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MODULE 4:

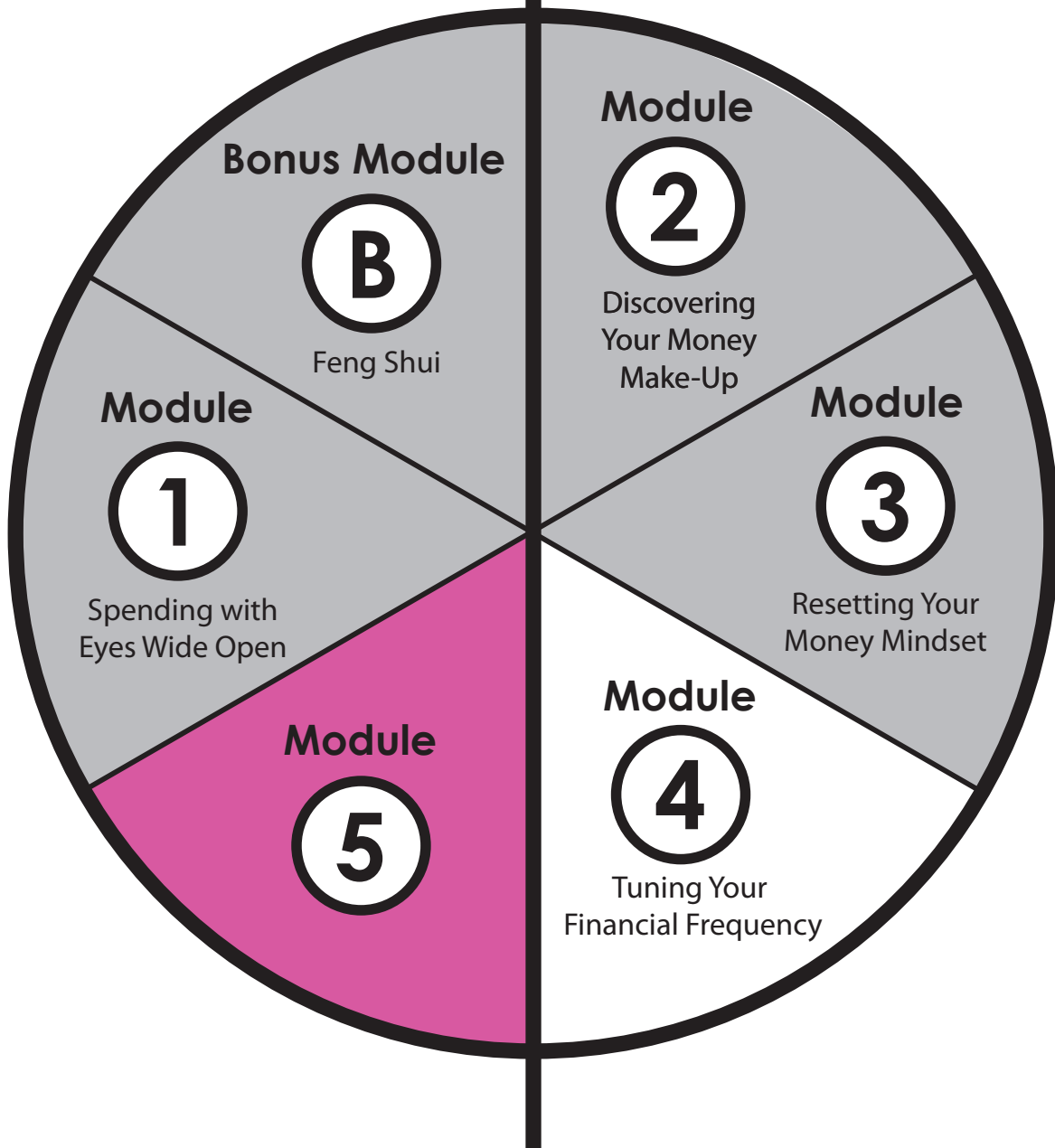
Tuning Your Financial Frequency

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Outer Game

Inner Game



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Module 4 Outline:

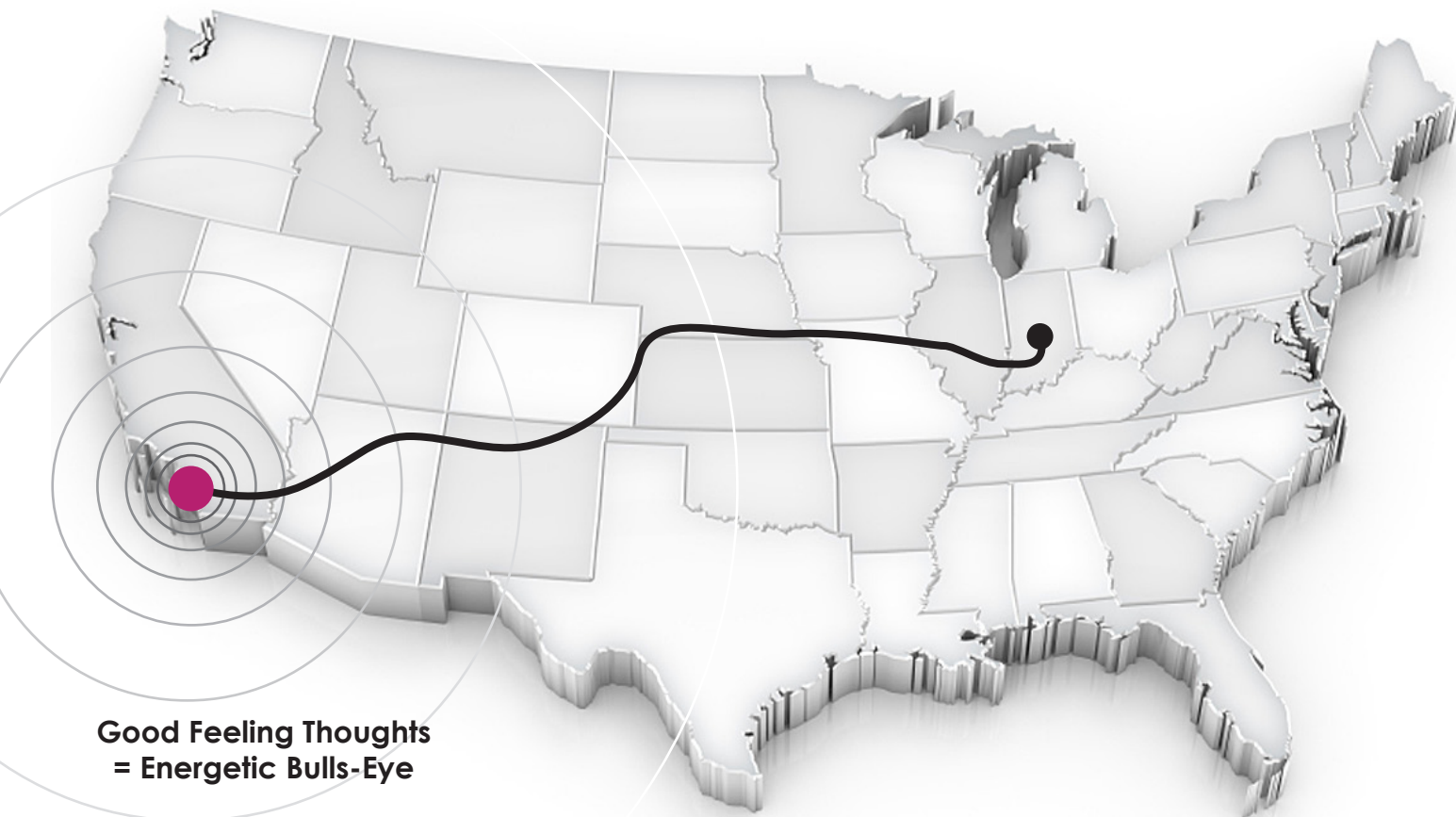
Becoming a Master at Tuning Your Financial Frequency

1. Getting to Know Your Emotional GPS
2. Status of Your Current Frequency
 3. Learning to Pivot Your Focus
4. Getting in Touch with Gratitude
 5. Being Your Best Self, NOW
6. Moving Up the Emotional Tank
7. Successful Use of Visualization
 8. Frequency Fixes

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Your Emotional GPS System:



**Good Feeling Thoughts
= Energetic Bulls-Eye**

What are you discovering? _____

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Energy Mindfulness Checklist

The Following activities can be powerful energy influencers - be mindful and care-full of how you are BEING while engaging in these activities. Note what you notice overall in these life areas — which are supporting you? Which are draining you? What changes can you make?

Conversations _____

Books _____

Movies _____

TV shows _____

Music _____

People/Friendships/Support _____

Commitments _____

Groups _____

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Great Ways to Pivot Your Energy — Fast!

- Do Module 3's 5-step Process
- Distract yourself in some way
- Listen to inspiring + uplifting music
- Watch an inspiring + uplifting film
- Dance
- Smile
- Meditate
- Work yourself up the emotional scale
- Exercise
- Listen to an inspirational lecture
- Read inspirational books
- Hire a mentor who sees the best in you
- Eat foods that bring about optimal energy and optimism
- Get enough rest for your body type
- Hang out with positive people
- Rephrase your emotional experience in 2nd person: "Anger is here."
- Clean or organize something
- Move 21 objects in your environment

Great Times to Add Inspiration:

- Commuting
- Showering / Dressing
- Cooking
- Shopping
- Doing laundry
- Exercising
- During Repetitive Activities like balancing your checkbook, sorting papers, answering emails, etc.

What 1 of the ideas above can you incorporate into your life today? _____

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Giving Thanks

Use this list daily for the next 30 days to note the things you are the most grateful for in your life:

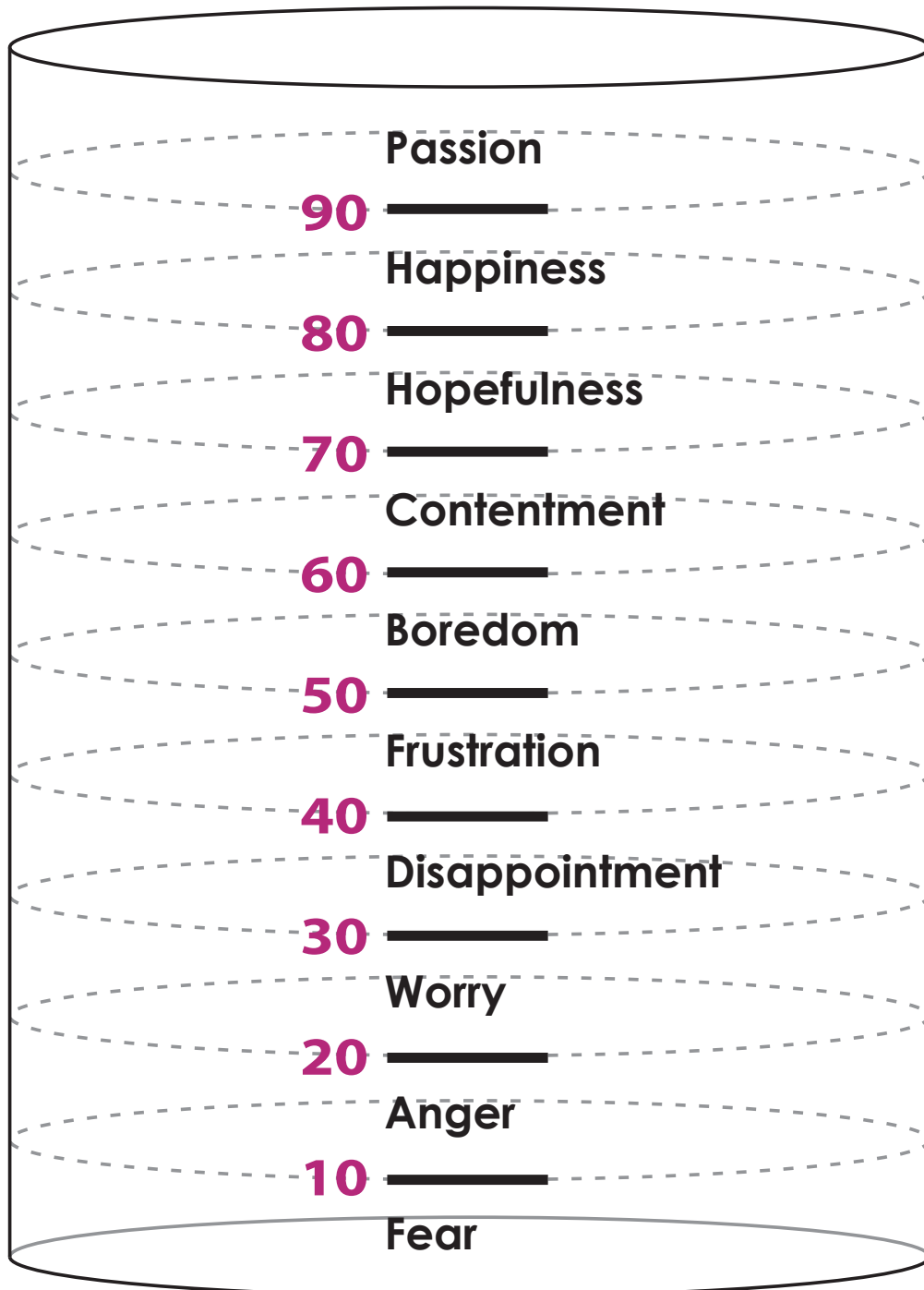
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Moving Up the Emotional Frequency Scale



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Moving Up the Emotional Frequency Scale

❑ **Follow your breath.**

❑ **Simply notice your surroundings.**

ie. Sounds, shapes, colors, feels, etc.

❑ **Distract yourself with another engrossing activity**

ie. music, film, lecture, book, etc.

❑ **Do some sort of physical activity**

ie. dancing, exercising, taking a walk, yoga, stretching, etc.

❑ **State the emotion arising within you in the 2nd person:**

"Anger is here."

"The feeling of despair is sitting in my chest."

"Frustration is present."

"The one that feels hopeless is here."

❑ **Play the "Isn't it interesting that..." Game**

"Isn't it interesting that this frustration has taken me over, when just yesterday I felt great? Isn't it interesting that emotions seem to move right through me..."

❑ **Play the "Wouldn't It Be Nice" Game**

"Wouldn't it be nice if this situation weren't present? Wouldn't it be nice to then get to experience XYZ.... and wouldn't it to be nice to have XYZ because..."

❑ **Play the "I'm so Happy That" Game**

"I'm so happy that... I have food to eat. I'm so happy that I have eyes so I can read this page. I'm so happy that I am learning to be with my thoughts..."

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Struggle-to-Strength Worksheet

List a situation that is currently causing you stress, struggle, heartache or frustration.

My challenge is: _____

Then answer the following questions:

What I'm not wanting is: _____

What I *am* wanting is: _____

When I have what I'm wanting, I will feel _____

When I have what I'm wanting, life will be _____

It will be so nice when I have what I'm wanting, because _____

What I love most about having what I'm wanting is _____

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Cut-n-Carry Cards:

How would an Abundant Woman spend this day?

How would it feel to be her RIGHT NOW? If I were her, how would I start my day? How would I prioritize my work? Who would I spend time with? How would I eat, speak, dress, walk? What changes would I make to my life? How would I spend money? Save money? What would I be willing to do to allow in more money? How would I view work? Love? Play + Fun? How would I arrange my home? My office? How would I honor my time? My life? My mission? My spirituality? My creativity?...Myself?

How would a Millionaire spend this day?

How would it feel to be her RIGHT NOW? If I were her, how would I start my day? How would I prioritize my work? Who would I spend time with? How would I eat, speak, dress, walk? What changes would I make to my life? How would I spend money? Save money? What would I be willing to do to allow in more money? How would I view work? Love? Play + Fun? How would I arrange my home? My office? How would I honor my time? My life? My mission? My spirituality? My creativity?...Myself?

How would a 6-Figure Woman spend this day?

How would it feel to be her RIGHT NOW? If I were her, how would I start my day? How would I prioritize my work? Who would I spend time with? How would I eat, speak, dress, walk? What changes would I make to my life? How would I spend money? Save money? What would I be willing to do to allow in more money? How would I view work? Love? Play + Fun? How would I arrange my home? My office? How would I honor my time? My life? My mission? My spirituality? My creativity?...Myself?

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Who Would I Have to Be?

What I'm wanting: _____

Who would you have to BE NOW in order to attract this?

What changes would I have to make? _____

What would I have to think? _____

How would I view my career + work? _____

How would I treat my money? _____

How would I have to spend my time? _____

How would I have to organize my priorities? _____

How would I have to act? _____

How would I have to eat + sleep? _____

How would I look + dress? _____

How would I treat others? _____

How would I have to organize my home/office? _____

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What are you noticing from doing the previous exercise?

What 1 change are you most inspired to make in your life?

What will you do? When will you do it? Share this action with a friend or the online group.

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Guidelines to Successful Visualization

- It must cause you to have a strong, positive emotional response
- It must feel as if it's happening right now
- It should focus on the effect of *having* what you want
- It should never focus on the lack of what you're wanting
- It must not be so detailed as to give yourself any kind of resistance or doubt
- It should have an element of heart, love or service to it
- It should come from your heart — not from ego, or pushing/grabbing/efforting energy
- It is often wise to keep the details vague, and stay focused on the emotional sensations
- It is highly advisable to be in a state of allowing Source to guide the outcome, not you

Notes: _____

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Frequency Quick-Fixes

Inspirational Movies:

- I am
- Pay it forward
- Wizard of Oz
- Conversations with God
- Peaceful Warrior
- Journey of the Universe
- The Help
- The Miracle Worker
- Gandhi
- Erin Brockovich
- Field of Dreams
- The Blind Side
- Bruce Almighty
- Dolphin Tale
- Pursuit of Happiness
- Wall-E
- The Family Man
- Click
- Forest Gump
- The Secret
- The Bucket List
- Yes Man
- Bicentennial Man
- What dreams May Come
- Dead Poets Society
- Life is Beautiful
- Sound of Music
- Evan Almighty
- Shawshank Redemption
- Groundhog Day
- Schindler's List

Inspirational Songs:

- Live Like We're Dying | Kris Allen
- I'm Alive! | Celine Dion
- Unwritten | Natasha Bedingfield
- How Could Anyone | Shaina Noll
- What Makes You Different | Backstreet Boys
- Beautiful | Christina Aguilera
- I Need to Wake Up | Melissa Ethridge
- Loser Like Me | Glee
- A Moment Like This | Kelly Clarkson
- What the World Needs | Wynonna Judd
- More Than One Way Home | Keb Mo
- The Middle | Jimmy Eat World
- I Believe | Fantasia
- Step by Step | Whitney Houston
- Let's Get It Started | Black Eyed Peas
- Greatest Love of All | Whitney Houston
- One of Us | Joan Osborne
- Somewhere Over the Rainbow | Evan Cassidy
- Walking on Sunshine | Katrina + the Waves
- What a Wonderful World | Louis Armstrong
- What Doesn't Kill You | Glee
- You Only Get What You Give | New Radicals
- Circle of Life | The Lion King
- Man in the Mirror | Michael Jackson
- Heal the World | Michael Jackson
- You Raise Me Up | Josh Groban
- True Colors | Cindy Lauper
- Earth Song | Michael Jackson
- When You Believe | Whitney Houston + Mariah Carey
- I Believe I can Fly | R. Kelly
- Rejoice, Dance + Sing | Kathy Zavada

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More Frequency Quick-Fixes

Inspirational Books:

- Ask and It Is Given
- Go Giver
- The Power of Now
- Loving What Is
- I Ching
- The Four Agreements
- Money + the Law of Attraction
- Think and Grow Rich
- Emptiness Dancing
- I Am That
- The Presence Process
- Start Where You Are
- A Thousand Names for Joy
- Conversations with God
- The power of positive thinking
- 7 Habits of Highly Effective People
- Way of the Peaceful warrior
- 7 Spiritual Laws of Success
- The Art of War
- The Gift of Our Compulsions
- Women, Food and God
- The Tao of Pooh
- The War of Art
- You Can Heal Your Life
- The Giving Tree
- The Wisdom of Your Face
- The Road Less Traveled
- As a Man Thinketh
- Jonathan Livingston Seagull
- Waiting for Autumn
- One

List other things or activities that lift you up:

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Notes:

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Notes:

25 horizontal lines for notes.