

Abundance is a Practice

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Meditation



Limiting Beliefs

Exercise:

- Money is.....
- Money means....
- My father taught money was...
- My mother taught money would...

Affirmations

Exercise:

Write a positive affirmation
and a goal specific
affirmation



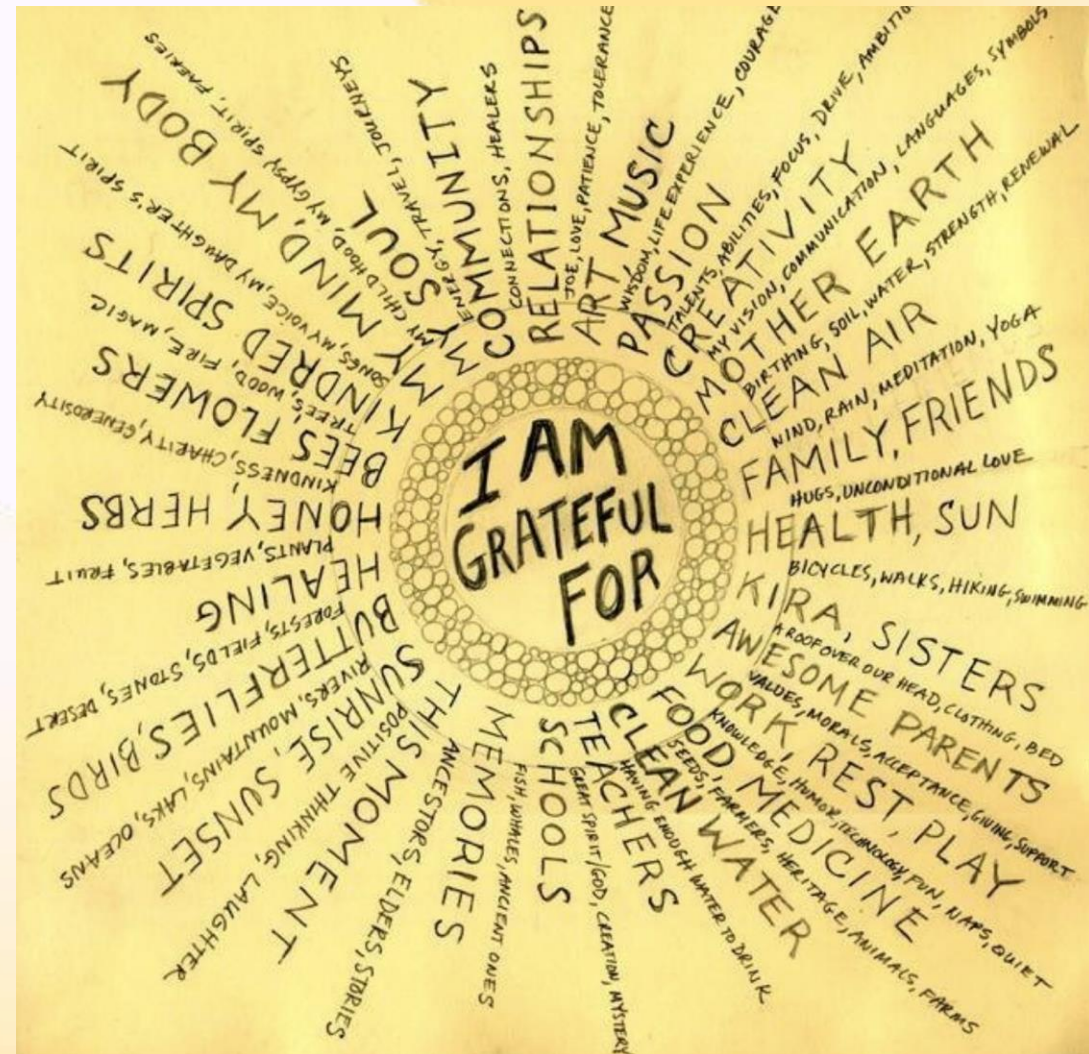
Visualisation



An Attitude of Gratitude

Exercise:

Write down 5 things you are grateful for ...



Take Responsibility/Action

- Write morning pages
- Notebook for counting
- Identify your spending personality: *Big spender/The bargain buyer/The monetary miser/The enabler*



Thank you

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