



Mindshift / Prosperity Exercise

The first step is to examine your beliefs about money and prosperity. Oftentimes it's our thoughts about money that block our blessings and prosperity.

The second step is to tune out the negative thoughts to make way for the new money thoughts. Thoughts are like magnets in our mind...they attract other thoughts like themselves. So if you dwell on the idea of lack of money, lack of happiness or lack of anything...we will experience more lack.

Stop any thoughts that oppose your good. It really is cause and effect. Before a condition can materialize, it first must be thought and believed. You must tune out the fears, failures, disappointments, inhibitions, despairs, past mistakes, hurts, criticisms, self-condemnations.....these are holding you back. Mentally reject all false beliefs until you are free of them.

Step three is that you must believe that you can turn your financial situation around today and become an extremely successful entrepreneur.

Mindshift Exercise:

Assignment 1:

Get a notebook or journal and make a list of all the things, events, circumstances, and experiences that you think may be responsible for your present state of finances. List every single thing has been troubling you---for example:

- The position you lost
- The mistakes you have made
- The unsuccessful project
- Any mental burdens you have been holding onto
- Any negative beliefs that are spinning in your mind on anything
- List all the inhibitions from when you were young.—the shouda's woulda's, coulda's

- Keep digging and analyzing until you have discovered every enemy thought in your mind

The goal is to get all the “junk” thoughts out and exposed. Keep doing this until there are no more hidden thoughts or beliefs that will get in the way of your success.

Don't discuss any financial difficulties, hard times, economic disasters, recessions, and depressions with friends and families from this day forward.

Assignment 2: Be Grateful For What You Already Have.

On another sheet of paper in your notebook/journal list all your possessions, such as your house, apartment, car, clothing, furniture, jewelry, and retirement account, savings, stocks, computers, televisions, etc. Next to each item place a monetary value and add this up. Now really sink deeply into your mind what you have. As you see, you are already prosperous. So stop and ask yourself, what am I worried and fearful about.

Assignment 3: What's Wrong & What's Right In Your Life?

Now make a list of (1) all the things that are wrong in your life at the moment and (2) all the things that are right.

What you will see is that there is generally 90% right and 10% wrong. The problem is that we dwell on the 10% that is wrong and ignore the 90% that is right.

To break this pattern...you will focus on the 90% good. You will only talk about what you have, not what you don't have. Dwell only on the good that is happening in your life and the world. See this downturn in the economy as your way to become wealthy.

Assignment 4: Tune Out Poor/Poverty/Negative Thoughts and Beliefs.

This takes work, because most of our thoughts are habits. The best way to handle a fear thought is cut it off before it has a chance to complete itself in your mind. Stop the thought in mid-sentence. Or, an even better way is to get a small box and when you get an offending/negative thought write it down on a small piece of paper with the date and drop it into the little box. This convinces the mind that this thought no longer serves you. It might take several times, even hundreds of writing the same thought down and putting it into the box, but the process will lead to eliminating the thought.

Assignment 5: Stay Focused and Relaxed on Your Project/Business.

For the next week, starting today, I want you to do the following things:

1. Keep all your troubles and problems locked up tight. Keep yourself in a relaxed state of mind for this period and refuse to think about them.
2. Avoid speaking one word of trouble, lack, fear, discouragement or criticism to any one.
3. Think prosperity, believe prosperity, talk prosperity, act prosperity. Be prosperous, look prosperous, and live prosperous. Do everything prosperously, just as though you had all that you need.
4. Develop your **FAITH** muscle. See your successful product or service in your mind, (2) tell your mind (subconscious) that it is already yours, (3) Pray with Faith to speed it up.
5. Write down your “Burning Desire” for the type of product or service you want to create during this course. Write down your 5 passions.

I know this may sound crazy, when you are trying to figure out how to pay your bills. Yet, remember, you create your own reality and your thoughts are shaping what is happening in your life. You must keep your thoughts off your troubles and on success, even if you can't see it.

The Mindshift is more important than you think. Don't take this step lightly....it is what will give you the slight edge and quantum leap for the new model for wealth and helps you to have clarity on the product or service you are offering. It will also stop the unconscious self-sabotage,



WEALTH INTENTIONS

“WINNING THE MONEY GAME”

- \$ I AM THE CREATOR OF MY LIFE. I CREATE MY OWN FINANCIAL SUCCESS.
- \$ I PLAY THE MONEY GAME AND WIN. I SET MY INTENTION TO CREATE WEALTH AND ABUNDANCE
- \$ I MODEL SUCCESSFUL AND RICH PEOPLE
- \$ MONEY IS FREEDOM AND MAKES LIFE MORE ENJOYABLE
- \$ I’M GETTING RICH DOING WHAT I LOVE
- \$ I DESERVE TO BE RICH AND HAPPY
- \$ I ADD VALUE TO OTHER PEOPLE’S LIVES
- \$ I AM A GIVER AND A RECEIVER
- \$ I AM GRATEFUL FOR ALL THE MONEY I HAVE NOW
- \$ LUCRATIVE OPPORTUNITIES ARE ALWAYS AVAILABLE FOR ME
- \$ I AM WILLING TO DO WHAT IT TAKES TO BECOME FINANCIALLY FREE
- \$ I AM WILLING TO CONTINUE TO LEARN AND GROW

© Cheryl Broussard & Co. 2017

www.thejetsetgirl.com



WEALTH ATTITUDES

Say or Write each down 25 times Every Day!

- I create money and abundance through joy, aliveness and self-love.
- I know the essence of what I want and I get it!
- My money is a mirror of the abundance I believe I'm meant to have. I respect it, enjoy it, and act responsibly with it.
- Abundance equals flow. As I put energy into my work, it comes back to me in the form of money.
- Living prosperously means living fully. It means acknowledging and accepting the love and abundance that life has to offer. There is nothing selfish about it.
- My income is expanding and increasing right as I read this affirmation.
- I'm on the road to Financial Success!
- I have plenty to spare and plenty to share.
- Living prosperously and abundantly means living my dreams.
- My beliefs create my reality. I believe in my unlimited prosperity.
- I choose beliefs that bring me aliveness and growth.
- Money flows in my life. I am prosperous.
- I send love to my money fears.
- I only speak of success and prosperity. My words uplift and inspire others.
- I am powerful, and successful, making at least \$_____ a month.
- I am in charge of my destiny. I am the builder of my life.
- I give myself permission to be all I can be.
- I release anything that is not for my higher good and ask it to release me.
- My savings act as a magnet to draw more money.
- I am financially independent and free!
- My money creates good in my life.
- I am a money magnet.

Say these at night, on your way to work, when you first wake up, when you are paying your bills, when your bills are overdue, when money is tight. Record them!