



WEALTH CREATION WORKSHEET

FROM PASSION TO PROFIT

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This wealth creation practice is a two-part process. Firstly, we need to start getting your energy cleaned up, and to do this we need to get really clear on where you are currently at. Then we can move onto a powerful meditation.

***'Money is only a tool.
It will take you wherever
you wish but it will not
replace you as the driver'***

Grab a pen and paper, open the notes app on your phone or flip open your laptop and let's dive in. For us to get really clear on what you want and identify the areas of resistance, we need to get writing about the following



What is your big money goal? Exactly how much do you want to be bringing in on the regular? You can decide if this is weekly/monthly/yearly. BE VERY SPECIFIC



What would it FEEL like to consistently bring in that figure? Close your eyes and imagine seeing that amount in your bank account. What emotions come up? What sensations arise in the body? Write as much down as you can - WITHOUT JUDGEMENT.



What is your WHY? Why do you want to be consistently bringing in that amount? What would it mean for your life? How would your life be different and what limitations would be lifted? Keep writing until the flow naturally stops.



What is standing in your way? Ask yourself this question and notice what comes up. What emotions surface? What thoughts come to mind? It is not uncommon to feel a little uncomfortable at this stage. Simply breathe into it and write everything down.

Now for our second step. Once you have written as much as you can about the above and feel like you have got it all out of your being and onto paper, we can move onto THE MEDITATION.

***"Miracles start to happen
when you give as much
energy to your dreams
as you do to your fears"***

I am going to take you on a guided meditation to support the release of your limiting beliefs and subconscious narratives that surround your wealth creation mindset. You simply need to set aside a short amount of uninterrupted time to dedicate to this practice. Below are some simple steps to get you ready for your meditation.



Get comfy. Think cushions, blankets and anything else that will support your relaxation. You can be sitting or lying down.



Keep your back straight. We have a central channel of energy, called the Sushumna, and to get the most out of your practice this needs to be aligned.



Don't worry if your mind wanders off during the meditation, that's totally normal. When you notice you have drifted, simply bring your awareness back to your breath and back to my voice.



Ready? Let's go ... head over to www.kirstykianifard.com/wealthcreationmeditation and I will meet you there.