

A woman with blonde hair pulled back, wearing a dark grey turtleneck sweater and large hoop earrings. She is shown in profile from the chest up, looking towards the left with a thoughtful expression. Her hands are clasped together in front of her. The background is a plain, light color.

GOOD
with
MONEY
Day Three

April 16, 2026
TRANSCRIPT

Hello, everyone. Welcome. Take your stool, please. Take my chair out. All right. Thanks, everybody.

Thank you, Mike. I'm so happy to be here. We're gonna dive right for day three. And for those of you who are here to receive the brand new world debut of the 90 day relaxed money roadmap, the custom roadmap that you're going to be able to generate for yourself. Know that that's coming at the end. So I'm so happy to be here with you for day three. If you've been here for all three days, welcome back.

If you're joining in for the first time, that's wonderful. No need to go back and review. You can always do that later. So I will pull up my slides here and we're going to dive in. Welcome to Relax. I'm sorry. Welcome to Good with money. Day three. Who's feeling good? Tell me in the chat. How you feeling? Feeling grounded. Can you see my slides? Let me know and then we'll go for it.

Okay, Fantastic. Here's what we did during day two as A brief recap. So we practiced a new tool to signal safety. It was the butterfly hug. So for anybody who wants to just kick it right off with a little butterfly hug moment, all of these tools re pattern your nervous system and they actually allow your body to feel safer, to receive more money, to feel safer, to do the behaviors that will bring more money into your life and keep it and grow it.

We also identified which of the 10 money leaks you have operating in your system so we can get them plugged up. And we discovered a map of your current money engineering. So we actually had a process whereby you got to draw the visual map of your current money engineering, which I know was a breakthrough for a lot of people. And then we identified your stage on the wealth stewardship pyramid.

And then finally you identified your North Star. Where are you going? What is that annual income amount? What is that net worth amount? What is that savings amount? Whatever it is for you, you identified it and you've already moved closer as a result. So housekeeping, remember, you can close out of the chat, share your breakthroughs in the chat and you can get your workbook at katenorthrup.com/workbook.

We do have our homework still going. Team, do we have our homework winner for today. Do we have our homework winner for today? Let me know in our team chat and if we don't, I will announce it at the end. So let me know, team, who is winning the aura ring? I'm going to count down. Day two is not due until later tonight, so we don't have a winner yet.

Thank you. Okay, I will announce a winner on a Facebook live tomorrow in the Facebook group. Next up, here's what we have in store for you today on day three. So I'm gonna walk through the aspects of all of the three key parts of Relax Money. So the engineering, the energetics and the expression. Each one, each one of these has sub categories which we haven't talked about yet.

I'm going to go through all of them and you're going to be able to assess on a scale of 1 to 10 where you are on each of them so that at the end of today, you know what to focus on. First to integrate this workshop, you're also going to be here for the world debut of the custom 90 day relaxed money roadmap. I'm going to run a live demo.

And then after the workshop today, you'll have an opportunity to run that tool yourself. Get a 100% bespoke 90 day plan for you specifically to upgrade your financial life in one season. And then we're going to talk about what's next for you after Good with Money. And I will walk through 13 money dates to upgrade your financial life in one season. And you'll get to vote for our case study finalists.

First, let's celebrate someone from our community. This is Kate Juniper. And during our time together, by implementing what she learned with our methodologies and frameworks, she paid off 9, \$500 in debt and she increased her credit score by 50 points. She secured high paying work that only required her to work half as much as she was working before. And she booked a luxurious vacation. So she's a book doula, a mystic in Montreal.

And this is the kind of result that you get when you implement and stick with what you've been learning during our time together. My friend Amber Lilystrom, I first heard her say this. Although it has been attributed to many people. If the dream is in you, it is for you. So for those of you who wrote down your North Star number and might have started to have a flutter of like, ooh, this makes me nervous.

I just want to remind you that if the dream is in you, it is for you. And that dream has your name on it, my friend. It wouldn't have been given to you if it wasn't for you. It's not so much a dream as it is a set of instructions. A set of instructions. And so when you follow the instructions to your North Star, when you follow the road map, it's inevitable because every single one of us, all 30,000 plus people who have signed up for this workshop, we're all completely unique.

We are special snowflakes. Not one of us has the same dream. And that's how we know it's instructions for you. So with that, let's bring to mind your North Star. And I'm going to teach you another tool. This tool is called Havening. And so what I want you to do is bring to your mind your North Star number. And you would have written that down on page 20 of your workbook.

So if you don't remember what you wrote down, go to page. I'm Sorry, it's page 21. Go to page 21 of your notebook. Is it 21? Let me just double check. No, it was page 20. So page 20 of your workbook, pull that North Star number up and then we're going to bring it into safety with our body. So the tool of Havening goes like this. You just run your hands one hand over the other hand.

I like this one. Because you can also do it below Zoom. So if you're on a meeting where you're feeling nervous, or you're doing a discovery call, or you're doing a negotiation for a deal, or you doing some sort of scenario that might activate your old patterning around money. Maybe during a money date with your, with your spouse, you can just simply run one hand over the other hand and become present to the sensation of what it feels like to be your hand touching the other hand and to be the hand being touched.

So that's another tool that you can add in to your toolbox that to signal safety to your nervous system. Using tools like this helps you to begin to be the person you need to be in order to do the things you need to do to have what you want to have. So Marie Applegate Swanson, after beginning to be the person who had what she wanted, she booked a South by Southwest talk, landed a podcast opportunity, and attracted other high level speaking engagements by embodying already the person she needed to be.

And that's on a nervous system level, folks. That's not the mind. People really mess up this identity work by thinking, oh, I just need to act as if it's so much deeper than that. The rewiring needs to happen on a biology level, not on the level of thought alone. And when Marie did that, it changed her career. Now we're going to walk through together right now the energetics, engineering and expression of your money ecosystem.

So we've been building since day one and now we continue building and these things. Three elements are covered by 13 money dates to upgrade your financial life in one season. So this is on page 36 of your workbook. And we're going to walk

through these different 13 money dates that you can use to systematically upgrade every aspect of your financial Life over a 13 week period of time, aka one season.

And what I want you to do as we go through these is rate them on a scale of 1 to 10 for you. So you have a little rating scale next to each of them in your workbook. Page 36. And so one would be, this is so low for me, this, like this topic, this area of my financial life really needs a lot of work. And, and 10, whoopsie, 10 is mastery level.

Okay, so one is I need a lot of work here, like the most work. And 10 is mastery level. So we're going to go through them starting now. The first one is this category is your energetics. Okay, so it's money dates 1 through 4. Money date 1 is safety in numbers. So it really is about getting to a place in your nervous system, in your body, where you are expanding your capacity to feel safe with the numbers you have and with the numbers that you want.

When you hit an income ceiling, when you find that you're not invoicing clients, when there is a block that's happening, you're not marketing your services, you're not putting yourself out there, and. And you can't figure out why it's happening. On an unconscious or a subconscious level, your nervous system believes that doing that thing that would get you the result, including being in this workshop, by the way, and taking the next steps on a nervous system level that is going to feel unfamiliar and therefore will trigger a survival response and will make you start to think negative or limiting thoughts and not do behaviors that you know you need to do, but you won't be able to get yourself to do them.

I want you to hear this louder for the people in the back. It doesn't matter why. You don't need to learn the story about it. Don't. You don't have to dredge back up things from the past. You don't have to know. You don't have to know. All you need to do is expand your range of capacity in your nervous system by building layers of safety in your body.

And over time, that allows you to become the thermostat instead of the thermometer, so that no matter what is happening in your life, financially or otherwise, and no matter what is happening in any room you're in, you are able to hold the frequency of the way you want to experience life as opposed to getting bopped all over the place. It takes practice. This will not happen from one nervous system healing tool done one time.

It takes investment over time of putting in the reps. But when you do put in the reps, you can change things in a really dramatic way in 90 days. Just like the story I told you on day one and how for 90 days, I decided I was going to change my automatic stress response. And instead of going into performance and pressure and a whole song and dance and doing more, I decided just for 90 days, I was going to do an experiment where when I felt that survival response of let me perform, let me do more things to make sure that my family survives.

Instead, I had a list of alternative options. And I did those things. Every single one of them rewired my nervous system. It was a menu of options that rewired my nervous system. And after 90 days, we did not go in the hole. Financially, even though I had been panicking 90 days before, thinking we would end up on the street. And in fact we didn't go into the hole and we hit all of our financial goals and I had become more of a thermostat instead of a thermometer.

So I wasn't being thrown all over the place. I was steady. And that is what you can install too, and it doesn't have to take a long time. Safety in numbers also includes building in more of a fleshed out now point with additional numbers that help you gauge your financial health and also reclaiming money from your current expenses

so that you can have more money available to you with zero decrease in your quality of life.

Last year I ran our students through this process that I'm describing. It's called the expense edit. And on average each person saved found a way to save over \$387 a month. So close to \$400 a month. So we're talking about \$4,800 for the year, \$4,500 for the year, and with zero amount of decrease in their quality of life. And then later on today I'm going to talk about what would happen if you then invested that money and started having compound interest work on your behalf, even if if you're quote unquote starting later than you think you should have.

So reclaiming money from your current expenses so that you can stop money evaporating in your life without depriving yourself. Also crafting a spending plan that helps you feel safe and grounded, helps you feel rich now and create wealth for later and then really tracking your progress along the way and celebrating milestones. So safety in numbers has to do with your nervous system and it also has to do with financial clarity.

And bringing those two things together changes everything. You're going to hear from a couple of our students later on today. One of them is named Vaishali. So I will. I'm going to play her story for you now. Just give me a thumbs up in the chat to make sure you can hear before Relax. Money. I was basically flying blind with my finances. I was avoiding looking at numbers, just guessing what was safe to spend, and feeling pretty terrible about my ability to manage my finances.

I had debt and I genuinely believed that all debt was bad. So on top of the financial stress, I was piling on shame. And people around me kept telling me that I was playing small. And deep down I knew it was true, even though I had these big ambitions. But I felt completely disempowered to change it. I didn't know where to start. And every time I try, I'd get stuck again.

Relax. Money changed so much for me. I started following the systems, and I mean really following them. Even reading all the resources that Kate had put in the program. And now I track my expenses every single day, which initially felt quite restrictive and a poor act, but it actually was the opposite. It's given me choice and I check in with my numbers once a week, which keeps me grounded instead of anxious.

And I love using the heel drop and the lip tracing tool to support me with that. But the really big shift is that I started to see my debt differently. It hadn't been a failure. It had been an investment, a way of keeping myself safe during a really hard season of life. And that reframe was huge. I also started using more of the nervous system tools Kate teaches.

When I felt a spike of anxiety before putting rates forward in proposals and through the program, I came to also understand how my past trauma had been quietly shaping my relationship with money all along. That led me to get professional support to help me heal and build healthier boundaries. Something which I'm so grateful for. Where am I now? Well, I feel calmer around decisions I used to beat myself up about in the past around money.

And I'm not dragging up the past around me anymore. And the biggest thing is I been putting myself forward in proposals at much higher rates in 1/10 times what I would normally charge. And I'm putting forward more proposals and I feel genuinely excited about increasing my wealth know with the nervous system tools that I can make it happen, which is a massive difference in how I would have thought about it before.

Thank you, Kate. Thank you, Vale. So you'll all have an opportunity to vote for our case study winners in the Facebook group over the weekend. So now what I want you to do in your workbook on page 36 is just put a rating on a scale of 1 to 10, where are you in terms of safety in your numbers? So on that particular topic, where are you feeling safe in your body with your numbers and then also having the clarity on what your numbers are?

So rate it 1 to 10. Just go with the first instinct. Money date two is money and your emotions. Our culture and the mainstream has this one really backwards. But here's what we know. Our emotions are tools, not adversaries. Feeling them is a solution, not a problem. Feeling your feelings is actually critical for expanding your capacity to make, keep and grow more money. When we avoid our feelings, when we suppress, when we repress, when we apologize for our feelings.

When we are scared of our feelings, we actually lock in the very same survival patterning that is keeping us small. If you want to expand because you know you were meant for more, you wouldn't be here unless you knew that there's more available to you. And one of the biggest blocks I see is emotional suppression and emotional repression. Learning how to feel your feelings and allow emotions to be a tool.

And emotion simply means energy in motion. So all it means is allowing a feeling to come up, which is literally a sensation in your body, and then letting it move. So I'm curious. You can just share in the chat. What is the sensation you're feeling in your body right now? What is the emotional sensation you're feeling in your body right now? Let's just practice identifying it. And where do you feel it?

Okay. Your microphone. Turn it back to your. Sure. Yeah. So somebody said they feel it behind their sternum. What's really important about emotions is that we don't need to tell a story about them. And actually, sometimes we don't even know what we're feeling. And it doesn't matter. We can still let the emotion, the energy, move. We don't need to label it. We don't even need to label it as anger or shame or sadness.

It doesn't really matter. All it needs to do is move. And when it moves, we free up our neural patterning to become available for expansion and new possibilities. Burnout, for most people is not caused by doing too much. It is caused by feeling too little. Emily and Amelia Nagoski wrote a wonderful book called Burnout. And in it, they talk about the fact that we have all of these open emotional stress loops that we were never able to complete because no one ever taught us how to complete them with our body.

We've all been taught to solve our problems with our mind. But our problems, the result of our problems, the result of the stresses in our life, live in the body. So when we can learn to close emotional stress loops, it frees up all this energy, all this bandwidth that's been stuck in 35,000 open emotional stress loop tabs. And there are specific ways to complete the cycle of stress so that we move out of burnout and we move into vitality.

And that has everything to do with your money. Because if you reclaim your energy from stress loops and from burnout, you better believe you'll make more money, keep more of it, and grow more of it. So in terms of your relationship with your emotions, this is sort of your eq Your emotional, what do they call it? Like there's your IQ and then there's your EQ rate. That on a scale of 1 to 10, money and your emotions.

Money date number three. Rewriting your money story. Did anybody here read my first book, Money A Love Story? Yeah. Okay, great. So even if you haven't, you have

a money story. And that money story is based on what happened to you, but it's also based on the story you've been telling about it. And the story you've been telling about it is the thing that creates the results over and over and over again.

Our lives are not created by what happened to us. Our lives are created by what we make it mean. My friend Dr. Deb Kern told a fascinating story about getting the Sears catalog when she was growing up. And she looked at that Sears catalog and she just wanted everything and circled everything. And her dad, the wise man that he was, sat down with her and helped her to understand how money works and how she could go about prioritizing what she wanted from that catalog and how money worked to be able to allow her to save up for it and get the thing that she wanted the most.

And she remembers that as a really positive money lesson. Because the story she holds about that experience is that it was her dad taking her under her wing and learning an important lesson about money. Other people could have had that same story and be telling a story about it, could have had that same experience and tell a story about it that it was about she. They didn't get to have what they wanted.

So same set of circumstances, completely different story. If any of you have, have, have siblings and you talk to them about experiences from your childhood, you may find that they remember things completely differently because they've made a completely different meaning about it. So when you change your story, you change your life. Now, some parts of our story live in the body, but there are data backed ways for us to actually rewrite and rewire our stories.

When we do that, we actually can rewire our beliefs without trying to talk ourselves out of them. Has anybody ever tried to play lawyer and try to intellectually argue with themselves about their beliefs? I'm just curious. Yeah. Does it work? I'm just curious, has it worked? No. I'm getting mostly no. A little bit yes and no. Yeah, it can work to a degree. Especially if it's a surface level belief.

If it's a surface level belief, like I'm sure there are people who've been following along with the workshop who have some kind of surface level Belief that something I have said already reframed it for them and that changed it and that's wonderful. But for our deeper seated beliefs, especially the stuff that is inherited epigenetic information that lives in our DNA, that's trying to make sure that we survive that stuff that's in there much more deeply, and it requires us to, to learn how to dump our stress and threat bucket so that we can build capacity for the energetically expensive activity of letting our beliefs go and embracing new beliefs.

I'm also realizing that we ended up with a repeat here, so I just want to. Oh no, we didn't. We're good, we're good, we're good. Okay. This happened for Bridget Simmons. So she's in our community and she had a money avoidance pattern and that lived in her body, it lived in her beliefs, and it lived in her behavior. She said even a question from her bookkeeper would trigger shame.

And then after a hard financial year, she secured \$30,000 of a sale at twice her previous rate. Since joining Relax Money, she's saved up 50% of her cushion fund, paid off all of her credit cards, built out her wealth team, and has had back to back record revenue years while working less. This is what happens when we change at the deep level of nervous system. Then emotions, then thoughts and beliefs, and then behavior.

Type A1 in the chat. If you're inspired by Bridget's story, would you like to have something like that? Your version of that? Yeah, totally. So that's what happens when we rewrite our money story. And there's a data backed approach to doing

this. It's not as simple as just decide. Perhaps you've already decided at one point to rewrite your money story and you wrote a million times, I am abundant.

I am abundant. I am abundant. Something like that. And then, and then it didn't magically change your financial reality because the sequencing matters and neuroscience matters. And when you do it in the right order with the right method, it works. So rate how you are in terms of your money story. The money story that you tell, is it really supportive and positive and is it a story that you're excited to keep living?

So that's a 10. If it's a story that generates shame and resentment and blame and anger and anxiety, rate it a one or somewhere in between. Now, rewiring your money beliefs, which we've talked about a little bit. Okay, I'm realizing these slides got flip flopped. So here's what I will say. When we have a stress and threat bucket that is overflowing we cannot just at will change our money beliefs.

Just like the electrical wiring in a home. If you want to redo the electrical in a home, has anybody here ever rewired the entire electrical system? Mike and I just did that when we fully got renovated a new short term rental property in Maine. It was expensive to redo all the wiring in your body. It's the same thing. And your survival wiring will not allow you to rewire your brain to have new beliefs if it gets the signal constantly that there are threats everywhere.

So if you're operating out of urgency and anxiety and constriction and scarcity and that's your default setting, good luck changing your beliefs because it's expensive. And your brain will be like, sorry, we can't spare the calories. We're just over here surviving. But the good news is, when you start to implement what we have learned during this workshop and you begin to build those layers of fundamental, core foundational safety in your system, your brain gets the signal.

Oh, okay, the stressor has passed. It's safe now. Cool. I can devote calories to rewiring my neural connections. I can actually think about new possible beliefs. And that's so exciting, because when we rewire our beliefs, we don't have to police our thoughts. There was a share in our premium circle community where somebody shared that she was going by a business that was closing. And immediately she noticed her default thought, which was, isn't that sad that those people couldn't make it work anymore?

And then her next thought was, wait a second, there's other possible stories here about what could be going on. And she realized that because of her default programming, because of her default beliefs and money story, she was always telling the worst case scenario about the world and money. But because she had been practicing her tools and building up enough foundational level safety, her body had the available calories to consider a new worldview, which is maybe these people actually built this business and are really happy with their quality of life and simply want to do something new.

Now isn't that cool? I thought that was really inspiring. Your default patterning will begin to change when you do this work. Now rate rewiring your money beliefs. Rate your money beliefs on a scale of 1 to 10. One being they are wildly unsupportive. 10 being every single belief I believe about money and myself, and money is supporting my being the richest, wealthiest, happiest version of me. Now we're transitioning into the engineering and I'm going to invite you if you want to Just take a quick stretch break, get into your body, Take an inhale and give me an audible sigh.

Ah, now we're moving into the engineering. So we were talking about the expression, and the expression is how money feels. Now the engineering starts to

be, okay, what are you doing? So we were in the B, now we're in the do. So this is installing the structural foundation around your engineering. So money date number five is about manifesting. And manifestation is a little bit of a straddle between the energetics and the engineering, because, as you pray, move your feet.

Manifesting is not all airy fairy 5D. A lot of it is grounded action. And when we look at manifesting in a new way, it changes everything. And when we approach it in a new way. So if. Who here has been a student of manifestation? Anybody? Yeah. So this. The. The concept of manifesting is not new to a lot of people, although for some people it may be. But the method will be new because we don't attract what we want.

We attract what our nervous system feels is safe for us. I watched that movie the Secret in the early 2000s or like the mid 2000s. Did anyone else watch that movie or read the book the Secretary? And nowhere in there was anybody talking about our biology or the nervous system that I recall. But when we incorporate updating our nervous system to feel safe with the manifestations that we desire, everything changes.

Because now we become a match for them, whereas before we were not a match. When I read books on manifestation, they all start with the mind. And it's all about, if you can believe it, you can achieve it. Change at the level of your thoughts. I've yet to find a book on manifestation that includes the body. And if you're not including the body and you're manifesting, you're missing out on at least 80% of your power.

So here we do manifesting at the level of the nervous system, because the nervous system is like a tuning fork. So we live here in Nashville in Music City, and there's guitars everywhere. When you go into a music store, if you have a tuning fork for the letter, for the note C, all the strings in that music store will start to vibrate at the frequency of the C note.

Because all of the instruments are simply sound frequency. Our bodies are not different, and our nervous system is the transmitter. So our nervous system is transmitting a particular frequency at all times that's measurable. And when we change the measurable frequency coming off of our body, we change the field around us, just like being a tuning fork in the music store gets all the other instruments to play the C note.

We can do that too. And that's all that manifesting is. It's not magical. It is not a genie in a lamp. It is changing your field so that the field around you changes. It can't help but do so. So in terms of your relationship with manifesting, now rate it on a scale of 1 to 10. Are you actively using neuroscience based manifestation tool tools and techniques that are based in the nervous system and the body?

Are you or are you using wishful thinking or are you not practicing manifestation at all? So rate it on a scale of one to ten. And remember, if this is a ten for you, fantastic. So then the next pieces are going to be key because safety in the body is one thing, but then structural engineering to have a strong container for the money. Remember we talked about the leaky bucket on day one is the next step.

And so here we are for money date number six, which is cash flow management. So cash flow management is really a joyful process of directing the flow where you want it to go. It has to do first and foremost with alignment. Did anyone else have those blocks growing up? Or maybe your kids have them now? They were little square blocks, blocks, and then they had holes in them for marbles.

And if you set them all up in alignment so that all the holes in the blocks lined up,

you could create this really cool marble run. And it also had these little shoots for the marbles. And you could run a marble, drop it in, and it would run through the whole thing. Yes. Now remember when you would be building those towers and building those shoots, if one block was slightly off, the marble would get stuck because the holes didn't line up.

That's misalignment. In our financial lives, in order for money to get attracted to us and for it to stay and really make a difference in our life and grow, we need to have alignment, which means the same thing as being in integrity, which means the same thing as being integrated. What does it actually mean? It means that what you are saying and what you're doing is a match for how you feel and what's happening behind the scenes, where no one can see.

If you are running a business where you're telling your clients to do one thing, but behind the scenes you're not doing it. That's a misalignment. If you are out here saying, I believe in abundance, but behind the scenes you are not paying your invoices on time, you are not paying attention to your money, that's Misalignment. If you're saying, I want more money, but you're not paying any attention to the money you already have, that's misalignment.

That's a lack of integrity. If you're making money in ways that feel like they are not in your values, if you are making teeny, tiny lies, teeny tiny untruths in your marketing or the way you portray things, that's misalignment. And it will repel money from you. So either it'll repel money free from you, or the money will come, but it won't stay. Or the money will come, but it won't make you feel any better.

All of those things really matter. So part of cash flow management is simply getting into alignment. So what's happening behind the scenes in your engineering with your money is a match for what you want. So a money integrity check for yourself real quick. Just make a note and be. Be radically honest. You don't have to put it in the chat, you don't have to put it anywhere else, but be radically honest.

Where, if anywhere, are you out of integrity financially? Are you keeping financial secrets from your spouse? Are you keeping financial secrets from yourself? Where are some of those things that I spoke of? What's really cool is that when you clean those things up, everything changes. And it changes pretty fast. It changes pretty fast. You are powerful beyond measure. And one of the ways that we stay small and we play small is we have these teeny tiny leaks in our integrity.

And it's a subtle, sneaky way that our old programming keeps us from being as powerful as we possibly could be. But when you get into integrity, your field becomes so coherent that people can feel it and they want to pay you and the money wants to stay. When you have clear financial systems, that's part of integrity. We started mapping them on day two, which was powerful, and there's further to go.

That was just the beginning. So we already asked these questions, but the questions are, what accounts do you need? How do you divvy things up? What are your allocations? What's the cadence of your financial check ins? Are you doing money dates? My friend Rachel reported in that she first started doing her money dates with her husband, who's also her business partner. And it started out like, like with drama and avoidance.

And they couldn't do it. And it was just so stressful because they were both running their old money patterns. But when they stuck with it, small, doable parts over time. Now what happens is they sit down, they look at their Money. It has created such a profound sense of connection for them. Now they also sit down and once a week

and they do their business financials. And last month they had a 40% growth just in the last month in their business.

And their trajectory is insane. And a huge part of it is because they started showing up for what they already have with the cadence of organized rhythmic money dates. And then the other question here would be, what are you modeling for your kids around money? And then what are you teaching them explicitly? So what are you teaching them implicitly? And what are you teaching them explicitly? That has a lot to do with your integrity as well.

Managing money with a partner obviously is a huge opportunity for those of us who are in partnership, because we can come together and be stronger together than we are individually. That does not mean that you have to commingle finances completely with your partner. But managing money with a partner has time after time become one of the greatest sources of strength for a lot of people in our world.

And completely by accident, we get the same testimonial over and over and over again. And it's similar to this one. So Sadia came into our world and there was so much fighting with her husband about money. But through implementing what she learned in our program, her business nearly doubled and she added a new income stream. But most importantly, it saved her marriage and it made her fall in love all over again.

Because when both people start to take responsibility for their side of the sidewalk, and I'll be perfectly honest, when only one person starts to take responsibility for their side of the sidewalk, everything changes. And the other really cool testimonial we hear all the time is that one person steps in to this work. So they showed up for good with money. They decided, I am going all in. I am making this a focus for the next season of my life.

I'm upgrading. And then the other person in the partnership, who doesn't even need to be in on the work, starts to make more money, increases their credit score, pays off their debt, starts to pay for vacations. This happens over and over and over again because when one person in the field changes, the field cannot help but change. It is the coolest unexpected story that we keep hearing again and again.

Part of cash flow management, the the relaxed way is treating financial stewardship as self care. On day one, I shared my story. How I went from making \$34,000 a year to with over \$20,000 in credit card debt within six months through doing some radical counterculture steps, some of which I've shared With you during this workshop, I tripled my income, I doubled my savings, and I paid off all my credit card debt within six months.

Not from marrying rich, not from an inheritance, not from a windfall, not from a high paying job. The number one thing I did during that time is I started to treat financial stewardship as self care and it changed everything. So when we incorporate cash flow management as a joy, in the same way we would do a face mask, do a meditation practice, get a pedicure, get a massage, right, like drink our favorite coffee, when we incorporate it as a joy, as a pleasurable activity, everything changes.

So go now and rate for yourself. How's it going with your cash flow management? Especially from an integrity perspective, is everything that you are saying, you are, you stand for? Is it a match behind the scenes? If someone opened up your financial closet, would you be really proud of it or would you be embarrassed? Rate on it on a scale of 1 to 10. And by the way, this does not mean you have to be perfect.

Alignment is different than perfection. Alignment is about telling the truth. And a lot of people have a trauma response of perfectionism and their perfectionism causes them to lie either verbally, explicitly or with their behavior. So again, alignment's not about perfection. Alignment is about the truth. Rate yourself here in your cash flow management on a scale of 1 to 10. Moving on money date, 7 is the clearing. It's all about your relationship with invoices, debt and financial leverage.

So in our world, we call debt something different. We call it invoices for blessings already received. And I'm curious, type A1 in the chat if hearing debt called invoices for blessings already received already changes something in the way you feel. Yeah, isn't that great? The stories we tell matter, the meaning we make matters. On the podcast this week or next week, you're going to hear from my friend Kareem.

And Kareem completely changed his relationship with his invoices for blessings already received. He's a single dad, he's a musician. He had fallen on hard times due to a situation with a business partner. But now, a year later, he has dramatically changed his life. And it started with changing his relationship with his invoices for blessings already received, which by the way, he has paid off. So the truth about debt is that it just means you got something ahead of time that's means nothing about your character.

It means nothing about, like you, your morality. It's nothing. It just means you got something ahead of time and now you're simply responsible for paying for it. After the fact there are also secret ways to use debt to make money. Debt is neither good nor bad. It's neutral. It just tells a story of math. And if you know how to use it correctly, it can actually be a tremendous wealth accelerant as opposed to a wealth deterrent.

Who here would like to know some of these secret ways to use debt to make money? Yeah. Yeah. Who here grew up being told that debt was always bad and to avoid it at all costs? Mm. When you don't understand how money works, that's what you think. But our entire financial industry is run on using debt to make more money, using it to have leverage and make more money.

Now, not every strategy makes sense for every single person, and this is a much more nuanced conversation, but what I'm here to do is let you know that there are ways to use your invoices for blessings already received strategically. Because there's a difference between consumer debt, which is not getting you anything other than interest payments that you owe, and investment debt. Investment debt makes you more money, consumer debt costs you money.

And when you learn to understand the difference, you get to start learning how to use your debt to make more money. So there are ways to learn how to prioritize what to pay first. And there is a way to eliminate your consumer debt, your high interest debt, while feeling abundant. In fact, re patterning yourself, rewiring yourself to feel abundant, giving yourself permission to live. Now, even when you have invoices for blessings already received that you're still paying, that practice actually allows you to pay off your debt more quickly.

And one of the ways that we do this, I'm going to tell you a brief, brief science fact. Anybody here for the brief science fact? You just. I'm gonna, I'm gonna push my, push my little nerd glasses up and give you this little science fact. We have two different sets of circuitry in our brain. One of them is our derp, is our dopamine circuitry. Our dopamine circuitry says I want, I want, I want.

It's what gets activated with sugar and drugs and unconscious shopping. Our

having circuitry is something completely different. Now our dopamine circuitry, when we feed it, it just wants more. So the more unconscious spending you do, the more unconscious spending you want to do. The more sugar you eat, the more sugar you want. It just creates more wanting. However, there is a strategy to rewire yourself so that you're spending more time in your having circuitry, so that you're having circuitry becomes the default and when you do that, that circuitry says, I am here.

It is now, I already have. I am satiated. It is enough. So if anybody here has an has a tendency to overspend and they would like to be in a place where there's a large gap between their income and their expenses so that they can use that extra cushion towards investing and building their wealth, you need to know that the circuitry that's running the overspending is your dopamine circuitry.

And you can rewire it, and that is really exciting. I'm just here to be the bearer of good news. So where are you in your relationship with your invoices for blessings already received? And I want to be super clear here, this question. You are not rating yourself in terms of how much your total of invoices for blessings already received is. You are rating yourself on your relationship with it.

So A1 would be, my debt feels like it is a mountain sitting on my back at all times and it is crushing me emotionally and energetically. And a 10 would be, I feel light as a feather around this. I don't mean make it mean anything about me. And I am consistently on a rhythm of dissolving my high interest consumer debt and using investment debt to build my wealth.

So scale of 1 or 10? 1 to 10. Next up, making more money and the architecture of receiving. Who here wants to make more money? We talked a lot about it in day two of Good with Money. We really talked about adding more value. So I'm going to keep this section brief because day two went into this in much more detail. Money is everywhere. And when you learn to see and tap into it, you can change everything about how you make money.

So let's do an exercise right now. I want you to think about going to a coffee shop. And as you're walking into that coffee shop, I want you to start to tune your perspective to all the things that you can see that required money to exchange hands. This is how you start to see money everywhere. You start to see in the very same way that we drew the money map of your current cash flow engineering, you start to see the flow of how money changes hands.

All money is relational. You don't end up with money in your bank account unless some other human being decided money doesn't come from a spreadsheet, it comes from a human. And so when you start to practice training yourself to see money everywhere, it changes everything. Okay, so you go and you grab the handle of the coffee shop door. Somebody had to make that handle and they got Paid to do that.

The person who got paid to make that handle bought the raw materials from someone, and there was an exchange of money there. Then whoever made the door bought the handle from the person who made the handle, and there was an exchange of money there. Then the glass had to be installed in the door, and there was an exchange of money there. The person who installed the glass got paid.

The person who installed the glass paid for the glass. So money exchanged there. The person who created the glass also got paid money exchanged there. So then of course, there's a million other things. The floor had to be done there was the tile that had to be laid. It was made, it was paid for. The contractors, the general

contractor, the designer, the person who bought the tile, the raw materials.

Then you go up to the counter. All of that stuff had money exchanged at every intersection. And then you pay for your coffee and you're exchanging money with the barista. Maybe you leave a tip. That's another exchange of value. They're making your latte. The beans had to be farmed, and the people who farm the beans needed the seeds to grow the beans, which is a bean, they probably paid for that.

They had to pay for their farmland, whether they rent it or they own it there. They had to pay for their irrigation system. They had to pay their workers on the farm and over and over and over to the milk, to the cows, to the coffee machine, to the thing that blows the air in the milk, like all of it. I will stop now because I'm sure you get it.

Is this helpful for anyone? I love somebody said my ADHD loves this. Was that helpful? Try it on today. Go out in the world or just sit around in your house and look at all the money that was exchanged just in that space. When you start to see the world that way, you start to see how you can get yourself involved in those transactions in the way that makes sense for you.

The happiest, wealthiest, most relaxed and generous humans make more money by getting themselves in the flow of money, not working more hours. And they do that through seeing the flow of money and through becoming investors. So if you want to learn about making more money, think in terms of how can I add more value? And then how can I take that money and get it growing for me, this is a bonus exercise.

If you want to do it, you don't need to submit this anywhere, but it's on your workbook page 31. And it's a bonus that you could text 10 people or five people with the following question. Hey, there, can you answer a super quick question with the first thing that pops into your head? Ask that question. And before you ask, before you actually ask the question at the bottom, wait for their response.

You'll get a much higher uptake rate if you type the first thing and then wait for their response. When they say yes, then you reply with what's one thing that I add value that I do to add value to the world that you think I probably take for granted and just see if any themes emerge. And if any themes emerge, that is one of the places that you want to look at leaning in around adding more value to make more money.

So how does one leverage their time and energy to get paid more than one time on the work they did once? How does that happen? What are your ideas around that? How, what are, what are some examples of leveraged income where you're making money over and over and over again on work you did one time? Yeah. Writing a book, online courses, having a rental property, having physical products, selling prints, creating a TV show, being a songwriter whose songs get picked up by television shows or movies.

Yeah, these are all great examples. And once you start to prime yourself, your reticular activating system, which is part of your brain that sifts and sorts for what's relevant, once you start to put your attention on all the ways that you can make money that don't require trading hours for dollars, you will see them everywhere. So how do we start seeing and tapping into money everywhere? Part of it is learning the difference between being an employee and being self employed and being a business owner and an investor.

So when you're an employee or you're self employed, you are trading hours for dollars. There's no leverage there, it's just linear growth. In order to make more money, you got to work more hours. And there is nothing wrong with that unless

what you want is freedom. And if what you want is freedom, then you need to look at creating a system that works for you whether you're working or not.

Or, and, or I'm going to say and, or because ideally both becoming an investor, where you take the money you make from being employed or self employed or for, from other income sources and then you invest it in different things that make you more money, like rental properties, like stocks and bonds, like crypto. I got into a little bit of that when I was showing you my money map and, and for today, it's to remind you that it exists, number one.

And it is to remind you that that's where wealth gets built. People don't get wealthy trading hours for dollars. People get wealthy through investing in things that make money while they sleep. And you can absolutely do it in a way that aligns with your values and in a way that makes the world a better place. So number eight, which is making more money, what's your relationship like with making more money right now?

If it's a one, it's feeling impossible. If it's a ten, it's like, yeah, I've got leveraged income, or I know how to do it, or I'm, you know, actively building that. So one or a 10 in terms of making more money, adding more value to the world, where are you? Money date number nine. We're transitioning. Maybe you just want to give a little physical sway, get back in your body.

I'm just gonna do that myself. Shake it out. Money date number nine is your money makeover. What is this? Remember I told you about my grandfather, G.W. northrup? G.W. northrup used to say, how we do it is what we get. So your money makeover is looking at every area of your life that comes into contact with money and. And asking, am I doing this part of my life from abundance or am I doing this part of my life from scarcity?

And that's everything from how you're interacting with your kids around money to how you show up in your business or at work, to how you do money in your marriage, if you're married, or how you're working with your financial team if you have a bookkeeper or if you have an accountant or if you have a wealth advisor or a financial advisor, are you paying bills and complaining about it, or are you actually upgrading your state of being and what you're doing on a daily, doable, practical level so that the expression of your financial life changes.

So when you have a money date where you look at your money makeover, you begin to see all the opportunities where you could actually be being your wealthiest self, your most prosperous self. So now rate that one on a scale of 1 to 10 in the. In the ways in which I interact with my financial life, from buying my coffee to checking out on Amazon on my phone, to submitting my invoices, to depositing my paycheck, to opening my bank account.

What. How am I doing this? Am I being in a state of scarcity, which would be a one, or am I being always in a state of abundance? And that would be a 10. Next up is finding your enough number. Finding your enough number is really, really fun. And I'm going to give you the equation today to figure it out. What is sufficiency? My friend Lynn Twist wrote an incredible book called the Soul of Money.

And she says that sufficiency is a deep felt sense. No one can ever tell you what is enough for you. You can only know within your system what actually feels sufficient, like it's enough. And when we operate from sufficiency, if the entire world could learn to operate from sufficiency. And by the way, what I told you about the having and the wanting circuitry, the dopamine circuitry versus the having circuitry in your brain, when we learn to activate the I already am satiated circuitry, we find

sufficiency.

And we find that you can create a sense of abundance from a lot less money than you thought, which is wonderful because then all the extra abundance you receive can go towards investing and making the world a better place. Your values are your compass for sufficiency. You're not, you're never going to find sufficiency. Trying to make your life look good for your mom or your dad or your neighbors or your brother.

Your values and your choices, the place where they intersect is the place where sufficiency lives, where that felt sense of I have enough. And when you do that, you actually can get where you're going so much faster than you thought. And it requires having clear abundance agreements. Has anybody ever sat down and actually thought, what are my commitments between me and money? You know, when we get married, we take a vow.

We, we, we say a set of vows to our spouse about what we are committing to. Have you ever done that with your money? I'm just curious. Anyone? No. It probably didn't occur to you, and that is normal because we don't live in a culture that thinks that way. But in this space, we think differently and we operate differently. When you have clear abundance agreements, it does a number of things.

Number one, it's part of your solid money engineering. And it also makes money feel safe with you, so it attracts more. And then it also makes it so that you can pre decide what money is for, what the role is in your life, how it flows, where it goes, what you will and will not do with it, who you will and will not give it to, where you will and will not invest and spend all of those things.

And when you come up with clear written agreements between you and money, and then, yes, perhaps with other key players in your life, whether they're your spouse, your kids, your partner, employees, employers, right? When somebody joins your company, if, if, you know, if you, if we hire a new employee, there's a clear agreement, there's a contract. They agree to do xyz, we agree to pay them in xyz.

And that's an abundance agreement. And so when we do that between ourselves and our money, it makes it so that decisions feel so much easier because they were already decided. You're not deciding willy nilly. And flying, you know, flying without a any instruments anymore. Now you know where you're going and when things come your way, you already have pre decided. Okay, Rate finding your enough number on a scale of 1 to 10.

And by the way, that equation I told you is coming up in a few slides, I promise. The equation for actually knowing what your enough number is, it's actually your freedom number. So I'm getting there. Great. Now we're getting into the expression really how money starts to move in your life. Here's something you haven't heard anything about. Otherwise, I bet you 99 of people listening to this workshop have not heard what I'm about to say.

Money, sex and power have everything to do with each other. And when you actually get into your relationship with money, sex and Power it up levels all of those areas of your life. The second chakra is an energy center in the body that rules your low back and your pelvis, your reproductive organs. It is our creativity center. It is where babies are made and born. And it is the seat of our creation energy, our biggest power.

And it has everything to do with our relationship with money, sex and power. Power

is the ability to do something or act in a particular way. We see all sorts of examples in the world of distorted versions of power. But we also talked about on day one how when more money is in the hands of women, we begin to change those versions of power. And when more money is in the hands of conscious people.

And so the ability to do something or act in a particular way and get a result is very similar to what we talked about already on day one, which was agency. So this is about having you feel your ability to do something or act in a particular way. And when you get right with your relationship with money and power, it is a profound act of reclamation. My friend and mentor, Barbara Staní says our ambivalent relationship with money has everything to do with our ambivalent relationship to power.

And when you get right with your relationship to power and you get right with your relationship to money, you become unstoppable, not only in your own life, but also as a force for good in the world. This really is about power is about your life Force. It's about tapping into source energy, it's about creativity, it's about adding value, it's about abundance. And really, ultimately, it's about your connection with the divine, with God, with the universe, whatever words you want to use.

And when you get that activated as the source in your financial life, because money is not your source, money is not your source. And if you're treating money as your source, you're giving your power away to money. If you say I cannot feel good until. If you say the math is not mathing and therefore I cannot be powerful, I cannot be who I'm meant to be, you're giving your power away to money.

But instead, if you can get yourself plugged into actual source with a capital S and realize that money is not your source and stop treating money like your source, everything unlocks and money gets easier. So that's money, sex and power. Practical example of this. Let's say you had a beat up old classic car and it was rusty and it needed a new transmission and it needed new tires and all this stuff.

And you have within you skills to fix up an old car right there. They're, they're skills that you just have in you. They don't cost anybody any money. They didn't, they don't cost you any money to enact the skills. You just know. So you fix up that car and now you get, you're able to sell that car for 30,000 more dollars than you bought it for. The value you added was not taken from someone else.

It was taken from your ability to have a vision, to be creative and to see something better than it is, to turn something into something better. Or in the case of many entrepreneurs, to create something out of nothing. In 2005, before I started this business, there was nothing. There was nothing. And now our company serves thousands of students every year and makes multi seven figures. Not because I took that money from anyone.

It is because I plugged into source and channeled my divinely given talents and abilities. And I researched for decades and I practiced and I refined. That's what we're talking about here. When we plug into Source, we actually can create more tangible value and bring in more income in all kinds of ways. Wendy Snyder is one of our amazing students. She's a gentle parenting coach. She's the founder of Fresh Start Family and she has a new book out.

So she went from consistent overdraft to over \$6,000 in her monthly business checking account, consistently paying herself and having a profitable business on track. They also turned back on their retirement savings after taking a three year break. And this is because she actually engaged in, in this kind of work. And her family also just received this incredible windfall which was essentially captured savings because her daughter got this incredible scholarship for volleyball and now

they don't have this huge tuition payment to pay.

And a lot of that has to do with the benefits their daughter has received from witnessing and being in Wendy's energy. As Wendy has changed her relationship with money and has changed her relationship with source. And it rubbed off on her daughter and it rubbed off on her daughter's dreams, which are now coming true. So rate yourself now, Money, sex and power on a scale of 1 to 10, just what's your gut sense on that?

Okay, Money date number 12 is cyclical money management. Did anybody here read my book? Do Less came out in 2019. Now everyone on the Internet talks about their cycle and like everyone's talking about working in their luteal phase and all these things. But that was not a conversation that was being publicly had in 2019 when Do Less came out. And when we actually align our financial life with nature, we get a lot more abundance and a lot more traction with a lot less effort.

Effort. There are four phases responsible for all life on Earth, plus gravity. And they are the phase of new beginnings, the phase of full bloom, the phase of winding down and harvest, and the phase of rest. And it's the same energies as the four seasons, the four phases of the moon, and the four phases of the menstrual cycle. And people who are biodynamic farmers already know this. There's a whole school of farming that when you plant your seeds at different phases of the moon, you actually get more fertile, more nutrient dense, bigger crops.

So it literally leads to bigger fruits and vegetables. That is the same in our financial life. When we align our financial life with our cyclical nature and don't expect ourselves to be on all the time, but instead honor the cycles of nature, we get more money, growing money with a lot less effort. So the take home message here is there's a way to set up your life so you're no longer relating to yourself as this automaton who's always supposed to be increasing output all the time in a linear or maybe even ideally hockey stick fashion, but instead when you look at the truth that you are an animal living on a round planet that orbits itself around its axis and then also orbits a star, and that those cycles are responsible for all of life on planet Earth, when you start to organize yourself around that you tap into a level of abundance that is not possible when you're operating only linearly.

Has anybody ever, has it occurred to anybody to align their financial life with their cyclical nature, either with the lunar phases or their menstrual phases, or just simply with the, with the seasons? Yeah, okay. For some people, yes. For some people, no. So if you're doing any amount of that, you know, or if it's brand new to you, just write yourself on a 1 to 10 scale. And it could also be just in terms of how much you resonate with this concept.

Like if you're like, oh, that's so exciting for me, you know, or what are you even talking about? Right? So just give yourself a rating 1 to 10. And then we're going to get into our final money date, which is money date 13. This is wealth secrets. This is where things get really exciting. There are secret things that wealthy people do that wealthy people act like and that wealthy people have that other folks don't know about, generally speaking.

But if you start to research and you start to educate yourself, you find out they're not complicated and you can learn them too. The biggest question that wealthy people ask is how can I get my money working for me instead of working hard for my money? How can I get my money working for me instead of working hard for my money? That is a powerful question. And if you keep asking that question, you will start receiving clear answers.

You'll start getting synchronicities. The right people will start falling into your path

and you will have opportunities present themselves to you to learn and to grow. Now your freedom number is about having the possibility to be work optional. Doesn't mean you're going to stop working necessarily. I personally don't ever plan to stop doing some version of what I do. I love this work. However, we're building towards work optionality.

So what's the equation to becoming work optional? There's actually a math equation and it is to have your passive or residual income be greater than your living expenses. So the cool thing about this equation is it's full of possibilities. And the possibilities are, number one, you can decrease your living expenses so that you don't need as much passive or residual income to be free. Or you can increase your passive or residual income, leveraged income, income that doesn't require you to show up in order for it to be made.

And you can get your passive and residual income greater than your expenses. So you have those two levers to pull on to move towards being work optional or move towards financial freedom. And there are so many different ways to do it, and it depends on your situation. It depends on who you are, what you're interested in, what are your values. But I want you to know there's not one person listening today who doesn't already have available to them what it takes to create this.

Because you have an Internet connection and you have some sort of device that's allowing you to take this information in right now. So this is available to you, but it's only available to you if someone tells you about it. So that's my job. I am here to tell you what is out there so you can begin to welcome it into your worldview. And again, more and more opportunities and synchronicities will show up for you to have this.

Now, I want to tell you about the eighth wonder of the world. Does anybody have a guess what the eighth wonder of the world is? Yes. Compounding interest. Compounding interest, my friends. So I'm going to tell you a little fable. And the fable was about a king. He had this kingdom, and a sage showed up and did the king a huge favor. And the king wanted to repay this sage, this wise man.

And the sage said, tell you what, your highness. Your highness. Yeah, your highness, I want you to give me one grain of rice and then double what I had the day before, every single day for 30 days. And the king thought, this guy's crazy. But okay, if he thinks he wants to get paid in grains of rice, be my guest. So the first day, he gave him one grain of rice.

The second day, he gave him two. The third day, that turned into four. The fifth day, it turned into eight. By the time they were on the 12th day, it had already turned into 2048 grains of rice. By the time they were on the 16th day, it had already turned into 32,768 grains of rice. And by the time they were on the 30th day, the kingdom had gone bankrupt because it had turned into over 1 billion grains of rice.

That, my friends, is the power of compounding interest. Small, doable bits over time, not dissimilar from nervous system healing. So if you want to play around with possibilities, you can head over to this website, [investor.gov](https://www.investor.gov) and you can use this compounding interest calculator. I'm sure you could also use whatever AI tool is your favorite to do some of it as well. But let's say you put in an initial investment of just a thousand dollars, and then monthly, you contributed a hundred dollars and over 10 years.

If that was compounding at a monthly interest rate of 8%, which is very reasonable for a stock market gain, what would happen is over the next 10 years, you would have contributed a total of \$13,000, but you would have a total of \$20,000. So you

would have made \$7,000 in free money, which is like fun. But I'll tell you what, if you did that for another two decades, you would end up with \$160,000 and you would have made \$122 in free money.

Now let's say you're 45 and you did not start investing in your 20s and you did not really start investing in your 30s, but now you're ready and you would like to really build some wealth. By the age of 70. Let's say you took \$5,000 and put it in an investment. And then you added, you found a way to come up with 500 extra dollars a month, which is 16 a day, to put in every single month.

By the age of 70, you will have contributed \$155,000 total and your ending amount would be \$514,000. And you would have \$360,000 in free money. Who would like to have \$360,000 in free money? Type A1 in the chat. Okay? And if you are feeling any kind of constriction or contraction, just feel gravity. Notice your feet on the floor. And if you're feeling excited, that's wonderful. This is very exciting news.

Now let's say you wanted to accelerate that and build a seven figure portfolio. You could start at the age of 45 with \$10,000 and contribute that same \$500 a month, which is \$16 a day. At the 70 year old age mark, you would have \$1,000,029. Sorry, \$1,029,000 and 500. Basically you'd have a million dollars. You'd have a million dollars and \$719,000 of that would be free money. Okay, this is available, folks.

This is available. Especially when you pull on the lever of making more money that we have talked about extensively. You have so many tools to implement there, especially when you pull on the lever of changing your wiring so that you're reducing your spending in a way that gives you zero reduction in quality of life so you have more money left over and then you can invest it. It's really, really exciting.

And this is just available for you. Okay? So, but I want to ask you, what's the best, smartest, highest return on investment possible? What's your guess? Where are you going to get the highest return on investment of your money? Yes. I see a lot of you answering this yourself. Yes, of course, there's crypto, there's gold, there's silver, there's the stock market, there's real estate, there's all sorts of things.

But you know where you're going to get the highest return on investment every time? It's investing in yourself. And I have had financial expert after financial expert verify that. Now, if you happen to have a red, yellow and green pen or highlighter, go ahead and mark off in your notebook or in your workbook any of the 13 money dates that were A1 rated A1 through 3. Those are your reds.

That's where you want to put most of your attention. A 4 through 7 that would be yellow, and then an 8 through 10 that would be green. Now, if you don't have colors, don't worry. I don't have anything on my desk either. So you can just write next to it. Red, yellow or green. Take a minute to do that now. Okay, great. Now, we talked about the energetics, safety and numbers, Money and your emotions, your money story, your money beliefs.

We talked about manifesting cash flow, clearing your invoices for blessings already received, but also using them to create more wealth. We talked about making more money, your money makeover, finding your enough number, money, sex and power, cyclical money management and wealth secrets. And when you activate the 13 money dates and you focus on the things you need to focus on, you end up with all greens. It ends up being all green across the board.

And that's the financial upgrade that we're talking about. So would you like now to have the experience of the world debut of the custom 90 day relax money roadmap tool so that you can see how after this session you're going to be able to go and

use this tool to take the inputs that you've created during this workshop and get a fully 100% customized roadmap based on your numbers, your desires, your goals, your circumstances to teach you.

And actually just not even teach you. It's a map to show you how to upgrade your financial life in one season. So I'm seeing a lot of yeses. I'm going to go for it. Okay. And here we go. Can you all see this tab of my screen? Okay, great. I'm gonna make it a little bigger. They can see it. Please do not go to this link. Just let her show the process.

Do not copy and paste it. We will send you the link later. We need to fix one tech thing on the back end. And so please don't go to the link, but we'll give, we'll send you an email when it's ready for you to go do it. For today, I'm going to give you a demo. So are you ready for your fully custom 90 day relax money roadmap?

You know what, I didn't plan on taking off my jacket, but I am way too hot. So I'm just going to take that off and we'll have this part of the outfit. So we're just going to answer a few honest questions and within a few moments we're going to get the roadmap so you know exactly where to start to reach your next financial upgrade. So just so you know, all your answers are private, we save the roadmap as a PDF so we can send it to you, but it's only shared with you.

It's never sold or shared and you can request deletion at any time. And me and my team are not looking at it. Okay, so yes, I'm ready to get started. So the Hidden Money ecosystem quiz, we did this on day one. So when you go use this roadmap tool, you can either go through the questions here on the roadmap or you, if you already know the state because you already did it, you can just say enter it directly.

I'm going to put in a state of diffusion because that's the state that I started out with when I started this work. Now my state is stewarded, but I started in diffusion, which was high energetic safety, low structure. And then you just click continue. And now you go into your money leaks diagnosis. So if you want to see the full descriptions underneath all of them, you can do that.

There's also a compact list, so you can just go ahead and click compact list. And if you had already identified your money leaks in your workbook, all you need to do is click on them. So let's say you have a pattern, a leak of money avoidance, you have a leak of earning as the only answer. You have the leak of financial codependency and you have the leak of status infrastructure and no or low containment architecture.

So those are your money leaks. And then you could also write in anything else that you feel like is not covered by one of the leaks and it'll take it into consideration. It could be a goal, a fear, a recent change. And if it gives, if you give it more context, it's going to give you a more personalized roadmap. I'm just going to make this a little smaller.

Okay, now we continue. Now we're identifying where we are on the wealth stewardship pyramid. So we identified this on day two. So level one is financial grounding. Where you are in a state where you're working towards your income being greater than your expenses, but things are still feeling a little unstable or clear. So you're really grounding yourself. Cushion and breathing room is where you're building some savings and your basics are covered, but you don't have a reliable surplus.

And then level three and level four, five, six, go on up from there. I'm going to put in level two. We are, we're, we're, we have our cushion and some breathing room, but

we need more reliable surplus. Okay, next up, continue. So now we're going to look at our numbers. So what are the income streams? Let's say we have a coaching business and then we also have a.

What, what's another income stream somebody wants me to put in here? Okay. And investments. So I have my coaching business and I have investments. Awesome. I'm going to put in that your annual household income. So total you and your spouse or your partner, if you, you know, if you worked, if you have a household together. And I'm going to put in that the expenses every month are. Let me just do some quick math here so I can make this work proper.

Okay, great. So I'm going to put in that your monthly expenses as a household are \$7,000. Now let's say that you have total assets of \$100,000. And maybe you have a mortgage and, and home equity line of credit that you are working on paying off. So maybe those things come up to \$50,000. I'm just doing some simple math here. Of course, you'll put in your own numbers. So it shows you here that your monthly income is \$8,333.

Because it's doing the math from your annual household. It already does the math to tell you what your monthly money cushion is. And by the way, you want to do this after tax because people will ask me that question. So put in your income after tax and then your net worth. It's taking your assets and subtracting your invoices for blessings already received, otherwise known as your liabilities. And it's doing the math.

And then you hit continue. And then we're asking where do we want to go? So let's put in an income goal. Let's say that you would like to increase your aunt, your household income to \$150,000 an a year. And you'd like to do that over the next two to three years? Actually, let's do one. You know what? Let's do one that's within a year. So let's do one within a year.

I will say that in my experience, we have a lot of students who increase their income dramatically. My friend Ruthie doubled her income within six months. We have many, many, many stories from people who increase their income fairly dramatically by doing this work. So I'm going to put that down as a great example. Okay, so my email is. My name is there, My email is here. And then we are going to continue on.

Just so you know, that's not actually the email that you can reach me at. I would not put that here, even though I love you. Okay, so now we go into a few deeper questions. And these are already in your workbook, so maybe you answered them already and you can just transfer them into here. But let's answer them together. So the first question is when you think about sitting down to look at your full financial picture, all of it, not just your bank balance, what comes up?

Be specific about what you feel in your body, not just what you think. So I'm going to put down. I feel a little nervous, but also like it's the next power move for me. Okay, the belief excavator. These are. These are required, by the way, the red ones. So it says, complete this sentence, I could be more financially secure, but. So somebody just answer the but. I could be more financially secure, but.

And I'm going to put in your answer, okay, I could be more financially secure, but I don't know how. Okay, how does money show up in your closest relationships with a partner, family, or the people you work with? Is it a source of tension, silence or something else? I'm going to say it's a source of tension. The history. Have you been here before wanting to change your relationship with money and not falling through what got in the way or what happened when you tried?

I'm going to say I stuck with it for a few months but then kept falling off the wagon, which is what would happen if what you were doing did not include a nervous system component. Now, the urgency scale, on a scale of 1 to 10, how important does it feel to upgrade your financial life right now? With 1 being it's on my radar but not urgent, and 10 being I'm ready to move on this now.

So folks are answering, okay, I'm going to put in. I see a lot of tens, which is great. I'm just going to go put in a 10. Now these are optional but highly encouraged. So if. Is there any part of you that believes making more money would cost you something important, your time, your integrity, your relationships, or who you are, Describe the trade off you're afraid of. Okay.

Somebody wrote I would get too busy, which I just want to identify if the root thought is I would get too busy. That's connected to a belief that in order to make more money, you have to work more hours. We have spent so much time in this workshop talking about all the examples where you don't need to work more hours in order to make more money. But you can see how the belief is deeply seated.

So just hearing those examples is not enough to rewire it. We need to actually do the nervous system work. So I'm just pointing that out. Now the desire question. If you, if your financial life felt genuinely settled, not perfect, but solid and safe, what would you do, create or become that you haven't yet? I would be. I would be more visible. Okay, now your history. Check off which one makes sense.

This helps your roadmap speak to where you actually are, not just where you're starting from, but what you've actually tried. So the first option is I've never tried in a structured way. I've thought about it, maybe read some things, but I haven't done a real structured program or process around money. Number two, I've tried on my own, but I stalled. Number three, I started a program, but I didn't finish it.

So I enrolled in something, a course, a coaching program, a challenge, but something interrupted the momentum and I didn't complete it. And, or I did the work, but I couldn't sustain it. So I've done real work on my money life before and I made progress, but the changes didn't stick. And by the way, you can, you can click on other and it'll give you an option to fill it in.

So when I first did this, none of these applied to me. So I wrote other. I said everything I've done has worked and I'm ready for my next upgrade. So if that's true for you, you could do that one I'm going to click started a program but didn't finish. And then you continue. Now, before we build your roadmap, look at what you just named. This is what you're bringing to the table.

Confirm it feels right. And then we build your personalized roadmap from here. So the ecosystem state we identified is diffusion. The pyramid level we identified is level 2 cushion and moving towards more breathing room. We identified five active money leaks. And the North Star is an income level of 150,000. And the belief to examine is I could be more financially secure, but I don't know how. So now we are going to build the roadmap.

So it's thinking about things and it's just going to take a couple of minutes. We'll have the roadmap here and then when you do this at home, you are going to get it emailed to you. So we're going to build out the roadmap while we do that. Let's do a washing machine together, shall we? So let's just do a little nervous system reset. I'm going to back it up. Do my tool. I find it really helps if I breathe in and out through my nose. Letting your arms flop, keeping your eyes forward so you don't get dizzy. Okay, just a few more. If folks are wondering if they can do the roadmap for different scenarios, the answer is yes. You are welcome to run it for multiple

different scenarios. Oh, that felt so nice. Did anyone else do the washing machine with me?

Did you like that? Oh, here it is. Okay. Your custom 90 day money roadmap. So here it is. It's generated just for you. No two of these are going to be the same. Okay, so it's long. I am not going to read the whole thing, but I am going to walk you through what it shows you. So it shows you first a mirror. So the first tab is going to be a mirror and it talks to you a little bit about your ecosystem right now.

And then it also talks to you about your wealth stewardship pyramid. And then it also talks to you about your money leaks and it is written in a positive tone. So there's no shame based language, there's no beating yourself up here. This is all positive, hopeful, rooted in agency. Okay, so it says the blind spot that diffusion creates is the ease you feel around money right now isn't evidence that your system is working.

It's evidence that you've gotten very good at not looking too closely. So if that's true for anybody, just go ahead and type A1 in the chat. It is incredible, isn't it? I know, Tina. It really is. And so then that's your mirror. And then you're going to go into next to the numbers. So now it tells you your now point and it goes into the numbers that you already identified and then it tells you the gap to between where you are now and your North Star.

So it's going to tell you a little bit more of a narration about your numbers. So here's an example of the tone. It says you're making \$100,000 a year and your net worth is 50,000. Which means in the time it's taken you to build a six figure business, you've accumulated half of one year's income in lasting wealth. That's not a moral failure. That's what happens when there's no containment architecture.

The money comes in. Some of it pays for life, some of it pays down your invoices for blessings already received. And the rest just diffuses. There's no system directing it towards accumulation. There's no plan that says this \$1333 of cushion each month goes here. And here's what happens when it does. The numbers aren't broken, the structure is just missing. And then it gets you into a little bit more about how to reach your goals.

Okay, so it says it's about making sure the money you already have and the money that's coming in has a destination before it arrives. That's the difference between revenue and wealth. And that's the work of the next 90 days. Listen, you and I both know that there's a lot of places that can teach you how to make more money. And some of them will work and some of them won't.

But without the containment architecture, it has no place to land. So it won't matter. Which is why this work that we do here is different. And then you click next on the map so it maps it out month by month. So your 90 days, one season mapped out month by month. And it starts you off. This is the month where you stop trying to engineer your way into safety and you start building actual safety with the numbers themselves.

You've avoided this work before, not because you're incapable, but because looking at money without a grounded nervous system feels like free falling. If anybody is feeling seen right now, let me know. Then you get into month two. Month two is the structural month, the one that installs the engineering. Your diffusion ecosystem is missing. The first focus for you is building your values Aligned spending plan. The system that tells every dollar where to go before it arrives.

So your \$1,333 monthly cushion doesn't just evaporate into miscellaneous. This is where containment gets built. And we go on from there. Month three then becomes about expression, where the inner and outer work become your new reality. This is the integration month, where everything you've built in months one and two starts to show up as a baseline. The first focus is refining your cash flow system so it runs without constant manual effort, automations, rhythms and a monthly money practice that doesn't require willpower to sustain it.

And then it's identifying your enough number so it goes on from there. And then you click over to the work and it says what your ecosystem specifically needs. So for this example, the first place to start is building safety with your actual numbers, installing a dashboard and a somatic practice that lets you look at your finances from a grounded place, often for the first time. Imagine how would that feel for you?

Let me know. I'm so curious. This is where the ecosystem starts to rebuild its foundational health. For someone in diffusion, the avoidance isn't dramatic, it's subtle. It's the way you've learned to feel fine without ever really looking. This work dismantles that. Yeah. So folks are feeling excited about all these possibilities and so it really is taking you first place, second, third, fourth, fifth. So it, it's laying it out for you.

No guesswork. And then of course, the invitation is how we can do that together. So that is the debut of the 90 day custom relaxed money roadmap. Here you can copy it all, you could pop it in a doc, you can also download the PDF or you can start over. So as soon as this is ready for you, you will get an email and it's also your homework to be entered in our giveaway.

So our final giveaway is a higher dose infrared sauna blanket starter kit. Once it's ready, you're going to get an email, you're going to go and you're going to fill out your roadmap and you're going to generate it and you're going to read it and then you'll submit your completion confirmation to be entered to win the giveaway and that you need to do it by Sunday night at midnight to enter the giveaway.

But I know everyone is going to run their roadmap. This is not going to be an avoidance situation. I know everyone. The minute you get that email, you are going to run, not walk to running that roadmap. I cannot imagine why anybody wouldn't. So here's an example. This is our final case study finalist. This is Victoria. Yeah. Before you go into this, yeah, it is ready. Oh, it's ready.

We can share the link at the end of the call if you want, or whenever you want. I'll share the link at the end of the call. I would just preface it by saying a lot of the stuff that was going on in the chat. This takes a little bit of time to sit down and really work through your stuff. Yeah, don't do it right now. Right. So doing it right now is not a good idea.

Is you. You. Every single page has what goes in this box, what these mean. You just take your time to go through it. We got the tech bug fixed five minutes before you started talking about it, so love it. Everything's good. So it's there. When you're ready, we can. We can let everybody know. Amazing. Okay, great. At the end of the call, I'll give you the link. So let's hear from Victoria with an example of what happens when we get all of this working for us.

Before joining Relaxed Money, my relationship with money was an absolute mess. It was so bad that I would avoid looking at my bank accounts like the plague. I would literally feel nauseous and drowsy anytime I would attempt to do something about it. And I felt like I wasn't making enough while feeling guilty spending it all and having these really unsupportive, limiting beliefs. I don't deserve this. I'm not good enough.

And all these stories running through my head. Unconscious Shopping was my absolute favorite pastime. So much so that after a rough breakup, I watered down my savings from 50k all the way down to 10k. And I couldn't even tell you where it went. And while I knew that something had to change, I didn't know how I. I knew what I had to do, but I didn't know how to do it.

Enter Kate. Since joining Relaxed Money, honestly, I feel so much more relaxed, incoherence and jo joyful about money. And that has rippled out into some real tangible results. So my first year in Relaxed Money, I increased my cash flow by over 200% after only five months of consciously paying attention to my finances. Ever since then, I've been running my weekly money love dates. I even have like monthly deep dives where I go into some strategic investment decisions and setting up systems.

Finally separated my business and my personal finances with separate accounts and spending plans for both. And I've started building my investment portfolio, including investing in shares which have grown by 55% since October of 2024. I also finally set up my high yield savings account and have begun regular contributions to it recently, shaving off half of my bonus and putting it straight into my financial cushion. Whereas in a previous life that would have all just disappeared into some unconscious shopping paradigm, I finally felt safe enough to act on massive money decisions that are about to change my whole financial trajectory and life for the better.

And lastly, and most importantly, I feel so much more literate, joyful, abundant, and relaxed about money than I ever have before. My partner and I are talking about it. I inspired him to build his investment portfolio. It is just like another topic that brings us so much joy. And. And honestly, I would not have been able to do all of this without Kate's support, without the community and Relax Money.

It changed my life, and I'm so grateful to be part of it. If you, too, are considering joining Relaxed Money, make sure you do. It's one of the greatest decisions I made in my entire life. Love it. Thank you. Victoria, you're such a star. So I want you to take a minute now and think back to where you were when you began relaxed. I'm sorry? When you began good with money.

Where? What? I mean, we've come a long way, have we not? Let's focus on the gain, shall we? What are the new frameworks you have? What new awareness do you have? What wins have you already created? I've been reading them in the Facebook group and in circle. And. And it is absolutely astounding what's already happening in this community. We've come a long way, and I really want to acknowledge you for showing up the way you have.

And now I want to give you one last experience to begin to shift your wiring to welcome in the expansion the financial upgrades that already have your name on them. So, Mike, can you put that music on? And I'm going to invite you to close your eyes and maybe put one hand on your heart, one hand on your belly. Okay, you have to stop sharing your screen for me to do this.

Okay, great. So let's pause on your moment. I'm going to start over. Yeah, you start the music. I'll invite everyone. Okay. Can you hear it? Yeah, it's a little loud. That's perfect. Okay, close your eyes. One hand on your heart, one hand on your belly. We're gonna lock this in, folks. We are gonna lock in what we just experienced together. Feel your feet up on the ground. Feel your seat on your chair.

Take a breath in through your nose and out through your nose again. In through your nose, Out. And imagine yourself. Transport yourself somewhere really

beautiful. Maybe it's a beach, an open field, beautiful forest. And start walking down a path that's unfolding before you hear the sounds, The vibrant colors. And there's just a deep sense of arrival with simultaneous possibility. As you keep walking, step by step. You see in the distance that someone is walking towards you.

And as they get closer, they seem familiar. And as they walk all the way up to you, as you meet them on the path, they have the most beautiful sparkle in their eye. And you look at their face and you realize, this is me. This is me 20 years from now. This is me 30 years from now. This is wise elder me. Their face is beautifully wrinkled from decades of laughter.

Their skin is luminous. And they give you the warmth of homecoming. Your whole body settles. You feel so safe, so cherished. And your wise elder self takes both of your hands in their hands and says, I have some really important advice to pass along. And that advice is about what comes next for you and your money. Because your passion matters, your contribution matters. And your power and your contribution are intertwined with your relationship with money.

So here's what I want you to know. Now just listen, Sam. The advice lands. You feel it on a deep, visceral level. And you know you're never going to forget. And now they have one last message for you. And they say, hey, before you go, I need to tell you there's something you need to let go of. And it is. Hear what they have to say. It's something that is no longer serving you.

And you can leave it here right now. You can already feel that the letting go has happened. You don't even have to try. You look at each other and smile so wide. What a gift to meet this version of yourself and to receive this advice. At this point, this particular time, your wise elder self reminds you that they are there at any time. You can always come back and seek their wisdom.

And they give you the biggest, warmest, most loving hug. And then they say goodbye. And you turn around and walk back, filled up, so deeply centered and grounded, absolutely filled with richness from this interaction. You walk back, step by step. 5, 4, 3, 2, 1. And you're back in your starting point, back in your body, starting to come, come into this moment in time. Wiggling your toes, feeling your hand on your belly, your hand on your heart, refreshing your posture, inhaling.

And then as you're ready, as the music goes down, opening your eyes, We're going to come back and we're going to bring it on home. So let me make sure that you all can see my slides. I'm going to start again. Revel in that feeling. Revel in what you just felt in that moment. All right. How was that for you? What did you receive? Go ahead and put it in the chat.

You Might want to take a minute while I'm gathering myself to write down what you received, the advice. And know that if nothing came through immediately, for some people, it'll come through later in a dream. It'll come later in some other way, so you can really trust it. Okay, so go ahead and share. Go ahead and write it down, And I'm going to bring us on home. We are almost at the end, and I don't want you to miss a single thing.

All right, here we go. Sharing slides. Great. Confirming that everyone can see my slides now that we're back from the portal. Great. Remember on day one how I shared with you the story of when Mike got hit by a car? Well, there's a part of the story that I didn't tell you, and I'm going to tell you that story now. So it was October 25, 2022. Mike was riding his bike, and he got hit by a car.

And it was a traumatic accident. And this is me in the middle being blissfully

delusional, in denial about how bad this actually was. And this is him after his first surgery in his hospital bed. What was going on behind the scenes is we'd had some significant changes in our company, and it had created some financial pressure for us. It had created a need to turn something around. And so I was in that place again of feeling the mounting stress and pressure.

And now here we were again, one man down. And I could feel my old pattern start to take over. And I was going every day back and forth, 30 minutes each way to the hospital every day. I was parenting. I was trying to keep the girls feeling steady while their dad was in the hospital unexpectedly, I was just kind of, like, trying to keep everyone okay. And also, I was continuing to fulfill my business commitments.

And one day I showed up at the hospital. I had gotten stuck in traffic. I couldn't find parking. I was completely frazzled. And I had a call that I was leading for my mastermind. And I was running around trying to find the WI fi. I was going to do the call from Mike's hospital room. And Mike looked at me, and he said, I think you can reschedule the call.

And it was this moment where, like, the clouds parted and the sun came out. And I realized I actually had a choice. I had been operating on default. I had been operating from my survival patterning. But I realized I had agency. I could actually tell my mastermind, hey, my husband got hit by a car. I'm going to need to postpone the call. And from that moment of finally feeling a decision point.

It was a crossroads where there were two forks in the road. And in that moment, I chose expansion. I chose something new. Instead of my old inheritance of this survival patterning of just pull up your bootstraps and just grin and bear it. And instead of doing that call, I got in Mike's hospital bed and I fell fast asleep. That is rare for me. I cannot fall asleep in random places.

So my nervous system finally let go and it changed everything for us. I woke up from that nap. It was the best nap of my life. I woke up from that nap feeling so clear that things would never be the same again. That I now was done being that girl who put on a smile and just got busier and pretended everything was okay. I now actually was meeting the moment appropriately.

And we had been on the verge of hitting go with a launch. The day Mike got hit by a car. We were actually in pre launch. But this time, instead of trying to do it all and getting busier and just earning more as my default, I actually stopped. We postponed the lot, the launch. I took care of my children. Mike got better and better. And right after that, that we went into.

After he was better enough to be home. Right after that, we went into the biggest launch of our lives up to that point. Not because we had worked harder, but because we had re patterned and we welcomed in more abundance than we'd ever seen at one time. It was because we acted in alignment with expansion and health as opposed to in the insanity that I had defaulted to before.

There's a wonderful quote from Viktor Frankl which is between stimulus and response, there is a space. And in that space is our power to choose our response. And in our response lies our growth and our freedom. I got access to on that day to that space. And in that space I decided I made a new choice. And I had done enough reps of the nervous system healing, I had increased my capacity enough that it stayed.

And things have never been the same since. You were not put on this earth to have money. Fear and money anxiety put a damper on your life force. That is not why

you're here. Abundance is actually all of our true nature. And if you stay on the path of expansion, if you keep building up energetic physical safety and keep strengthening your engineering, fear and restriction will come up, resistance will come up.

I'm sure it's come up for you during this workshop. But you have a choice. That's your agency, that's your power. And growing your nervous system capacity is precisely how you continue to access that choice and make it your default setting instead of contraction and fear and scarcity being your default setting. Type A1 in the chat if you want expansion to be your normal default fault. Yeah, I see you.

I do. You have a choice right now. You can stay in your default patterning, in the protector, in the constriction, in the survival wiring, and you can keep getting the same results you've always gotten, or you can move down the path of expansion and prosperity. So the question is, are you going to be the kind of person who looks at the world and sees blocks and lack and problems and scarcity and all the reasons why you can't have what you want?

Or are you going to be the kind of person who looks at the world and begins to see what's available, begins to feel their agency and begins to make choices in alignment with their desires from a place of deep integrity? Are you going to be the kind of person who blames the world for your circumstances and says, well, this is just how it is. People like me, my family, xyz, I can't the math just doesn't math.

Or are you going to be the kind of person who takes responsibility for their outcomes? Because we know that the data is that those who feel their agency get financial success regardless of income, education level or circumstances. Are you going to be the kind of person who takes this incredible free workshop and does nothing with it and just goes back to life the way it was? Or are you going to be the kind of person who takes the keys that I'm about to hand you and creates something brand new like thousands of our students have before you?

So if you are the latter, I want to invite you to Relaxed money, which is 13 money dates to upgrade your financial life in one season. It's the complete energetics, engineering and expression upgrade map for your financial life. And we walked through all of it today. It is not a mindset course. It is not about budgeting and skipping your lattes. It's not about just make a whole bunch more money, but not teaching you anything about how to keep it, grow it and steward it.

It's not ungrounded manifesting in energetics that has no place to land. And it's not disembodied, spiritually bypassing the fact that we have bodies and there are real systems in the world. It's none of those things and you know that by now. Relax. Money is really the only place in the world where you'll get the complete roadmap with support and community through the 13 money dates that you need to upgrade your upgrade your financial life in one single season.

And it's where you install both the energetic safety and the engineered structure so that your financial expression becomes inevitably that which is abundant and well stewarded. And when you do that, it really changes your life and it changes the world. It's delivered via 13 live money dates with modules. So 13 modules followed by 13 live money dates with support and content for implementing what you just learned. So you don't have to do it alone.

You actually have my presence, my team's presence, and the community presence because it will dramatically increase your rate of integration and it happens over 16 weeks. So 13 money dates with some support sprinkled in there in on the in

between weeks and over 16 weeks you will upgrade your financial life in a single season with all the processes, tools, templates, calculators, checklists, everything you could possibly need to support you in the process.

You also have support from me and our community and our incredible programs manager and our incredible support coaches over those 16 weeks. So you're not doing it alone. If you have loved the experience of community here in Good With Money, then you're going to be absolutely obsessed with what it feels like in Relaxed Money. I'm really proud that our students, on average, within six months of implementing the strategies in Relaxed Money, increase their NET worth by 127%, increase their income by 11.33%,

increase their savings by 187%, and increase their assets by 46%. These are based on the real submitted numbers from our students and us taking the average. So what would it be worth to you to increase your net worth by 127, 27% in six months? I could keep talking about it, but now it's actually your time. And in just a few short days on Monday, the doors are going to open to our only live cohort of Relax Money this year.

And if you're still here and watching, you and I both know that there's a reason why this is not by chance that you're still here. Relaxed Money is the place where we will open doors on Monday and give you the full experience. We do good with money and then our team changes focus for the complete Relaxed Money experience. So I'm going to invite you to save the date for Monday, April 20th.

That's when we're doing our opening ceremony. You'll learn all about what's included in Relax Money. You'll hear from our grads and hear results from them. You're going to get a check in on whether it's a fit for you and you'll hear how we can help you no matter what state your hidden money ecosystem is in, no matter what leaks you're working with, even if it's all 10 of them.

I had all nine when I first got started and now I really barely have any. And also, which. Which stage of the wealth stewardship pyramid you have? I will tell you this. I have never met anybody who doesn't have a few screws loose about money. At least a few screws loose. And this work has been developed over the last 20 years. So on Monday you're going to get to hear everything.

If you're the kind of person who wants to get to the front of the line and you know you want to get in before everyone else has the opportunity, go to relaxedmoney.com/priority. And you're going to be able to put your name on our priority registration wait list and get special early enrollment bonuses and special early updates so you can go there to relaxedmoney.com/priority. So save the date Monday, April 20th at noon Eastern time on the very same link you've been showing up.

It's a bonus session. It's our opening ceremony. You will get the full details of Relax Money. You can ask your questions and we're also going to email you about that. And if you want to skip ahead of the line, go to relaxedmoney.com/priority. We do the entire good with money training and then for those who want to work with me and my team, we get to work and we dive in.

So after the doors to Relax Money close on Thursday, April 23rd at midnight, we're gonna get right into upgrading your full financial life over those 13 money day in one season. And I will see you on Monday for the opening ceremony with special case studies, bonuses and all the details. Who's coming on Monday, let me know. And if you want the link to the roadmap, all you need to do is go to roadmap.relaxedmoney.com but we're going to email it to you and it'll also be on

the replay page and it'll also be in the Facebook group. You're here because you know there's more available for you. Who's here because they know there's more available for them. Yeah, totally. Exactly. Otherwise you wouldn't be here. And it really has been such an honor to be your coach and your mentor during Good With Money.

I only do this once a year because I pour so much of myself into it. And I want you to hear me now. Please do not do this alone. I tried for way too long to do this on my own. And it cost me so much money and it cost me so much time. But since then, I have invested hundreds of thousands of dollars in my own research, education, certifications, training, and in this program and our team.

So that you don't have to do it alone. So that it doesn't have to take you as long as it would if you tried alone. Or maybe possibly never get the results you want if you tried alone. Your financial life matters in a huge way. It's the one thing that makes everything else easier or unnecessary. And when you upgrade your relationship with money, more becomes available for other people.

So if I'm not your person, that's fine, but please go find someone who is. And if I am your person, then I would be so honored to support you. It would be such a joy to have you in the most incredible financial upgrade community on earth inside Relaxed Money.

And on Monday we're gonna get together, same time, same link, and we are going to do our opening ceremony of Relax Money together. And you will get all the details and I can't wait for that time together. So that concludes Good with money. We've had over 30,000 people join us in this experience.

Thank you for being one of them. Every single person matters. I want you to get out there and be the person you need to be so that your North Star becomes inevitable. I will see you Monday for what's next relaxedmoney.com/priority is where you want to go if you want to skip ahead of the line. And now we are going to dance. So anybody who wants to dance with me, we're going to dance.

And then for anyone who wants to stay on, we're going to play some more of our case studies. We have a fun little video for you. If you just love that sort of thing. You can join in for us with that. And before the case studies, Kate, I'll help people with the road map too. Okay? Mike is going to help people with the road map before the case studies.

So let's go ahead and find a great song. I love this song. So we are going to play it. Let me Go ahead. And do I need to share my audio? I don't think so. I think you can just hear it. No, you need to share your audio. Can you hear that? No. Share my audio. Here we go. Let's dance it out. All right, here we go. You can love me or not there's no such thing as sin Let it all come right in I want to make some mistakes I want to sleep in the mud I want to swim in the flood I want to till I'm done I like whiskey on ice I like sun in my eyes.

Need more volume Turn it up on your own computer Laughing with my blood on the ground. Exhale. Here. Thank you all so much. This has been such a profound pleasure. Mike is going to help you with the Roadmap tool. For those who want to dive in right away, then we're going to play our case studies. Thank you again for any amount of time we spent together. It has been such an honor and I can't wait to do more in Relax money.

I will see you Monday, same time, same place. I love you.