

# Conscious Wealth Activation

5 lessons with Eugenia Oganova

## LESSON 1: How to expand your Wealth Container

Uncover your unique Soul Design so you can step into your natural rhythm to attract & hold more wealth.

What is your Wealth Container?

What is Wealth?

How is your physical body related to the capacity to hold Wealth?

Why sometimes intentions do not work?

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What are you feeling about your business right now? Is it matching your intention? What does this mean about your Wealth Container?

What are your top 3 future business goals for the next 12 months?

How do you feel about these goals? >>> What does your Mind say? What do your Emotions say? What does your body say? (Do you notice any part of you sabotaging the others?)

## Three Components of Expanding your Wealth Container

1: Clarity of your Vision linked to the Experience of getting to that Vision >> helps you align your Vision to your natural rhythm so it feels easy to get there.

What is the larger Vision of your business?

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What does it look like materially in your business in the next 12 month? (*actions to take*)

How do you want to FEEL implementing that Vision? (*not at destination but during the journey*)

Summarize what is your future-based vision-experience? >>> This is the experience you want to cultivate daily on the way to your goal as if this has already occurred.

[2: Clearing subconscious obstacles to what you want to experience](#) >> helps you create from focused intention.

What is the negative emotion that showed up when you were looking at your goal?

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What is your natural rhythm in which you would like to run your life and your business?

When you had the negative emotion about your goal, were you imagining getting to your goal based on your natural rhythm or not?

What would your business journey look like if you arrived at your goal using your natural rhythm? >>> What would you need to modify or let go of to accommodate your way of doing things? *(Clearing these sabotaging patterns will help you expand your Wealth Container to match your Vision).*

[3: Embodying radical self-acceptance and love](#) >> helps you become your own ally no matter what happens.

What do you think you will GAIN by getting to your goal? ( "If I had/achieved/attracted/created \_\_\_\_\_, then I would feel \_\_\_\_\_")

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What does this “gain” feels like in your BODY when you arrive at that goal?

What if you did NOT arrive at your goal? Can you hold in your body the SAME feeling as if you did? Practice it.

What if it worked out even better than you imagined? Can you hold in your body the SAME feeling as if you did?

Practice imagining you “got to your goal”, you “didn’t get there”, and you had “something even better” happen – all the while holding in your body the SAME feeling as if you achieved it as you wanted originally. What is this experience like for you? What does it feel like in your body to hold the same state no matter what happens?

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HOMEWORK >> What are your 3 biggest take-aways from Lesson 1?

To enter to win \$1000 in savings towards my program, complete this WORKBOOK and COMMENT in the FB Group LESSON 1 thread (and during the livestream or on replay) – the more you show up, the higher your chance to win!

In the LESSON 1 thread, answer this question:

What is your desired future-based vision-experience?