



# SOS MONEY MAKEOVER



MANIFESTING  
**COACH**  
BLONDIE

# SOS MONEY MAKEOVER

Money isn't a super power, it's man made but its still a form of energy that comes from YOU.

To change your money attraction, you HAVE to feel great about money.

Theres no faking either, denial over your financial situ never works with The Law of Attraction.

Money worry is WORSE in your mind, your ego LOVES to use fear to stop you in your tracks.

What the opposite if worry? Safety!

Whats the opposite of lack? abundance!

Like everything, you need to work on falling in love with money and this works at a mental, spiritual and universal level.

Ready for your money makeover?....

Let's go!

Attracting & Manifesting is all about feeling the love and desires of what you want.

When it comes to money, it can bring up so much fear, panic, need, worry and more and you CAN'T attract money from any of those feelings. You also can't pretend to feel ok about money when unconsciously you don't, that's denial babe.

For example, Its not enough to except cheques in the post when you're worried about your bills, thats not in love, its still fear.

This powerful series is designed to get you in love with money, to change your energy around it, therefore start attracting it to you.

Everytime you feel bad about money, immediately come back to this series and re-set your vibes to abundance.

Make sure you answer the steps in this work book. The video is you listening, the workbook is YOU DOING!

This workbook has been updated since the videos, so it may may not match exactly what I read in the videos but the steps and processes are still the same and powerful so do both.

Big love

Luce xxx



Firstly, lets get something right...

I speak to girls on a regular basis who read a million law of attraction books but are completely disillusioned about their current finances, thinking that imagining cheques in the mail is going to magically sort out their current finances.

Thats denial. love.

You can't convince yourself you're ok when you can't afford your bills, feel skint, or have guilt over your debt. This is the biggest misconception in the law of attraction and why money never improves for most people.

You have to be real with your money and with your financial situation then move on from it.

In addition to that, so many girls fear their finances when the reality isn't that bad!! Its the ego mind. This helps you relieve anxiety, worry and feel good on every level.

Also in a lot of cases, this step in itself is enough to raise your worries and vibes massively in itself.

This step, should be done every few months to check in with yourself, unless you use a money tracker.

Treat your money and your banking like your best friend.

### **STEP ONE - SHIFT THE ENERGY!**

Your ego has probably got you in a spin about your money, so the first step is feeling calm and safe, to do that you have to look at everything as it is, for real.

Fear of looking in your bank account? Bad news hun.

Start to treat your money like your best friend, invite it in, know what its doing, be honest and see it often.

#### **1) GET REAL.**

LOOK at ALL your money, properly, create an excel spreadsheet or write it out, see where you're putting it..

In your current account, highlight all your bills/ outgoings.

Look at your random spending to see where you're putting it.

List total income, total outgoings.

Make a checklist in your phone of 'bills' and the date they come out, and tick them off each month (with a THANK YOU).

Thats your TRUE financial situation, good or bad.

#### **2) ORGANISE YOUR MONEY.**

If your paperwork/ emails are messy and disorganised, you'll feel messy and disorganised about money, there is no flow.

Make folders and emails folders for your bills etc.

This makes way for money to come in, instant energy shift....



### **3) Go over your past 3 months spending.**

Where do you spend your money? You need to know where you're putting your lovely money, awareness is everything. Look in your account, check ad-hoc stuff like coffees, sweets, alcohol, old subscriptions, memberships, clothes..

These are your spending money habits. Do you like them?

### **4) SORT IT.. (THE BEST BIT).**

- Cancel old memberships and stuff you don't need/ use. Free up some money.
- Setup payment automations for ALL bills on days the work for you.
- If you have more money going out than coming in, call a debt management charity for advice, don't be in denial. Step Change (uk) is fab.

### **5) CONGRATULATE YOURSELF!!!**

ALWAYS LOOK AT YOUR MONEY, FEAR OF LOOKING IS FEAR OF MONEY. Love looking & feeling organised, that's huge money attraction already.

Rename the word 'bills' it has a negative association.

'I hate paying my bills'...

THAT'S A VIBE KILLER.

If you fell in love with what you actually get from each 'bill' you pay, it would change your whole feeling of abundance.

By renaming them to something nice and remembering what each 'bill' really GIVES you, it changes your perception, you will instead feel grateful, massively abundant for all that your are giving yourself and you should start to feel wealthy.

This exercise alone is mega powerful and something I get all my one-to-one clients to do.

We can now attract money into our life.

## **STEP TWO - UP THE MONEY FLOW**

1) From now on ditch the shitty name 'bills' and start referring to your regular payments as 'lifestyle expenses' or something lovely because they give you so much!

2) Everyday for 7 days write thank you notes in a notepad to each lifestyle expense you have and what that gives you.



3) Then write thank you notes to your loans, credit cards and lenders. What did that money give you? feel massively thankful for it.

4) Clear out anywhere you store your money, like your handbag or purse and keep it tidy and organised. Treat money with love and respect, its your BFF remember. You may even find some money or a voucher :)

5) Write thank you on a small piece of paper and put it into your purse, or where you store your money, so that every time you go to pay for something you are grateful for what you are about to buy.

6) Create a money tracker in your phone and every time you get sent a discount, get something for free or you find something, make a note it in your phone. You will focus you on what is coming IN.

What are your actual beliefs about money?

If you believe things like:

Money is the root of all evil

Money makes people miserable

You don't deserve money

Money will ruin your friendships or relationships

Money is HARD to earn

You have to trade your freedom for money

These are subconscious beliefs you have which you need to uncover.

Also, crucially, know what type of manifester you are. Some people love deadlines and financial goals, others hate them and get huge resistance when you think about the cost of what you love.

See 'what type of manifester are you' in my FB page.

### **STEP THREE - YOUR BELIEFS ON MONEY**

1) Make a list of everything you want in your dream lifestyle. The houses, the home help, the holidays, the clothes, private education, the private healthcare, massages, everything and anything that makes you feel amazing it would cost you to live a life of luxury.

2) I want you to add up the cost of those things and pay attention to how that makes you feel.

3) When you look at those numbers do they feel good to you, or bring up resistance? (Look for PDF called, what type of manifester are you?)



4) Write down what negative things come up when you think of the money.

5) Write out what negative beliefs you grew up with about money, what your parents or grandparents used to say to you and other people around you look at the list on the left and add your own.

Changing your money flow is LOADS to do with your deep beliefs around money and what type of manifester you are.

If you're feeling good you can't feel bad, sad, shit, worrisome, jealous, angry or guilty.

Why do you think us coaches always prattle on about being grateful? exactly!

When you are happy and grateful you are also in surrendered / receiving mode!! Its BIG

So, essentially when you are in a good place, high vibing your arse off you are setting yourself up to receive inspirations, ideas, etc.

The trick is to have a feel good list of places and things that can get you to feeling good easily.

BUT

Better still, you should regularly be doing things that make you feel good anyway.

Feeling good shouldn't be a treat, it should be a lifestyle choice and only you are in charge of that.

#### **STEP FOUR - MOJO TIME**

Attracting money has everything to do with how good you feel the majority of the time. Happiness is a type of surrendered energy, did you know that? To be happy means your manifesting rate is HIGH. So. take charge of your life and happiness and start to create a life you love.

1) Write a list of all the things that make you feel good in life, no matter how big or small.

Walks, hot bubble baths, chocolate, glass of Prosecco, being with friends and family, going on holiday, going to a spa, hair, nails, massages, new Pjs, fluffy socks, candles, crystals, fresh flowers, fresh bedding, tidy house, napping, meditation, gym, yoga, reading, scented candles, sage burning,.

Have paid and free lists.



2) In your calendar, BOOK IN those things or life happens, the months gone and you've done nothing. To often women put themselves last, therefore, never really being in happy receiving mode, you can't have that when you want to attract a decent life!!

See it to feel it.

Create a vision board of all the things you LOVE.

Why?

Two reasons...

Firstly, it makes you FEEL good to look at them.

Secondly, you have to know what you want in life, that's the whole bloody journey, what you aim for and how you make a nice life.

You now have 5 steps to whip up money flow when you need it. This should be done regularly.

Whenever you feel bad about money, I can guarantee you it's because of one of these things, if not more, has slipped.

Study the law of attraction and learn to really understand how to make everything you want come to you in ease and flow.

Luce xxx

## STEP FIVE - WHAT DO YOU WANT?

### 1) Create a vision board

Use pinterest or get a load of magazines and cut things out. You can really go to town here with glitter, crystals, paint etc. The aim is for your heart to sing when you see these images.

2) Read and study the law of attraction. Go to the secret website where it says 'secret stories' and read what real life people are bringing into their life from following these principles.

3) You can't feel rich if you look like shit. Stop wearing the old tatty clothes, make an effort. If you had money, I bet your hair would be nice, makeup, fresh clothes. You would take pride in your appearance and how you feel.

Make an effort now, to look good! change your outfit, do your hair, put your fave socks on or a bit of lip gloss, you will be amazed at the difference. Tomorrow, put on some nice bits, feel nice and you'll see what I mean.

Well done, babe!

I wish you loads of money energy coming your way

xxxx

