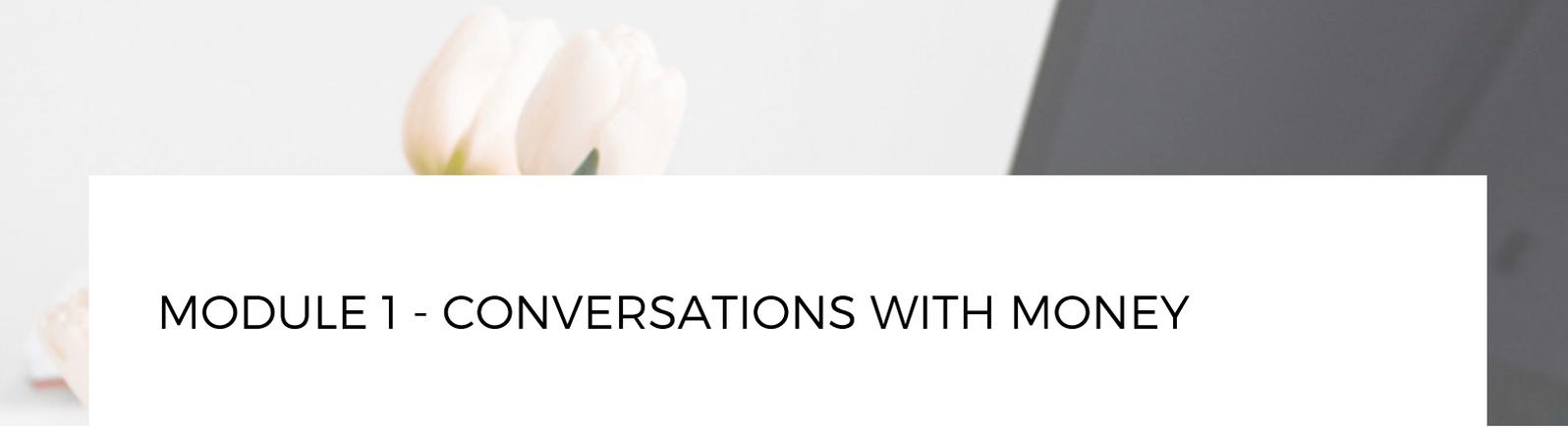


A photograph of a desk setup. In the top left, there are several light pink tulips. In the top right, a portion of a black laptop is visible. In the bottom left, there is a white notebook with a gold pen resting on it. In the bottom right, there is a white ceramic mug filled with dark coffee. A white rectangular box is centered over the image, containing text.

SMART HEALTHY WOMEN ACADEMY

*Build your*  
**RELATIONSHIP  
WITH MONEY**

WITH JODI REEVES



## MODULE 1 - CONVERSATIONS WITH MONEY

### Question #1

Money, what would you like me to know about you today?

### Question #2

Money, am I best to focus on you or ignore you?

### Question #3

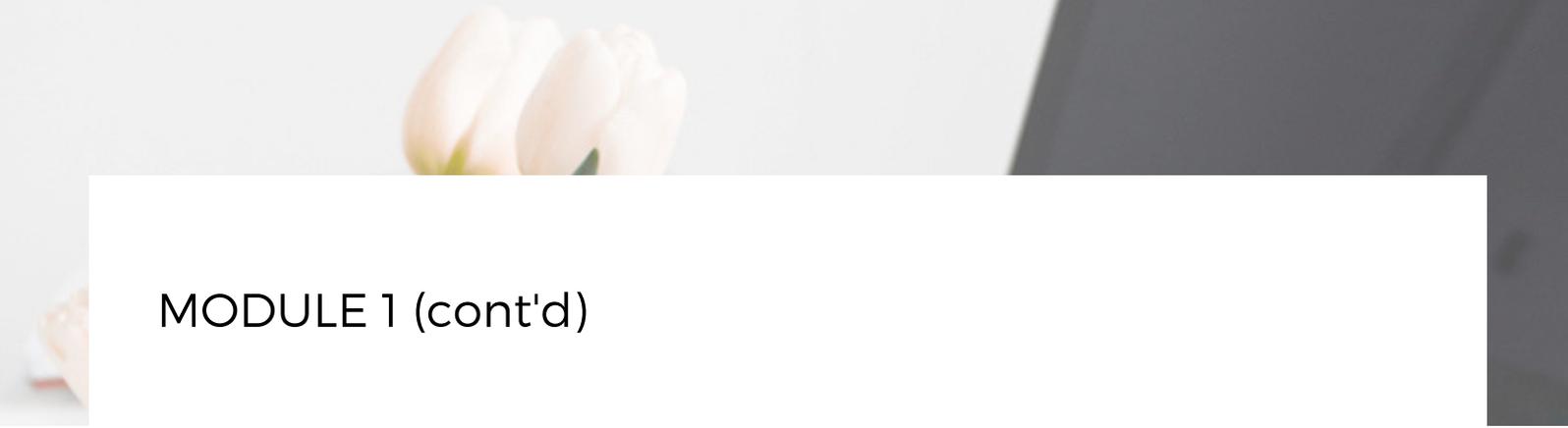
Money, are you a limited or unlimited resource?

### Question #4

Money, where do you flow most freely, what attracts you?

### Question #5

Money, why do you seem such a mystery to me?



## MODULE 1 (cont'd)

### Question #6

Money, do you like me?

### Question #7

Money, what can you teach me?

### Question #8

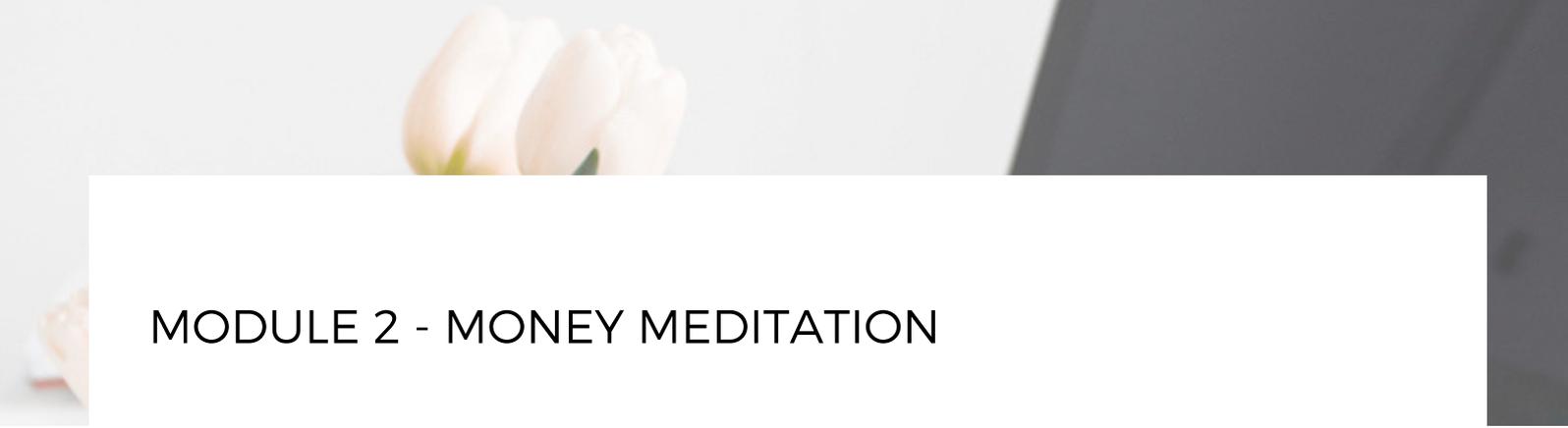
Money, what do you mean to me?

### Question #9

Money, how can I best honour you?

### Question #10

Money, what would I financially benefit from focusing on right now?



## MODULE 2 - MONEY MEDITATION

Complete the Money Meditation provided in Module 2 of the Course, and use this page to record your observations, thoughts and experiences. (You may want to reprint this page for each day of your meditation.)



## MODULE THREE - USING MONEY AFFIRMATIONS

Use the following list of affirmations as instructed in Module Three:

Affirmation #1

I am open to receive

Affirmation #2

I attract money with ease and joy

Affirmation #3

I love money and money loves me

Affirmation #4

I am abundant

Affirmation #5

I am capable of handling money well

Affirmation #6

Money flows easily and consistently into my life

Affirmation #7

I am healthy wealthy and wise

Affirmation #8

I am aligned with the energy of abundance

Affirmation #9

I am financially responsible

Affirmation #10

I am a money magnet



## MODULE FOUR - FAMILY MONEY STORY & PAST MONEY TRAUMA

Spend some time with each question. Don't create thoughts or feelings that don't exist. Every question may not resonate with you but give yourself time to uncover an answer. Even if a thought or belief comes up that you know isn't true write it down, it is time to release it!!

What were your family finances like growing up?

What conversations about money do you remember your parents having?

Was money a positive or negative thing throughout your childhood?

How did your parents talk to you about money?

Did you feel any shame around money as a child?

What do you know about your parent's financial childhoods?



## MODULE FOUR (cont'd)

What statements or beliefs can you recall from your childhood about money?

What are your most common thoughts and beliefs about money now?

What did your family think about people with money?

Did you hear the terms greed, selfish or even sinful associated with money?

What were you taught about money growing up?

Was money a trusted resource when you were growing up?

What were you told about your own ability to earn or manage money?

This could have been for your parents, your grandparents, your siblings, a school teacher, a boss, your community or anyone else.



## MODULE FOUR (cont'd)

When you think about these experiences, thoughts or beliefs whose voice do you hear in your mind?

Have you experienced financial trauma or stress?

What do you tell yourself about this stressful experience?

What do you tell yourself about your own financial past?

What financial stories or experiences do you replay?

When you think about money now what feelings do you have?

What do you feel when you think of money?



## MODULE FOUR (cont'd)

What do you think when you receive money?

What do you think or feel when you pay bills?

What do you think or feel when you spend money?

What do you think when you think about the following things:

Spending?

Bills?

Budgets?

Tax?

Salary/wages?

Expenses?

Wealthy?

Debt?



## MODULE FOUR (cont'd)

Savings?

Rich?

Poor?

Investing?

Millionaire?

Billionaire?

Bankruptcy?

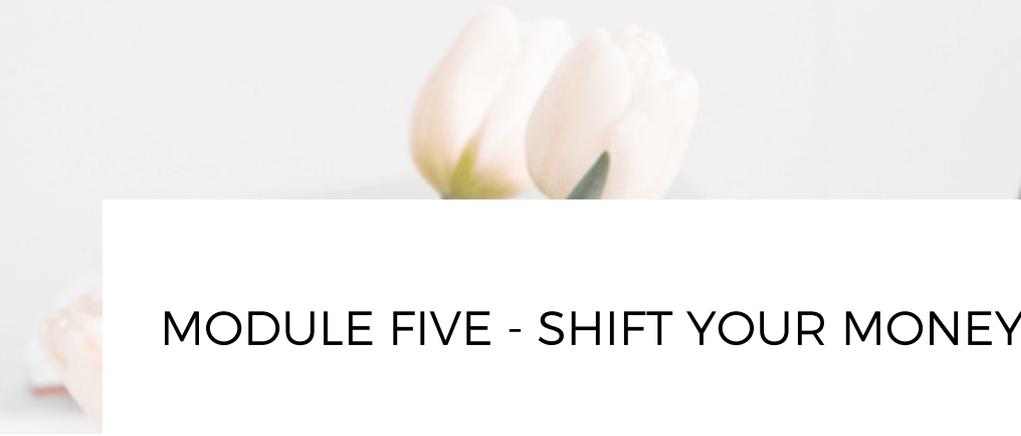
Bank balance?

Pay day?

Income?

Don't judge any of these answers or thoughts as they come out. Let them out!!!  
Allow these deep thoughts to land on your page and view them with interest.  
This exercise is not about blame it is about uncovering what thought sand beliefs  
have been behind the development of your current 'money story'.

Let yourself be honest and let's move towards freeing yourself from these  
thoughts and move on to create a new money story. One you will love!!



## MODULE FIVE - SHIFT YOUR MONEY STORY

### Once Upon a Time

Releasing negative memories and limiting beliefs around money.

Each day for the next 3-5 days write out as many negative beliefs and memories about or related to money you have. Allow them all to come up.

Don't write "I believe ...." or "I remember...."

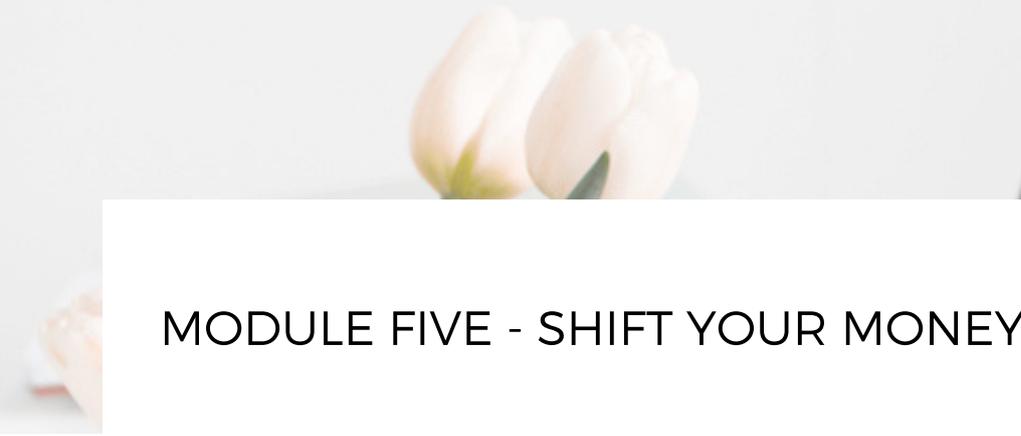
Instead for a belief just write it, for example "Money doesn't grow on trees."

And for memories write "Once upon a time ....."

Write all you can, all that come up. Don't force them just allow them.

### Day 1

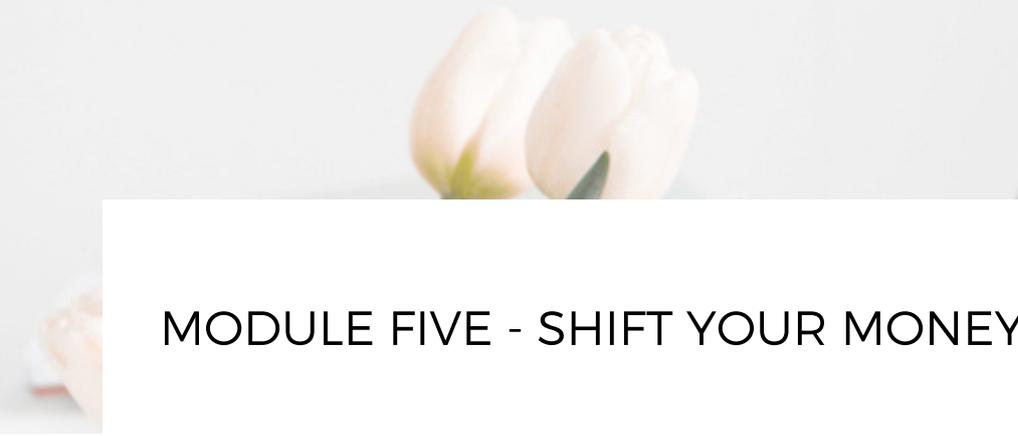
Write out all the beliefs and memories you can. Allow them to flow, you can write pages if necessary. Once you feel there is nothing left to write do the Burning and Releasing Ritual outlined.



## MODULE FIVE - SHIFT YOUR MONEY STORY

### Day 2

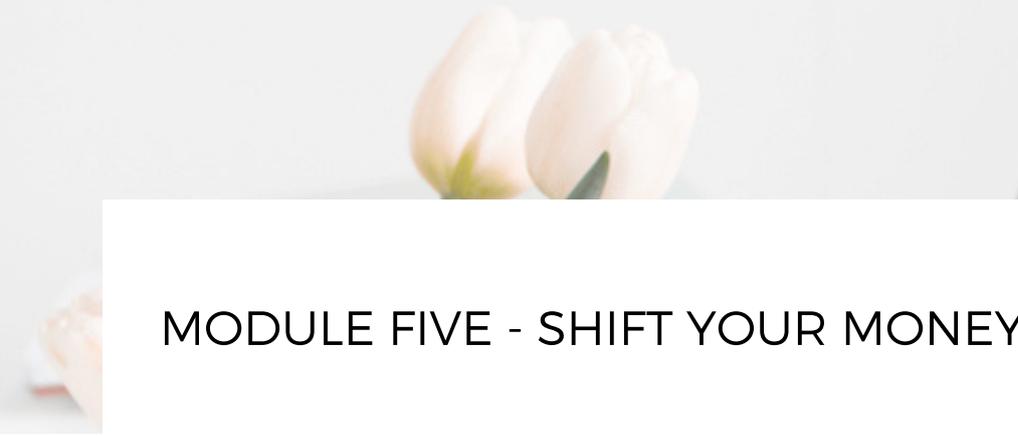
Just repeat the same process as yesterday, only write what comes up today, don't just write it because you recalled it yesterday. Just what comes up today. You will probably have less to write than yesterday, but it is fine if you still have pages. Once you feel there is nothing left to write do the Burning and Releasing Ritual outlined



## MODULE FIVE - SHIFT YOUR MONEY STORY

### Day 3

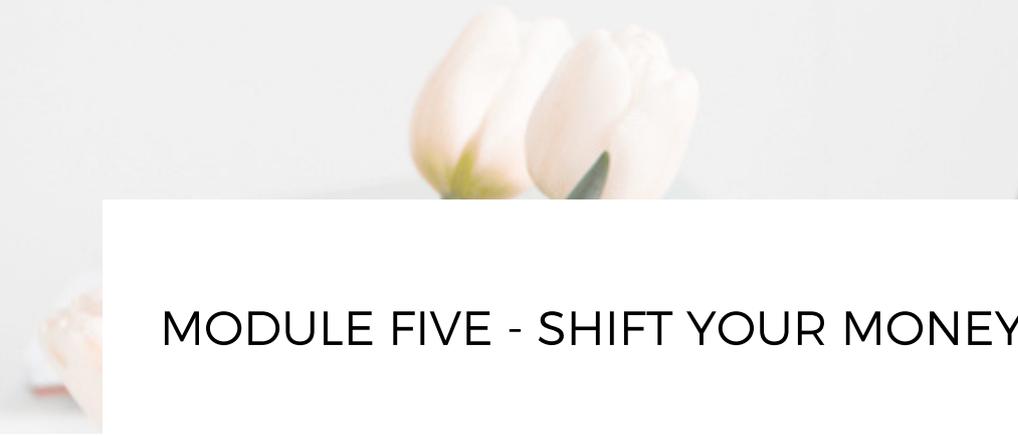
Repeating the process again today. You will probably have less to write today. Just all them to flow. Once you feel there is nothing left to write do the **Burning and Releasing Ritual** outlined



## MODULE FIVE - SHIFT YOUR MONEY STORY

### Day 4

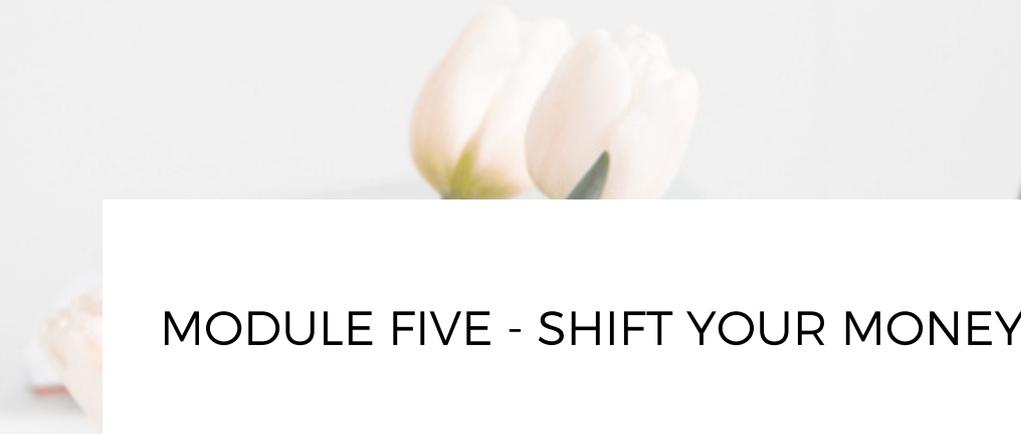
Repeating the same process again today. By today you are probably struggling to write very many. You may in fact find there is nothing to write. Once you feel there is nothing left to write do the Burning and Releasing Ritual outlined



## MODULE FIVE - SHIFT YOUR MONEY STORY

### Day 5

Use this day if things are still coming up, you can do this until there is nothing coming up. Once you feel there is nothing left to write do the **Burning and Releasing Ritual** outlined



## MODULE FIVE - SHIFT YOUR MONEY STORY

### Releasing and Burning Ritual

Used daily after your writing session

Best done outside and on the grass.

State “I intend to release these beliefs and memories with ease and grace. I release them to the universe.”

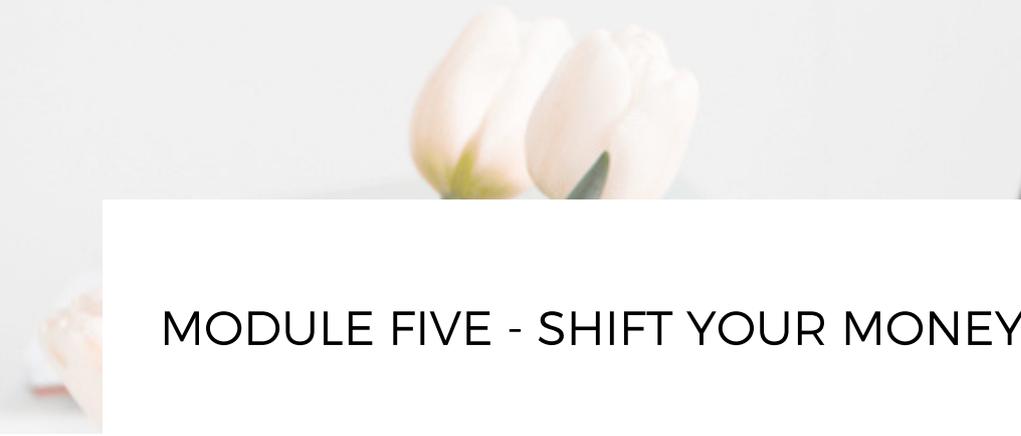
Read through the beliefs and memories you have written that day.

Now burn the paper.

As you light the paper state with confidence, “I release these beliefs and memories with ease and grace. They are the past and they have no place in my future. I release them all to you, the universe, and I move forward with freedom into my full potential. I am free.”

Watch the paper burn completely. If needed relight it while holding the intention to release the beliefs and memories.

This daily ritual is a vital part of this process



## MODULE FIVE - SHIFT YOUR MONEY STORY

### Rewriting Your Story

Once you have released all your beliefs and memories it is time to rewrite your story, to write your own fairy tale.

This always starts with Once upon a time... and it always has a happy ending. Remember fairy tales tend to start with a heroine, then there is a drama, trouble, tragedy, injustice, a knight in shining armour saves the day and they all live happily ever after.

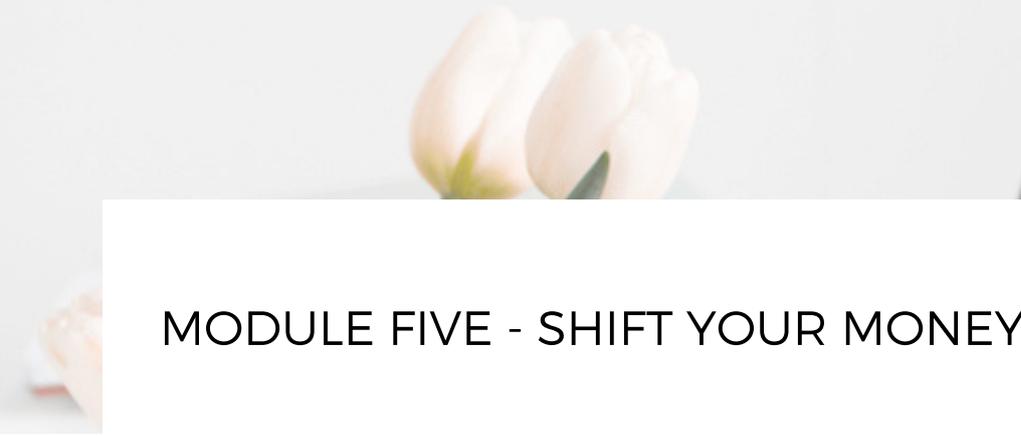
Read your fairy tale daily.

I am sharing with you one of my Once Upon a Times. This story is mine, yours will be uniquely yours and you can be as creative as you choose to be. It can be long or short. The important thing is that you feel it!! I am sharing this with you just so you get an idea.

Have fun with this process. Rewrite your fairy tale!!!

Once upon a time there was a girl who hung onto limited financial beliefs. She believed there was money in the world, money in the universe, money in abundant flow but deep down she didn't believe it would flow to her. She doubted herself, she felt limited by her birth story, her family circumstance, her education.

She worked on this, she acknowledged her beliefs and let go of judgement. She got to know herself, she worked in conjunction with the universe and she took off that old lens of lack and limit and poverty and she finally released her limiting beliefs and removed her limiting blinkers.



## MODULE FIVE - SHIFT YOUR MONEY STORY

She decided to own her own potential and embrace the abundant flow. She decided to believe in and trust the abundant flow.

She stood in abundant glory!!

That girl was me.

I now know my capacity to earn and attract money is unlimited and the only thing that can hamper that flow is me, my thoughts and my beliefs. I choose instead to trust the flow and to accept my awesomeness.

This girl is now me.

A new me was born when I decided to finally release that old and limiting beliefs and now I love a life of opportunity, inspiration, passion, purpose, fun, love, abundance and wealth.

I am abundant.

I am wealthy.

I am full of unlimited potential.

I am successful.

I am happy!!!

I now live happily ever after



## NEXT STEPS

So what do you do from here?

Well I hope you continue your conversations with money. I hope you continue the meditation and I hope you use affirmations regularly. I hope you continue to look into any beliefs or blocks that arise. See where they may have come from - your family's money story, your own money story or your own money trauma. And I also hope that you use the Once Upon a Time process to really uncover anything as it comes up and rewrite that story so that you can become the heroine in your story and live happily ever after.

So there's many other things that we can discuss. But I really think with these processes that I've shared with you throughout this course, if you stick with them, if you make a little bit of time each day and you commit to these processes you will be changing your relationship with money for the better.

Thank you so much for joining me throughout this process and I really wish for you every abundance, every happiness and every joy that you desire for yourself.

I hope to see you on Facebook or on my website. You can email me if you're interested in working one on one. I'd love to see you again.

But if not I hope you've got some tools from this course that you can take forward in your life and start creating the life that you truly desire.