thoughts, below.

Negative Mantras or Self-Talk I repeat to myself

Reframed Thought



Steps to take

8. Write out your old, familiar money story, below:

Old Story I No Longer Choose to Live by

**I FREELY FORGIVE
MYSELF
And those who
taught me this old
money story.**

Actions

3. Write out a new money story, checking to make sure it's one you feel/are committed to believing from now on:

My Money Story Today

**I PROMISE TO LOVE
AND ACCEPT
MYSELF
as generously as I
accept others.**



Steps to take	Actions
<p>9. Identify where you have been using nickel-and-dime (poverty/scarcity) thinking, below:</p> <div data-bbox="230 457 821 697"><p>A</p></div> <div data-bbox="230 760 821 999"><p>B</p></div> <div data-bbox="230 1062 821 1302"><p>C</p></div> <div data-bbox="230 1365 821 1604"><p>D</p></div>	<p>4. How will you think differently from now on?</p> <div data-bbox="935 457 1477 697"><p>A</p></div> <div data-bbox="935 760 1477 999"><p>B</p></div> <div data-bbox="935 1062 1477 1302"><p>C</p></div> <div data-bbox="935 1365 1477 1604"><p>D</p></div>



Steps to take	Actions
<p>10. Identify negative people who drain you. Write their names in the right-hand column; then decide how you will react differently from now on to each one.</p> <p>11. Use the following CHECKLIST:</p> <ul style="list-style-type: none"> ■ I have joined focused, positive Facebook Groups, Challenges or Membership sites. ■ I have researched and invested in the best coach for me—one that deals with the area I’m having the most trouble with. ■ I am using the best mentors for my business ■ I have cut ties with toxic people—or plan to limit my contact with them, if cutting ties is not an option (go less often, spend less time). ■ I have changed the way I respond to others. ■ I have acquired an accountability partner: <ul style="list-style-type: none"> ■ Coach ■ Someone in a Group I belong to. ■ A reliable friend who cares. ■ A peer I trust. 	<p>Decide how you will react differently from now on to each one.</p> <hr/> <ul style="list-style-type: none"> ■ Cut ties with him/her. ■ Just say “no” when pestered to do something and REPEAT that “no”—without explanations. ■ Limit contact with him/her <hr/> <ul style="list-style-type: none"> ■ Cut ties with him/her. ■ Just say “no” when pestered to do something and REPEAT that “no”—without explanations. ■ Limit contact with him/her <hr/> <ul style="list-style-type: none"> ■ Cut ties with him/her. ■ Just say “no” when pestered to do something and REPEAT that “no”—without explanations. ■ Limit contact with him/her <hr/> <ul style="list-style-type: none"> ■ Cut ties with him/her. ■ Just say “no” when pestered to do something and REPEAT that “no”—without explanations. ■ Limit contact with him/her



7 Ways to Manifest More Money in Your Business

Use this worksheet to thoroughly explore goals and plans in greater detail. **PRINT OUT** as many copies of this page as you need.

G O A L	What I want to do:	
	Who will benefit?	
	Where?	(Online or physical location? Platform or website?)
	When?	Start date: ___/___/2_____ End/Launch date: ___/___/2_____
	My Big 'WHY'?	
P L A N	HOW	Steps to take:



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To find out more, connect with me on my private [Facebook](#) group and we can set up a free info call.

Sean Willard

Speaker, Coach, Author

<https://www.facebook.com/groups/lifeattackguy/>