

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

# GOOD with MONEY

Day One

April 9, 2026

**TRANSCRIPT**

Welcome to Good with Money. And we'll start at the beginning. Okay. Have fun. Okay, thank you. All right, welcome everyone. I'm so happy you're here for Good with Money. I'm so excited to be here. We do this one time a year.

I'm noticing I have a reflection my screen and that's bugging me. So I'm just gonna aesthetically update things. We do this one time a year only. And so it's really special. It's a big deal that you made it here live or that you're listening to the recording. So know that we don't take it lightly. We take your time very seriously and this is going to be worth it for you Today.

Good with Money is about two things. One is being actually good with money, meaning having the skills, having the structure, and having a financial structured support and engineering that works for you, that holds you so you don't have to keep trying to hold everything. Let me know in the chat if that sounds like something that would be helpful to you. Like the experience. Experience of being good with money.

And then the other part of it is, oh, so I'm seeing a lot of yeses. The other part of it is more subtle, but actually is the thing that creates 80 to 90% of your results. And that is a different way of saying being good with money. And what I mean by good with money on that side is I am good with money. Like me and money are good.

We have a beautiful relationship and that's on the energetic level. So in this workshop, we're going to get you sorted when it comes to your energetic relationship with money and when it comes to your engineered relationship with money so that the expression of money in your life is healthy, abundant in flow and easy. And I can't think of a more important time in history than now for us to be having this conversation.

And we'll talk a little bit more about that later. So I do want to say before we get started, if you consume a lot of free trainings and you don't do the work and you just kind of love to consume, consume, consume, but you don't integrate and actually do something. This training is not going to be for you. So I want to be super clear about that upfront.

You need to be committed to doing the work. It doesn't need to be hard. In fact, I make it really fun. But this is for people who are stepping in. So if you're stepping in, please go ahead and type into the chat and tell me in. Just say in amazing. So great. Okay, Amazing. Amazing. And if you're ready to discover the hidden ingredients that the happiest, most relaxed, wealthiest people are operating with behind the scenes, if that is true for you, then you're 100% in the right place.

Who here wants to make more money? Let me know in the chat. If you want to make more money, tell me in the chat. Yes. Okay, great. If you have trouble keeping the money that you make, if that's you, let us know. If you feel anxious about money, regardless of how much you make, if you keep spending more than you make. So it comes in, but then it goes out just as quickly.

If you feel guilty or afraid to spend money at all, or if you feel embarrassed or any sort of shame about your financial life, if you're ready to break the cycle of debt in your life and in your lineage, and if you make great money but are disorganized or avoidant or in some way frozen around it, if you're ready to feel as financially confident and powerful as you know you have the potential to be, if you want to get your money working for you instead of only working for your money, but you don't know where to start, or you don't know the next step to accelerate your investing efforts.

And if you're ready to be relaxed and abundant and wealthy at the same time,

you're in the right place and I've got you. This is where you need to be. I have a couple of friends who've been texting me, just asking, you know, how's it going? Are you feeling ready? And what I responded with is, I feel like God circled this place on the map and this moment in history for us right now, for good with money.

To have this conversation, it could not be more timely. And while I've been working on this and researching and refining and serving over 20,000 paid students and hundreds of thousands more for 20 years, it is culminating today, my friends, in this workshop. And you showed up for it. And I'm really happy, happy for you, and I'm happy for us. And I want to thank you for being here live or being here on the replay over the next three days.

You're going to today audit your money system. So today we're going to identify where your system is strong, where it's a little bit leaky, and whether it's currently built for survival or expansion. Tell me in the chat. If you, you want to build your system for expansion, because expansion is not a fluke, Expansion is not luck. Expansion is by design. And when you build the system in the right sequence, which I'm going to teach you how to do over these three days, and we're actually going to do it together, we're going to take the steps together.

When you do that, expansion becomes a byproduct of healthy infrastructure, of healthy architecture. Day two, we're going to begin to install that financial infrastructure. So we're going to strengthen the system underneath your money, meaning the stuff that no one else sees. But it's between you and your money. What are you actually doing with it? What's the flow of accounts? What are the percentages going where? And, and so when we install that infrastructure, when we begin to build that foundation, money can come, stay and grow and you are able to give generously as well.

Who here wants to build their system so that healthy overflow becomes their default and so that they can be part of leading the world financially to become the kind of place we want our children to inherit? Who's here for that conversation? I just want you to know this is about much more than the people in this room. This is about everybody who our lives touch. And while we will be focusing on the microeconomics of your life, just meaning you and your money, it has impact that ripples out so far beyond you.

So the big why is we're here to change the world. And I just want you to know that that is the pulse that's running under today and all of this work. And then at the end, on day three, you're going to receive the full financial upgrade map. I know that you have pieces right now, but you don't have the full story. And by the end of this workshop, you, you're going to have the full freaking map.

So you'll discover the complete energetics, engineering and expression map for your money ecosystem and how to put all three to work in your life in the right relationship, in the right sequence. So financial thriving becomes your default, as opposed to something you're always striving for. Plus, at the end of our three days together, we're doing something brand new. So if you've been in good with money before or if this is your first year, you both get to receive it.

But if you've been with me for a while, this is going to be brand new for you. And that is a fully customized 90 day relaxed money roadmap. This is not the sort of thing where there's a few generic templates and you answer some questions and you get, you know, one of four or something. This is a hundred percent individualized because no one has the same financial picture.

We all have very different financial pictures, in fact. And so we wanted to meet you there in your individuality. And so this roadmap, which will be delivered to you for

free based on the inputs that we walk through during this workshop, this, that you are going to get to walk away with that, which is so exciting. So a couple housekeeping things. Mike already told you this, but if you get distracted by the chat.

I love the chat. I'm very social. However, my invitation for you is to take this workshop for yourself and fully step in. Because when you fully step in and you fully commit and you focus, you will get results. This we know to be true a hundred percent of the time. So if you want to not pay any attention to the chat, that is absolutely, absolutely fine. You can just go ahead and hide it and ignore it.

However, if you want to get in there and participate, that's great. But please refrain from starting side conversations because you showed up with your time. It is your most valuable asset. And if you're going down some rabbit hole in the chat, you might miss the very thing that you needed to hear to receive the breakthrough that had your name on it. So don't get distracted in there. Speaking of breakthroughs, I want everyone right now to choose an emoji.

That's their sign that they've just had a breakthrough. So maybe it's the mind blown emoji, maybe it's the unicorn emoji, maybe it's the shooting star, maybe it's the rocket. I see rainbows, I see stars. And pop. Your breakthrough emoji in the chat right now. Why do we do that? Well, I love emojis number one, but number two, and actually really number one, the main reason is it creates a neural reprogramming to have an identifier that's an image and an action around a breakthrough.

You're more likely to remember and you are more likely to ingrain that breakthrough when you lock it in with your repeated emoji. So remember your breakthrough emoji. And every time during the workshop that you have a breakthrough, drop your emoji in the chat. And then finally, we created a beautiful workbook for you to go along with this workshop using. It is optional but recommended and you can get it at [Katenorthrup.com/workbook](https://katenorthrup.com/workbook). And we've also emailed it out to you just keep in mind that the workbook is not writable. And that's not because we're not technologically advanced over here. We are. It is because that what happens is if it's writable and you don't save as, you lose all your work. And I would rather you have the workbook and either print it out or use it as your guide and just write the actual answers in a notebook next to you.

And then that way you won't lose your work if you don't forget, if you forget to save as. So hide the chat. If you're distracted by it, choose your emoji breakthrough and grab the workbook at [katenorthrup.com/workbook](https://katenorthrup.com/workbook) there will be a limited time replay of the entire Good with Money workshop. I will say every year we get hundreds of emails begging us to allow people to purchase these replays.

That's how good this workshop is. I teach this at the same level that I teach our paid programs. So no, it is limited. These replays go away at midnight Eastern Time on April 23. A lot of our students watch live and then listen to the replay again to really get the information. And we're very serious. The replays go away at midnight on April 23rd. Okay, great. If you want a deeper experience, we do have a premium upgrade available.

We have hundreds of people who've already joined us in premium. And if you want to do premium and go deeper with me, you will get an expanded identity meditation. So a meditation that you get for life to listen to whenever you want to expand into an even more abundant expanded identity that you know is a match for your potential. We'll talk more about why that matters, but that meditation is going to help you with that.

You're also going to get the Keep More formula, which is a paint by percentages

allocation template and breakdown for turning your income into feeling rich now as well as building wealth for later. So that's a real accelerator in terms of the structural engineering part. You're also going to get private voice memos from me delivered as a private podcast with extra advanced insights behind the scenes and things that don't make it in the workshop because I think about them and I need to add them in later.

And so those private audio memos are to go deeper with the material and to kind of get the cuff behind the scenes extra more advanced insights and then also a private circle community for advanced conversation. So if you want to join Premium, head over to [katenorthrup.com/premium](https://katenorthrup.com/premium). It's only \$47. Okay, now on page 18 of your workbook, you have your relaxed money map. And during the course of our three days together, you're going to be filling out your relaxed money map so that you can use those inputs at the very end of the workshop on day three to input into our tool that's going to allow you to Receive your custom 90 day Relax Money Roadmap for the financial upgrades that you can make over the next season.

So just know that that's what we're filling out. This is not a sit back and just space out kind of workshop. This is a roll up your sleeves, get out your pen and do the work. Alongside this incredible community, we have tens of thousands of people around the world joining in and the experience is that you can loft and accelerate your results by riding the wave of the group energy.

That's why we're doing this work together. If you don't have the workbook, go to [katenorthrup.com/workbook](https://katenorthrup.com/workbook). We also have homework. And when you do your homework, you get entered to win prizes. So for today, at the very end of today, I'm going to tell you your homework. So don't worry, I'm going to tell you at the end. And for day one, which is today, whoever wins is going to get this amazing Cleo light LED mask to help.

There's incredible data about red light on the face and improvement of collagen and lowering inflammation and all sorts of things. We love red light in our house. So day one is a red light mask. Day two is an Oura ring. I love my Oura ring. It really helps me to track when my body needs rest and it will tell me that before my cognitive mind catches up to it so I can prevent burnout and exhaustion and illness, which is really great.

And then for day three, homework you're going to submit and then one winner will get a higher dose infrared sauna blanket starter kit, which is amazing. So these are all to improve your physical well being and when you submit your homework, you're going to get entered to win. Surprise. We're also doing another giveaway and we love, we love presents around here. We love giving stuff away. And this one is a podcast review giveaway.

Who here already listens to my podcast? Plenty of. If you do, let me know in the chat. So what you're going to do to enter this giveaway and by the way, what you'll win is a bespoke package that Mike and I are going to put together, put together of our favorite wellness products that we use like the magnesium hot chocolate that I drink before bed and a few other beautiful things that really upgrade our experience of being alive and so and therefore vitality and longevity and all sorts of things.

So plus signed copies of my books. So one person who enters to win is going to receive that. And what you need to do to enter to win is search for the show Plenty on Apple, Apple Podcasts or Spotify, wherever you listen to your podcast and hit subscribe or follow, depending on what platform you're on, and then leave a review. So some platforms you need to rate it and then leave a review.

But either way, just leave a review and then screenshot your review and submit it at [Katenorthrup.com/review](https://katenorthrup.com/review). By the way, everything I'm saying is going to also be posted in our Facebook group. So if you've not yet joined the Pop Up Good with Money Facebook group, you'll want to join that. So that's the Plenty review. This podcast is in the top 0.5% of podcasts worldwide. We are often in the top category in self improvement and we have incredible guests and so all you need to do is follow the steps on the screen and listen to plenty and leave a review.

Amazing. Great. Finally, when you stay until the end, you're going to get a bonus lesson called how to set goals in alignment with the truth of who you are. So if you've ever had a funny relationship with goal setting and it always makes you feel confused or limited or pressure, this way of setting goals is completely different and you're going to get a lesson on that for free.

When you stay until the end, when you are live here with me. Thank you for being here live. We have breakthroughs that come from all over the world. Here's one that I loved. They watched the replays and really did the work and their husband was asked to write an article for \$21,000 and then they won \$2,000 off braces at a silent auction. Love that Heather did our workshop.

Whoops. Heather did our workshop and it completely changed her life. Standby and she is a farmer and a rancher and an herbalist and her business had been slow, but she made more money on maternity leave her last the last year than she did the previous year and she was able to cash flow for an expansion on the farm and that all started in this workshop. So I want you to take this workshop seriously.

This is not nice to have information that'll be like a lightweight enhancement to your life. This is the most meaningful work you could possibly do on your financial life and maybe for your life in general. Because getting right with your money is the one thing that helps everything else get easier or become completely unnecessary. Notice what comes up for you during the workshop. You might find yourself thinking, this doesn't apply to me.

I already know this. Why won't she get to the point? Right. These things will come up. You might get overwhelmed, spaced out, get sleepy, or let yourself get distracted. These are all signs of resistance. And resistance is actually good news because it means that you're expanding and you've met an edge of your growth and of your potential. So welcoming resistance is actually a sign of growth. And as my dear friend and mentor Barbara Hewson says, your degree of resistance around something is proportional to the amount of power that's available for you on the other side of that resistance.

I'm going to repeat that. The degree of power that's available to you on the other side of your resistance is proportional to the amount of resistance you feel. What does that mean? It means the more resistance you feel, the more powerful you have the potential to be financially. And I'm going to invite you to stay and feel the edge and have compassion to your with yourself and stay in the room even if it gets uncomfortable, even if you get annoyed, even if I push your buttons.

I promise you, the people who stay through the resistance will get the results. I'm seeing some breakthrough emojis. I love that. You're also going to get some information and experiences today that challenge your default fault programming. And that's actually really a good thing. But it is not a good thing according to your survival mechanisms. We will discuss that coming up. Your money is a reflection of a heavy dose of what's happening inside you mixed with external realities.

Right? So our reality, of course, is shaped by what's going on outside of us. And all of the systems of oppression are real. Patriarchy is real. Homophobia is real.

Misogyny is real. Xenophobia is real. Sexism is real. These things are real. And racism is real. And they absolutely shape our experience. And the part that we have agency over, meaning, the part that we can do something about, is what's happening on the inside of us, including the places where oppressive systems are baked into our own belief systems, our own neural programming, and our own behavior.

Because these systems that are not serving anybody do not exist out there. They exist within us. And when we dismantle them within us, we're contributing insane such a big way that we cannot overstate. We're contributing to dismantling them and dissolving them externally when we do this work internally. So the part you have agency over is your insides. And this is how we change the world. This is a big part of it, right?

This is a big part of it. So welcome. Here we go. I'm going to be sharing a framework with you to finally understand, finally today, you're going to understand why changing your thoughts and behavior alone does not work to change your results. Who here has tried changing their thoughts and still were. Was not able to mentally just, like, start thinking in a new way or start believing new things?

Yeah. Like, who are my affirmation people? Who are they? Yes. Yes. And who here has done different behavior and started to act in a different way and also was not able to meaningfully change their reality or not as much as felt promised? Yeah. Okay. Today I'm going to bring in the missing piece and it's going to change everything for you. It changed everything for me. But for now, give me a yes in the chat.

If you're ready and willing to stay open to new information, experiences and paradigms, open to new experiences, information and paradigms so that you can have the new money reality that you desire. If you're available to stay open, and I really want you to mean it, then just tell me yes now. By the way, this doesn't mean that everything I say has to be true for you. Feel free to continue to use your inner guidance system and your own inner filter.

And also notice when you go into doubt and resistance, notice what might be coming up for you and notice if that's something inside that needs some tending. Great. So if you're new to me, who here is new to me has never. They just showed up here. Maybe you. Maybe one of our beautiful partners sent you. Maybe you saw an ad. Maybe you just popped across my Instagram feed.

Okay. So many of you are new. Welcome. I'm so happy to meet you. I'm so happy to meet you. I love people. So I just wanted to say also, if you ever see me out in the wild, please say hello. Sometimes I'll get a DM from somebody and be like, I saw you at an airport, or I saw you at this restaurant and I didn't want to bother you.

I want you to bother me. I want you to come say hi. This work is the dream of my life. I can't even believe I get to do this for a living. It makes me so happy. And so come say hi always. Okay. Hello. So if you're new to me, I in 1998, I started learning about personal finance alongside my mom. When my parents got divorced and I started my first business when I was 15 years old.

In 2005, I moved to New York City. I went completely financially unconscious, so I was making a good income for someone my age at that time in history. However, I managed to rack up over \$20,000 in credit card debt very quickly, which seemed incredibly significant because my income at the time was \$34,000 a year. So I did not see how I could possibly pay off that debt. Plus, I was totally unconscious about it, so I wasn't tending to it.

In 2011, I threw a series of radical internal changes, many of which I'm going to teach you during this workshop. So trust. I'm not going to gatekeep here. I paid off all of my debt in six months. I made \$125,000 that year and I doubled my savings. And I want to be super clear, it is not because I married a rich man. I am married now to a rich man, but he was not rich at the time when we met, he was in more debt than I was.

I did not get an inheritance and I did not get a high paying job. So none of those things were my reality. I also did not have a trust fund. However, through the internal work, I was able to dramatically change my external reality. And then in 2013, Mike and I launched the Money Love Course together and I wrote and published Money A Love Story. Has anybody read Money A Love Story?

I'm curious. And some people took that course. I love that. Great. Over 85,000 copies of Money A Love Story and my second book Do Less have been sold and we have to date helped over 20,000 paying customers with our products and programs and hundreds of thousands more through our free content to heal their relationships with money, time and work. This is me with my friend Marie Forleo. This is me with Al Roker and Willie Geist on the Today show and since 2009 I started a blog for fun and then realized you could actually make money on the Internet by blogging.

And I found that out totally by accident. I met, went on a 10 month road trip with and married and now run a multimillion dollar business with my amazing husband Mike, who you met at the beginning. And we hit seven figures in our business in 2017 and multiple seven figures for the first time in 2023 through Doing Less, not doing more. And we are very proud to have ever increasing profit margins because for my business owners out there, I want to shout it from the rooftops.

Wealth is created from what you keep, not what you make. So I want you to be less obsessed with your revenue numbers and become obsessed with. With your profit margins. Okay. All right. I launched a podcast that now has over a million, a million downloads and is in the top 30. We've become investors across various asset classes from real estate. We just are about to list our first short term rental, Airbnb in Maine.

Crypto, precious metals, stocks and bonds. You name it, we're doing it. And we have two beautiful little girls. And we have had the distinct honor of supporting some of the greatest leaders that I know, incredible humans who are also healing their relationship with money. Like my friend Allison Bird. She said 10 years ago, she took her first money course. And from then, that was the Money Love course, the one that I launched in 2013.

And from that, she said she created millions and became her. She became the money mindset strategist. She is my friend Jessica Zweig, who's also my neighbor here in Nashville. She found money a Love Story and f to and she was able to finally take a deep breath about money for the first time in her life. And now, as a result of that work, money is no longer something she fears.

But she knows that money loves us. Her too. And then my friend Layla Martin, who is the founder of Vida Coaching and Mood, she went from living paycheck to paycheck to real abundance and even becoming an investor. And she got started with that through this work. My friend Marie Forleo said she's never seen someone as downright clear and motivating as this work around money. And Kris Carr said that this work totally transformed her beliefs around fear and money.

I know a lot of us have found a lot of you have found us through Chris, through a lot

of these people. Also my friends Tina and Mel Wells. These two people are not related. They just happen to have the same last name. My friend Ruthie Lindsay, who's another reason we live here in Nashville, she actually found me through this very same free workshop. And when she took relax money with her amazing fiance Eric, she doubled her income in six months.

It has kept growing. She and Eric, who used to both feel terrible with money, now both have months and months of savings cushion in the bank and they have become investors. And it is so beautiful to see beautiful humans like them grow and upgrade their relationship with money. Terri Cole also went through a scenario that was really intense around her money years and years ago. And I was so happy to be able to support her in her relationship with money during that time.

And she's gone on to create unbelievable abundance as a result. We've helped so many types of people, from teachers to CEOs to, to surgeons, sock shop owners, industrial flooring experts, venture capitalists, real estate brokers, yoga teachers, therapists, doulas, online course creators. Let me know. How would you identify in the chat? Let us know. What do you do? I'm. I'm just curious. Okay, so we've got some coaches, stay at home, parent, a nurse, event planner.

I'm retired. Yes, we have helped retired people. Dog trainer, copywriter, graphic designer, massage therapist, EFT practitioner, a speaker, stylist. Okay, amazing. So no matter what you do or how you identify, you're in the right place. Because if you need to deal with money in your life, this is for you. And now we're here to help you upgrade your relationship with money. So if you're ready for that, we are going to continue on.

Let's take a deep breath together and an audible sigh. Okay, every now and again, we got to take a body break. It is our time, people. This is data that I'm so excited. I am the bearer of good news today. I am the bearer of good news. Women's wealth is growing faster than the overall markets. Is that cool? Women's wealth had a 51% growth from 2018 to 2023, compared to only 43% of global wealth.

So if you are a woman, this is very good news. Right now, women control about a third of the wealth worldwide, but we are expected to control 40 to 50, 45% by the year 2030. And McKinsey says we could reach parity with men by the 2030s, early 2030s. And the question is for you, will you be ready to receive your share? Because what's important to know is making good money doesn't make you feel good with money.

And also, making good money doesn't make you good with money. In a study done by Elvis, they found that women making 250k or more a year, 75% of them still did not feel confident with money. So adding more money, while wonderful, is not going to do the whole thing. The work we're doing in good with money will, though. So it turns out what's really cool is that closing the gender pay gap isn't just fair, it's actually profitable.

So when we close the pay gap, it will add \$7 trillion to the global economy. And putting that in perspective, because I don't even know what \$7 trillion means. \$7 trillion means an amount of money that would feed every school aged child worldwide for 400 years. It's a lot of increased abundance in the economy that would come from paying women just as well as we pay men. Now the other thing is when women lead, companies make more money.

So companies with the most women in leadership are 39% more likely to be profitable. And companies with 30% or more women on their boards get a 19% higher cumulative return. So companies make more money when women are in

leadership. When women are at the table, everyone wins. Because those companies aren't just making more money for the women, they're making money for all the people. So when women make more money, everybody wins.

The good news is more and more people are investing who are female. So more and more Gen Z is actually leading the charge here. And millennials aren't too far behind. So more and more women are getting into investing. And the really cool thing that I want to share with you is when women do invest, they get better returns, which is really cool. So they on average will get a 4% higher return than men and put themselves at lower risk.

So they get a higher return while taking on less risk. So if you, is there anybody here who's been doubting their ability to invest? Anyone? I see somebody saying, I don't know how to invest. Don't, don't worry, you're in the right place. Yeah. So if you've been doubting your ability to invest, I want to say this clearly. It is on purpose that the financial industry makes it feel complicated and sound complicated.

What do you think is a good way to make sure that wealth stays in the hands of a few? Tell the other people that you don't want to have be empower jargony words that sound complicated and make it sound too hard. That's very much on purpose. That's a, that's a, a way that women are kept out of wealth and power. However, I just really want you to know it is not complicated, it's not hard.

And women, when they do invest, are better at it. So that's cool. And if you have any kind of sneaky belief in there, and we'll work on this, that you having more money means that you're going to be taking it out of someone else's hands. I want to share that. In the example of the Taylor Swift eras tour, she, this woman fully stepping into her gifts and making a whole bunch of Money boosted the US economy by \$6 billion, which means there was more money in everyone's hands because she stepped in what's actually true is that when we have more money, automatically that money goes into our bank account.

So when I pay you a check, it goes into your bank account. And guess what your bank does with it? They go lend it out to somebody else for their mortgage or for their small business loan, or for their home equity line of credit or for whatever. Our money is not individual. When we increase, everybody increases. Not only can we hire more people and be more generous and be more relaxed, so therefore we're more creative and more intelligent and more solution oriented.

When you make more money and you go for it, literally everybody's life gets better. Now more good news. The great wealth transfer is already happening. And this is a time in our history that is unprecedented. And it is a time when women are poised to inherit more money than ever before in history. So over the next two decades, and by the way, this is already happening, an estimate of \$124 trillion is going to be passed down globally, with women expected to inherit close to 100 trillion of it.

This is the moment to get good with money so that when the wealth arrives, you are ready to receive it. You know what to do with it. You know how to make your own life better, and you know how to make the lives of those around you better and how to lead that money. Because when women are involved with and lead money, more money gets donated. That's just true.

When women are in charge of the money, they donate more money to charity and they share it in other ways as well. This study I thought was really interesting. It said that when women donate money, when they give away money, it actually activates our dopamine pathways. And for men, keeping money actually activates the same pathway. It's not interesting. Our brains are wired differently. When women have

leadership over the resources, more money gets invested in companies that do good, like do good for the planet, for women and girls, for health outcomes and for everyone.

When women have more money, more money gets invested in women owned companies, more women are hired and they're paid more too. Which is the cyclical power of when you invest in women, they invest in women. And when women are invested in, they have more resources and they invest in everyone's wellbeing. We are literally the living embodiment of healthy overflow. It also helps overcome poverty, reduces inequity, improves everyone's health and education, and more money gets invested in family and community.

When women have more money, everyone's life gets better. And while we don't have the data on this, I can absolutely extrapolate and say, I know this to be true of all heart centered humans. I know this to be true about all conscious humans. So whether you are a woman or not, this is true for you because you wouldn't have shown up here today if you weren't a heart centered conscious human.

So we are here to dissolve two fundamental lies. One of them is the lie of scarcity. So the lie of scarcity says that there's not enough to go around. And it says that if I have more, automatically someone else has less. So let me. I already said the thing about the banking system, but I also want to say this. When you have more money, especially if you're a woman, especially if you're a conscious human, you automatically bless the lives of people around you, financially and otherwise.

Do we have some distorted examples of power in the world right now? Yes, we do. However, they do not represent what happens when people with big hearts who are really interested in changing the world get more money. What's actually true is that the lie of scarcity that says there's not enough to go around creates greed, creates a mis, a mis distribution of resources that we can see rampant everywhere lack consciousness, actually.

And the lie of scarcity is at the bedrock of the greatest problems we have on the planet today. Now, the lie of separation says that what happens to you is completely separate from what happens to me and we are not in any way connected. I think if you're here today, you know that that's not true, but let's just talk about it for a second. Second. What's actually true is it's impossible for us to not be impacting each other on a daily basis.

We know, for example, that our heart has an electromagnetic field that impacts people around us at our wingspan and beyond. So when I go to the coffee shop, if I'm in a grumpy mood, if I'm pissed off, if I'm being cranky, you better believe that the people I'm sitting next to are actually going to have their overall well being decreased. But when I go in there and I'm cheerful and authentic and generous in spirit, I uplift the entire coffee shop.

That's true about our electromagnetic fields. That's true about us financially. The entire economic system is completely intertwined. Nothing happens in a vacuum. We've never seen a world in our recorded history where people who are conscious, where women with big open hearts have had the resources that we need to lead. We have never seen that time. But that time is upon us. And it is time for us to Create it to be so we are no longer living in reactivity.

We. We are living in responsiveness and proactivity. And we are birthing the world we desire through no longer living in the lie of scarcity. Through no longer living in the lie of separation. If you're here for this, if you're an amen, tell me in the chat. Amazing. All right. Fact. There are enough resources on the planet for everyone to live a good life. It's the lie of scarcity and trauma wiring that keeps resources from

being distributed well.

But there's actually enough resources for everyone in the world to have a good life. I have the statistics for it, I have the citations. This is what is true. You cannot control the economy. I am aware of the headlines right now. How could you miss them? However, you can't control the interest rates, you can't control inflation. You cannot control what our politicians are doing or whether this next year is an economic boom or a contraction.

But what you can control is the ecosystem that is running underneath your money. Whether your foundation is solid, whether your nervous system can hold a curveball without collapsing. Whether your decisions come from clarity or come from panic. And whether your money has somewhere to land if a storm hits or when it does. The people who came through 2008 and 2020 and the people who will come through whatever's next thriving, they weren't able to predict or control the storm, but they had an ecosystem strong enough to hold them through it.

And they had the single biggest predictor of financial success. And what do we think that is? It's right there on the slide. I'm going to get you to engage. What is the number one indicator of financial success? Yeah, it's a felt sense that your actions actually make a difference. It's called agency. Agency, A felt sense. It's also called financial self efficacy. So agency, it's a sense that when you make a move, something changes for the better.

And when we have a felt sense of agency that is a greater indicator of our financial success. Even when you control for education levels, income levels and circumstances. So if there's any part of you that has believed up until now that it takes money to make money, or the only people who will succeed come from money, or you have to have had a fancy education or you have to have come from a certain kind of background, I will tell you this now.

All of those beliefs, all those things are simply keeping you in a state of passivity that says, well, doesn't matter what I do, it won't make a Difference anyway, that guarantees that you're not going to thrive financially. But believe it or not, over 254 studies concluded that the number one indicator of financial success was not education, not income, and not circumstances. It was a felt sense of agency.

And that is not a small thing right now, my friends. That is everything and it's what we're going to install today. Angela Accomando is a dear community member. She's been in our community for a few years and she sent me this text message which I loved. I'm sharing it with you because it's right around tax time. And she said, I just wrote the biggest check I've ever written to the IRS.

And most people would be like, oh my God, I'm spending so much in taxes. But she actually said she felt so amazing about that because if you're writing your biggest check to the IRS, it also means you've had your biggest year. And she said it just felt so amazing to be able to pay the bill and feel totally fine about it because she knew that she had the money invested and saved and more coming in.

And she said that this work that we're getting started here in good with money completely shifted everything for her. I absolutely just love that. Who also would love to be able to write big checks and feel amazing about it? Who would love that? Yeah. Okay, so why do you think it is that big hearted people like you, conscious people like you, healers, maybe spiritual people? Not assuming everybody is in that category, but I'm, I'm going to assume, assume if you're here, you're, you're a big hearted person.

Why do you think that big hearted people struggle when it comes to money? Maybe more than even the people who are out there just like going through the motions, just like showing up, punching the clock. What do you think it is? Let's talk about it. Okay, I'm gonna draw. Can everybody see this? I don't need to change anything with my sides, right? Because we have a side by side scenario.

So I'm going to describe what I'm drawing. So if you can't see it, don't, don't worry about it too much. If you're anything like me, you listen to replays of things on audio only anyway, so I'm going to assume there's a certain percentage of people who just aren't even looking at the video. Alrighty. This is a bucket. Okay? This is a bucket. And this represents your financial life.

And most people who are really smart like you, if they wonder why they're struggling financially, it is because they tend to have leaks in their bucket. Leaks in their financial bucket. And those leaks are. They come from two different places. One is unconscious or subconscious programming, patterning or wiring. That means all the same thing, by the way. So subconscious and unconscious programming, wiring and patterning is all the same thing.

Don't worry too much about my diagram, because I am saying with my mouth every single thing I am drawing. When you have a leaky bucket where some of the leaks are unconscious programming and some of the leaks are a lack of healthy structure, what happens is when you pour more money in. So maybe there is a big month, maybe there's a windfall, maybe there's, you know, some kind of scenario where you have a bunch of money coming in, you pour more money into a bucket with leaks in it, and all you get is the money leaking out just as fast as you pour it in.

So you get a leaky bucket. And yet most people are out here trying to figure out how to keep pouring more money into the bucket instead of fixing the leaks in the bucket. Now, tomorrow. Not Tomorrow, sorry. Day two of the workshop, we are going to identify the 10 most common money leaks that I see. And you'll be able to see which ones you have, so you know where to start.

However, everyone has some, right? And they're caused by, like I said, unconscious or subconscious programming and patterning or wiring and. Or a lack of financial structure. So it's caused by your energetics and your engineering. The good news is, once we upgrade both our energetics and our engineering, the bucket's not leaky anymore and we're off to the races. And then you can pour in as much money as you want, and it stays in the bucket.

And then you get to a state of what I call healthy financial overflow. And on day three of the workshop, we will go over the wealth stewardship pyramid, and you'll see where you are on your journey to healthy financial overflow. Now, what's underneath this unconscious or subconscious programming or patterning? I'm going to tell you, and that is this. We are animals. We're animals with big brains, but we are animals, okay?

And animals are wired to make quick decisions without having to consciously think about them. And those decisions are made based on the wiring we have between our brain and body in something that is called the nervous system. So our nervous system is a whole network of nerves and neurons and neural connections that go all through our brain and body, and it determines how we respond to everything, how we respond to the wind Blowing and how we respond to a fight with our partner, and how we respond to a letter from the IRS and how we respond to a big check.

All of those things are determined by our nervous system. And our nervous system

is determining our unconscious and subconscious programming. So our unconscious and our subconscious programming. The thing that most people misunderstand is they think that our unconscious and subconscious programming lives in our mind and that we can overcome it using our mind. And by mind, I mean your conscious brain, your prefrontal cortex. The part of you that knows you're here with me right now, that's listening to my voice.

That's like aware of your surroundings. That's, that's right here. However, if you. I see that people are distracted by the slide, so I'm going to stop sharing just for a second, okay? And hopefully I'll be able to come back to that without a problem. So the unconscious and subconscious wiring is determining your outcomes. And we're going to talk more about how that happens. I've got a diagram for you coming up on the slides.

But I just want you to understand that if you are wired for thriving, for thriving, then financial upgrades become inevitable. But we are wired actually for survival. We are all born wired for survival because we're animals. And our nervous system wants to make sure that we only experience that which we've experienced before, especially in times of threat and stress. Is there anyone here who has lately been experiencing more stress than before?

Yeah. Okay, the chat's going wild. So I just want you to know if you have been experiencing more stress than before, you're not alone. We have macro things going on in the world right now. And then we have the micro things that haven't ended. People are moving, people are getting divorced, people are experiencing loss, people are expenses, experiencing financial stress. These things are happening. And when we have, we basically have our capacity to metabolize stress.

That's a different bucket. So your capacity to metabolize stress is like a bucket inside your body. And when the stress of your life and of the world outpaces your resources, you have limitation in your capacity and you will begin to respond based on your default programming, meaning the oldest survival wiring that exists. And our nervous system is designed to make sure that we only experience that which we've experienced before.

I'm seeing some mind blown emojis, so I'm seeing some breakthroughs in the chat. If you have financial goals that are different than the things you've experienced in the past, like if you want to live a life financially, that you've not experienced before, or that your family and friends haven't experienced before, or that people in your ancestry has not experienced before. Let me know in the chat. If you're someone who wants to experience a new reality that you haven't had people you know haven't had all of that, let me know.

And if you in your nervous system are overloaded and don't have a practice of metabolizing stress, and you don't know how to structurally and sequentially metabolize stress so that your stress and threat bucket doesn't get overloaded, you will automatically go into survival default wiring that ensures that you're not going to ever experience anything new. Because according to the stressed out nervous system that thinks it is under threat or thinks it is under resourced, anything new triggers a threat response.

So your nervous system wants to make sure that you only experience the things you've already experienced, which is in exact opposition to all your financial goals. And so if you've tried new strategies in your business, new investing strategies, negotiation strategies, if you've tried ways of making more money or changing your financial life through budgeting, or different apps or different mindset tools, or if you've taken other courses, then if you have not incorporated updating your

nervous system to let it know that it's safe to change, to let your nervous system know that it's safe to experience something new.

None of that stuff will work, or at least it won't stick, or it won't make you feel any better. And what we do here is we bring in the neural repatterning so that we can update your nervous system to go from defaulting to survival to defaulting to thriving. Because the truth is, according to your nervous system, that which is familiar is safe. And so we find ourselves repeating the same old patterns, despite quote, unquote, knowing better.

And no amount of changing your mind like thinking about it, or will change this when it's wired into your body on an unconscious level. But the good news is when you know the right sequencing and you know the right tools and you know how to work with your brain and body, you can come, you can overcome any limiting belief, you can overcome any limiting patterning. Due to the miracle of neuroplasticity, every single one of us was born with a brain and nervous system that completely can be updated and changed.

The only thing is that we can't activate our neuroplasticity, our ability to change, when we are constantly swimming in stress because our nervous system knows how expensive it is, energetically calorically. To rewire, it's really expensive to install a new belief. It's really expensive to install a new habit, just like it's expensive to rewire an old house. Mike and I just rewired an old house in Maine. It was incredibly expensive.

It required energetic resources and financial resources. Your body is no different. And so in order for your body to be available for something new, it needs to first have the signal that you are safe. Feeling safe in the world today is your greatest asset. Feeling a sense of choice is the greatest currency you can ever have in times of economic uncertainty. And that's what you're going to be learning in this workshop, which I'm really excited about.

So know that if you have a leaky bucket, you're in the right place. I've never met anybody who doesn't have a leaky bucket and know this. People come to me and tell me their financial secrets because of the work that I do. So if you have anything going on behind the scenes, whether it has to do with debt or secrets or mistakes that you feel like you made or regrets or whatever, there's no judgment here, I promise you.

I've heard it, it. I've heard it from some of the most successful people in the world who you have watched on television. And so there's no shame here. Everybody's got financial stuff and we are here to upgrade it together. Okay, so that is the leaky bucket. I'm going back to my slides here. Okay, confirming. Everyone can see my slides. I'm just going to look at the chat real quick, make sure we are good.

Okay, great. So I'm going to tell you a story now. It's story time. We're switching gears. You might want to get up, give a little stretch. Okay. How I finally relaxed despite a lifetime of thinking things had to be a certain way before I could exit, exhale. Has anybody ever had the experience of thinking things had to be a certain way in order for you to finally get the chance to relax?

Yeah, I'm not alone here. Okay, great. So in 2018, our baby girl Ruby was born. And at the exact same moment, Mike got really sick with an unexplainable, unexplainable, inexplicable illness that we later found was called Red man syndrome or topical steroid withdrawal. But how it manifested, as you can see in his sweet little pig costume with our little big bad wolf in the middle there, is that his skin would fall off over and over and over and constantly.

And he was in excruciating pain. He lost over £40 in one month. He could barely stand up. And it was an incredibly difficult time for our family because we had a newborn baby, and then we also had a toddler. And then we also had the biggest event of our lives coming up, and Mike was fully out of commission. And I totally overrode all of the things that I knew better than to do.

I didn't ask for enough help. I should have canceled the event. I just pushed through. I just. I just pushed through. I just pushed harder. I pulled on energy stores I didn't have, and I just worked harder and thought I could make enough money to keep everything together. Now when I think back on my poor self at that time, I just want to take her in my arms and say, honey, sweetie, your husband is so sick.

You've got these two babies. You need to cancel this event. You need to go down to basics. You need to ask for all the help you could possibly have. But instead, I just buckled up, buckled on. What do you call it? I can't remember. Anyway, my grandmother Edna, who's no longer with us, her motto was, don't ask for a lighter pack. Ask for a stronger back. And so that was the.

That's the North Repair family motto. Mike got a little bit better. And then in 2021, we ended up moving to Miami under duress because Mike got really sick again. And it was the pandemic. There were some things going on publicly with my family that made life so difficult. And we found out that if Mike was to be in a humidity, warm climate, he would heal faster. So overnight, unplanned, we moved to Miami.

But we were still paying for our life in Maine. And so our expenses doubled, and we were one man down again. So in terms of parenting and in terms of the business and in terms of making money, I felt so much burden. I felt like the world was on my shoulders. And I don't know if you can see, but this picture of me on the right, I just look at that face and I'm like, oh, girl, so tired.

Like, I was that sweet cortisol face. And it was awful. However, this time, I got blood work back from our doctor, and he said, if you keep going the way you're going, you're going to get sick. And we didn't have the luxury of having a second sick parent. So I knew that I had to change something. And my old way was not going to work because our kids.

Our. Our kids wouldn't have made it with. With two parents down. So with the help of some guidance, I did a 90 day experiment. And this 90 day experiment originated because I sat with our couples therapist and Mike. And it was at a time when resentment was running so high in our marriage. If anyone has had a sick partner, you know how difficult it can be. And I, I, my heart really goes out to anyone who's navigating this right now.

So during this time, we were in a session, and our therapist, David, asked me a question. And he asked me this question because I was caught in this loop. And the loop was, if Mike could just get better and make a bunch of money, everything would be perfect. So I was so attached to the belief that the problem was there wasn't enough money and that the problem was he was sick and that if everything in my external life could just change, then I would finally be able to exhale, Then I would finally be able to live the life that I wanted.

Anyone else externalize and what do they call it? Conditionalize their desires? Yeah. So David had me do this little visualization. And the cool thing about the body is it has no sense of time. So I went within and I asked. He said, now I want you to close your eyes, and I want you to imagine that Mike has just walked in the door and said, babe, I just made \$10 million.

Now you don't have to work anymore. I just made \$10,000. So. So we're good. 10 million. Sorry. \$10 million. And I felt into my system, and David said, what are, what are you feeling right now? And what was so shocking to me, so, so surprising to me, is that I felt dead inside. I felt like I had flatlined. One would expect that I would have felt relief, that I would have felt relaxation.

But no, I felt dead inside. And what this meant is that I was addicted to financial stress and pressure. My nervous system, what I call my money nervous system, thermostat, was set to financial stress and pressure. And no amount of money was going to solve that. I had to rewire myself so that money that came in could actually change my reality and that I could stop pushing so hard and stop hustling so hard.

Essentially, I realized I'd been using stresses, stress, and pressure as my primary fuel for my entire life. And I didn't even know who I would be without it. In fact, when I imagined my life without it, I felt dead. And I knew something had to change. And my blood work showed something had to be had to change, and I needed to change for my kids. So I did a 90 day experiment, and by the way.

I've had a couple of people reach out to me who've done this similar 90 day experiment experiment. And that's why we organized the 90 day relax money map roadmap like it is, because it doesn't have to take that long for your life to radically change. And I have replicated these results with our students. So in that 90 day experiment, I was not allowed to launch anything or do anything from urgency and pressure.

My way had been, I'm going to do this campaign and I'm going to run a new program and I'm going to launch this and I'm going to cross sell this and I'm going to do like I always would default to. It's okay, I'll just do more. I can solve any problem through effort. And that way was slowly killing me, honestly. And so I did this experiment and it was for 90 days.

I set an amount of money that I would feel comfortable going in the hole. Like it wouldn't feel good, but I, I knew we could rebuild from there. So either 90 days would come and go first or we would go into this particular amount in the hole financially. And the agreement was I was not allowed to ramp up and launch something from stress and pressure and I was to relax despite having no evidence that it was a good time to do so.

And it was hard. It was really hard. But I had a small menu of items and they were all the nervous system healing tools that I teach now. And every time I felt that ramp up energy, my choice was to go to this small menu of items and do one of those things instead. And after 90 days, there was a miracle. Do you want to hear what it was?

Anyone? Yeah. Okay. So the miracle was that, oh, this is me doing the nervous system healing. There was a lot of lying down and talking to the ocean. Oh, also, by the way, during that time, Mike fell off a bike and also couldn't walk. So it was good times. Okay. We hit all of our financial goals and we didn't go into the hole at all financially. It was shocking.

So 90 days of choosing to relax despite the evidence that it was not a good time to do so completely changed my life because I now had the embodied evidence that stress and pressure were not required for financial success. Is that helpful for anyone? Did that land for anyone? Yeah. Oops. Wait, let me see if I can. Okay. A year and A half later, 2022, Mike got hit by a car.

So we were in a place where we had really started to pick up moment and we were thriving. Mike Was getting into Joe Dispenza work and doing so much healing and

then he gets hit by a car. And it was a, it was a traumatic surgery. It was a, it was, it was a traumatic accident. Two surgeries a week in the hospital. He was, he couldn't walk for six, six weeks, maybe longer, I don't know.

Anyway, he can tell you the details, but it was really intense for our family and it was a really good opportunity to practice again. And I recorded this video in the middle, which I'm not going to play for you because last time the sound didn't work. But essentially in this video, I was saying last week when Mike got hit by a car, he said to me in the hospital, I think in the emergency room actually, I was so excited because I felt like I was finally hitting my stride.

We were in such a good place with our family and we were, you know, we were like really getting momentum and I was starting to feel so happy again after he had been so sick for so long. And I feel like, you know, now, now I've just gotten taken out again. And I said, what if this didn't become a reason that we don't fully live our lives? What if we fully embody our joy with you on crutches and in this recovery recliner?

What if we just decide that right now is the most abundant moment in our lives? What if we don't make this the reason we can't have what we want, but instead make it the reason that we can and we use it to help us create what we're creating. And that year, a couple months later, we launched Relaxed Money for the first time. And Relaxed money is our 1313 money dates to upgrade your life in one season.

And you'll have a chance to hear about it later. But we launched for the first time. It was the biggest launch of our lives and we've grown ever since. And it was because of the foundation of the very thing that I am teaching you today. And in all three parts of this workshop, I changed my money nervous system thermostat and as a result, we met our financial goals and exceeded them.

We massively simplified our business. We scaled to multiple seven figures with one primary front end offer. So we didn't do more things, we didn't add layers of complexity. In fact, we used what I call the subtraction law of abundance, simplified and made more money and had higher profits. We started really expanding our seven figure net worth, got into real estate investing and other investment opportunities. We are on track and really working towards becoming work optional.

And now when a financial contraction comes up, which it does, right, this work does not opt us out of life. This work does not opt us out of discomfort. But when we do it, when we rewire ourselves in this way, we know how to use the contraction to create an even more beautiful expansion. All meaningful change comes from within. Like it did for Patty Alfonso, who's a student of ours.

When she came into our world, she had had to file bankruptcy after having a successful six figure coaching business. But during the pandemic, her business contracted in a big way. She ended up having to go out and get a job and it was really toxic for her. It was sucking her soul. But through this work, she was able to find herself a new incredible job, get herself a \$25,000 raise, get her bonus six months early because of how she was showing up, saved over \$10,000 and not spend it.

And now the update is Patty is actually rebuilding her amazing, beautiful, successful coaching business because this work creates external results. So now we're going to get into your hidden money ecosystem. So your hidden money ecosystem is the combination of what's going on underneath the surface. And underneath the surface are your energetics, which we talked about. Your energetics are the nervous system safety around money, your inherited beliefs and money stories that

live in your body, your identity.

So who are you being with money and your capacity to receive. So that's the energetics. And then also underneath the surface you have your engineering. And your engineering is your systems, your accounts, your automated withdrawals or transfers, pre decided allocations for certain things like taxes, paying yourself, paying for education, paying for fun, paying for your cushion fund, paying for savings. Like how are you actually doing the engineering of your money?

It has to do with your investing rhythm, your net worth tracking, and also your tax strategy and financial fluency. Now when you put your energetics and your engineering together, you get the expression of your financial life. And the expression of your financial life is your income, your visible results, how you actually behave with money out in the world. And your expression is what the world sees. But because we're so obsessed and conditioned to think that what the world sees matters the most, folks try to fix their financial life on the level of expression alone.

Now we already talked about with the leaky bucket why that doesn't work or why it doesn't work long term. But we're going deeper now. So we're getting into the meat, we're getting into the hidden money ecosystem. Because what you actually see is a small fraction of what's actually running your financial life. And I want to know if that is a breakthrough for anyone. Is that new information for anyone?

Yeah. Great. Now we're going to go in to your hidden money ecosystem. So you're going to need something to write with. It could just be a sticky note. It can be in your notes app and I'm going to ask you a series of questions and you're going to answer A, B, C or D. And the questions are also going to be up on the screen. So I'll ask them with my voice and they're also going to be on the screen.

And then at the end, you're going to count up how many of each letter you got and it's going to reveal the state of your current money ecosystem. This is not to be super clear, this is not about you and your money personality. It's not about you and your money ecosystem. It is not about that. This is about the state of your hidden money ecosystem. So it's not about you, it's about your money life.

And it's very important that we separate those two things because one of the biggest mistakes and one of the biggest money leaks is conflating our worth with what we make or our net worth or our numbers. Okay, great. So you're going to want to go with your first instinct only. And the first question is, by the way, this is not in the workbook, but if you are really, really wanting this printed out, you can go to [katenorthrup.com/field](https://katenorthrup.com/field) and it is in our recalibration field guide, which is a free resource, so. Or you can send me a DM on Instagram with the word field, but it's right here on the slides. You don't need it anywhere else. Okay, question one. After a strong income month or a windfall of some kind or unexpected income, what happens in your body? So a, a brief exhale, then immediate thinking about what's next.

I can't quite let it land. So if you're an A, put a B. Relief mixed with anxiety. Good. But is it enough? Will it hold? C, a genuine sense of ease it came in and it always tends to work out. Or D, satisfaction. I know exactly where it's going and the plan is already in place. So review those questions, that question and put your answer down on a piece of paper.

And there is a place for scoring this also in your workbook as well. Okay, great. Next question is question two. When did you last look at your complete financial picture, your income, your expenses, and your net worth? A. I Check my bank

account balance, but I haven't sat with the full picture in a while. B Recently I track everything, sometimes more than once a week. C I have a general sense of where things are.

The details feel heavy to get into or D I have a regular review practice and I know my numbers. So mark down where you are in A, B, C or D somewhere so we can total these up in a minute. All right. Question 3 When money arrives, what happens to it? A It tends to go back out quickly. Expenses, reinvestment, the next thing. B It goes somewhere specific. I have systems, but I still worry it won't be enough.

C It arrives and I feel good about it, but I'm not always sure where it ends up. D It has a destination before it arrives. My allocation is pre decided, so write down your answer. A, B, C OR D Question 4 How does slowing down financially or professionally feel in your body? A Risky. There's a hum that says if I stop pushing, something will fall apart. B Uncomfortable rest feels like a gap in my protection.

C. Natural. I trust that things flow even when I'm not forcing. D. Fine. My systems work whether I'm at full pace or not. So put your answer down. And by the way, remember, just go with your first instinct. Do not overthink this. This is not your SATs. This is not the bar exam. Just. This is your hidden money ecosystem quiz. Not to say it doesn't matter, it does, but.

Question 5 When you imagine a significant financial opportunity, what's your first internal response? A. Excitement, then immediate action. I'll figure out the details as I go. B A careful internal audit. What could go wrong? Is this really safe? C Openness and trust. It usually works out when I say yes. D. Clarity. I run it through my criteria and I make a grounded decision. A, B, C or D Put your answer down.

Question 6 How does your current lifestyle compare to what your income could actually support? A I spend to match my income, sometimes more. The lifestyle supports the momentum. So I basically make money to support my financial choices. B I live well below what I could. Spending on myself feels hard to justify. C. I live comfortably, but I'm not always sure what I'm building towards. But I'm not always sure I'm building towards something specific.

D My lifestyle is intentional. It's aligned with both my values now and my long term plan. All right, put down your answer. Question 7 we're almost done. What's your relationship with your savings and investment accounts? A. Inconsistent. I tend to invest, but it keeps getting deprioritized B Careful. I have savings, but I'm cautious about moving money into markets or new ventures. C Positive and loose. I trust it'll grow, but I don't monitor it.

Monitor it closely. D Active and rhythmic. I invest consistently and review on a schedule. If it's none of them, just do your best. Question 8 When you think about your financial future, 5, 10, 15, 20 years out, what do you feel? A Vague pressure. I know it matters, but I haven't built a clear picture yet. B anxiety with control. I'm planning but I'm not sure it'll be enough or it never feels like it's going to be enough.

C optimism. I believe it'll work out even if the path isn't totally clear. And D grounded confidence. I know what I'm building toward and I am actively building it. All right, so write down your answers and then what you're going to do is you're going to count up your A's, B's, C's and D's. And the letter you chose most often reveals your primary money ecosystem state.

So total them up and then you can identify which is your primary state. And by the way, if I walked through that too quickly for you, you can go to

[katenorthrup.com/field](https://katenorthrup.com/field) and download the guide that has the full quiz in it. Or you can send me a DM that says the word field. Great. And we'll also post it in the Facebook group. So the options are if you did mostly A's, you're in overdrive, so you're expanding, but without a landing place, revenue might be strong or you're hustling all the time to make it stronger, or you're hustling at work so you get the bonuses or show up or whatever, but nothing is actually landing and staying.

So when you have big wins, they create the next push, not stability. So that's overdrive. That's for your A's. I'm seeing some people saying A's, but if you don't have a strong revenue, it's just still means that you are. If you still got mostly A's, A is still you're working towards your revenue all the time or your income because we're not all business owners here. B is constriction.

So that's structure without E. So that's high engineering structure, but low energetic safety. So that's when you have systems around your money, but they're built from vigilance, not trust and savings that feel difficult to deploy. So that's when you really feel like I can't spend on anything, even though I have the money, technically, it feels irresponsible to spend on every. On anything. So who here is a B in a state of constriction?

Anyone? Okay, we got some Bs. And C is diffusion. Safety without structure. This used to be me, very much so. So safety without structure is very much like the universe will provide. But I don't need to really do anything about it. I'll just keep bringing the money in and then it'll somehow get handled magically on the back end. So that's safety without structure. It's a. It's a sense of ease and trust around money.

But without architecture, the income disperses instead of accumulates and you don't really have anything to show for it, or not as much as you could. So if anybody is a C diffusion, let me know in the chat. So I've got. I've got some folks here. And then D is stewarded, and we're all moving towards becoming more and more stewarded. So stewarded is when you have your strong energetics and strong engineering, and it's when your income has a destination before it arrives.

No matter where that income is coming from, by the way, you do not have to be out there earning your income in a business or in a job for this, for any of this to apply to you. Decisions come from clarity and growth creates steadiness. Now, if you have a mix that's completely equal, that's okay. Just pay attention to both. If you scored evenly read both states, you're likely in a hybrid configuration.

And the good news is, the work that we're going to do during this workshop will help you so much. No matter where you are starting. Even if you're already in a stewarded state of D, this work will still continue to upgrade your financial life. So going back through, if you have. And again, you can listen to this as a replay, and this is in that field guide to go deeper.

But when you're in overdrive, you have income without stability, you don't have a consistent investing rhythm, and you're making reactive financial pressures. None of these states are permanent, by the way. They just describe the system that's currently running, not who you are. This is not who anyone is. This is simply a moment in time. Now, constriction is. We already talked about, you might actually have a really good system, but it's built around fear and it's built around scarcity, and it still feels like there's nothing enough and there might be guilt around spending and a fear of investing diffusion is again safety without structure.

It's income that comes and goes without consistent accumulation, a savings that doesn't build on a reliable rhythm and loose informal or non-existent money

systems. And then stewarded is when you have clear allocation systems, pre decided percentages that really work with your goals and who you are. Decisions made from clarity rather than urgency, and the ability to rest without fearing financial collapse. And by the way, stewardship is not a destination, it's not a one and done.

It is a platform that you can continue to grow and hang out on and stabilize. So write your ecosystem state in your workbook on page 27. This is your first coordinate and you will be putting it in at the end of the workshop. Once we get to that 90 day customized relaxed money blueprint, you've just seen something that most people never look at. So huge congratulations for doing this audit because most people never see this and this is the actual system that's running underneath your results.

Is there anyone here who is feeling like just knowing this is a huge piece of the puzzle for them, like now they're seeing why things might be the way they are? Yeah. Yes. Awareness is so key. Awareness is so key. So please, we'll talk about this in a minute, but please do not get caught up in your state and a state of judgment about your state. We're just getting coordinates on a map and we are moving along.

So I want to talk to you about a little bit more about the energetic safety part of money, which is the part we're covering today. And then next time we're going to get more into the engineering. So I used to make the mistake and I think most people who are in the personal development world are making the same mistake and they are thinking that you're. By the way, we're on page 23 of your workbook if you want to fill this in.

Most people are making the mistake that our thoughts and beliefs are creating our results. Anybody ever believe or say or read or go to workshops where they say your thoughts create your reality? Mm, it's inaccurate. When I read the data on this for the first time, I was like, yes, that makes so much more sense to my lived experience. We cannot change our thoughts at the level of our thoughts.

Why? Because the way money shows up in our lives, the way results show up in our lives is from the following cycle. So in the darkest color here you see a nervous system imprint. So it is our wiring that it's our patterning and that Patterning is both inherited from our ancestors and it is also from our childhood, and it is also from experiences we have had in our lives.

So our nervous system imprints create our emotional landscape. Our emotions then create our thoughts and beliefs. Believe it or not, it's not the opposite way. Your thoughts and beliefs do not create your emotions. I know people are like, think happy thoughts and you'll feel happy. Actually, it's the opposite. Our body comes first. And yet such a huge percentage of the world is not including the body in transformation and not including the body in worthiness, and not including the body in conversations around money.

So here we include the body because the body matters. And especially for conversations around women and money. And by the way, this work is for all, all humans. You do not have to be a woman. However, I do want to say that for women in particular, bringing the body to the conversation matters so much because it's very recent history that for women, our bodies have not been property.

And of course, depending on the intersectionalities of you and your ancestors, that may be true in more intense ways. So if we are not bringing the body to conversations around worth and money, we are missing the vast majority of the puzzle. Okay, so nervous system imprints live in the brain and body. It's all

throughout us. And then an emotion is a, is a sensation. An emotion is not in our mind.

An emotion is a physiological sensation. What does fear feel like? What does joy feel like? What does awe feel like? What does anger feel like? We don't experience anger in our head. We experience anger in our body. Right. So our emotions come from our nervous system. Our emotions live in the body. And then we begin to think and believe certain things because our brain comes on board and starts to tell stories about the sensation, AKA the emotion.

And then when we feel a certain way and then think a certain way and believe a certain thing, then we take actions that match those thoughts and beliefs. And of course, our actions get the results that we have in our life. And then when we have certain results, AKA lived experiences, those either repeat and deepen the neural patterning in our nervous system, or it creates new nervous system imprints.

Marine biology research, 24 hours a day. And when we headed out on that trip, the first night before we went out to sea, we had dinner and that dinner was cold cuts. It was like sandwiches made out of cold cuts and lunch meat and it was very gourmet. And we went out, out into the Gulf Stream and we had crazy waves of, and, and, and crazy seas for days, all these storms.

So many of us got profoundly seasick to the point that I was like in delirium, hanging over the side of the boat, throwing up in the middle of the night for days on end, trying to figure out a way that I could get my arm caught in a winch so that I could get my arm broken so that a helicopter would come rescue me so I didn't have to do this experience anymore.

To this day, when I see lunch meat, when I see cold cuts, I still get nauseous because my body has a neurotag that's not logical. But I had this very intense physical, emotional experience of feeling unsafe. And I did not have the resources or the support or the skills to handle it. So my body has a neurotag, has a pattern around lunch meat. We have that same thing around money.

And I'm sure some of this is coming up for you already where you're remembering certain things or where certain things are making more sense to you around Your response to making a sale, asking for a raise, going in and meeting with your financial advisor, meeting with your spouse or having a couple's money date or all of these things. You need to know that your neurotags, your nervous system pattern is running the show and so if you don't handle it at the level of the nervous system, you will never adapt beyond your old patterning.

But the good news is when you start to handle it at the level of the nervous system, the world becomes your oyster. So I'm curious, let's just have some shares in the chat. What already has come up with for you during this conversation? What old money patterning result of your neuro tags has come up has come up for you? I'm. I'm curious like beliefs that I shame I can't succeed.

Somebody has hope. Let's celebrate that investing and money is dirty. I have a fear of risk. My husband's going to take care of it. I don't deserve this. This is not meant for me. There's never going to be enough. I'm not worthy embarrassment. There's some too that are really hopeful in here. So there's compassion. So it doesn't mean that all of this has to be negative. You may have wonderful things coming up.

Somebody's having a clenched fist that they're holding tight. I have a lot of empathy coming up. Listen, we have myths that we get embedded from our culture. We have ancestral stuff, we have lived stuff, we have inheritance from our parents

around their money beliefs and none of it has to be true for you. You get to completely rewrite that story on the level of your body so that your reality changes.

And that's what we're doing here today is a lot about understanding how it works and then we're going to get more in the coming days into actually doing it. But there are a lot of myths. Are there any other myths that you have awareness of in your life around money? Like rich people are greedy. It's about who you know. Yeah, rich people are bad. My family will resent me if I make money.

Money is complicated. Yeah, I'm not smart enough. Men handle money. So some of this stuff we already overcame on an intellectual level during this workshop we talked about why women are so good with money. We talked about why it's such a good idea for everyone in the world if you have more money. We talked about that. It does not need to be complicated. In fact, I cannot even help our 10 year old with her math homework.

She has now exceeded my ability to be good with numbers, yet I am really good with money. So just know you don't have to be good at math. Right? We can know that on an intellectual level, but feeling it on a patterning level is different. I'm curious, does this come up for anyone feeling like I'm a healer or teacher or creative or spiritual. Spiritual person, therefore I have money hang ups because it's not okay to charge?

Yeah, that's a big one that comes up for people as well. I'm not going to talk you through talking through these things and talking you out of them on an intellectual level because we've already discussed that's not the place where we make change. How about I'm great at making money for everyone else, but not for myself? Anyone? Yeah. Yeah. Okay. So I'm just, I'm shouting these out just to let you know that you're not alone.

And, and, and because these beliefs, these neurotags, are not special, it means they can be changed. How about knowing that on some level there's probably some panic that lives in your body that isn't actually yours. For me, for years I felt panicked at sunset and that didn't make any sense to me because nothing has ever happened to me at sunset. I mentioned it once to my mom and she said, that's so interesting.

My mom, Edna, who I already told you about, she said granny often would start to feel panicked at sundown and would just need to get home. Wherever we were, she just would say, I need to go home. And she would feel panicked. Now I never got a chance to ask my granny what that was about, but it's a good example that there are things that live in our bodies that are not ours.

But the good news is when we do the rewiring work and when we do the repatterning work, not only are we setting ourselves free and the people who come after us free, we're also unraveling that neural patterning on behalf of our ancestors. So it really is true that when we heal ourselves and when we, when we commit to this, we're healing seven generations forward and seven generations back.

Okay, so I told you, I'm not going to. I'm not going to take up the role of a lawyer. We are not going to talk through all these things at the level of the intellect because we change at the level of sensation. Our physiology is the greatest infrastructure and technology we have for change. So I'm going to invite you, we're going to take out the trash now. We're going to clean out and clear out anything that feels heavy in your system.

And of course, one time doing this will not get rid of it all, but practiced over time with the right tools and the right sequencing and knowing how to see which one is right for you when this really works. So I'm going to back up, I'm going to invite you to stand up if you're able. And you can still do this even if you're not. You're going to have your hands at your sides.

And we're going to do something called the washing machine. And all you're going to do is you're going to twist your torso, keep your head looking forward, otherwise you might get dizzy. Twist your torso and let your arms. Let me just lower my camera so you can see a little bit better. Twist your arms and just let your arms flop like the rotator in a washing machine. This signals safety to your body.

The only way that your nervous system will ever re pattern is if it gets the signal that your body is safe so that it can begin to direct resources to a new thought, a new belief that will support a new experience. We do not need to lawyer up and start to argue with our unconscious or our subconscious. We need to start with safety first. And I'm curious what you notice.

For me, I notice I can't talk as fast when I do this. And I notice my breath changes. And I also notice that my peripheral vision widens, which are all signs of moving into a parasympathetic dominant nervous system response, which means rest and digest, stay in play, tend and befriend. And it's also the state where we make the smartest decisions, where we're able to have clarity, where we're able to be creative, be intuitive, be the most connected and relational.

And so somebody said my nausea went away and that felt amazing. And so what you want to do is use that when you notice the limiting beliefs come up, notice the anxiety when that comes up. Use this tool and there's many others that I teach inside Relaxed Money. But I wanted you to start with something. You can also use it with your kids. Okay. The other cool thing is your body is a time machine.

So we use our nervous system healing tools to tend to the stress, live in the moment that's happening now. But we also can use the tools, not just the washing machine. There's also layering in of internal family systems work and layering in of all different kinds of ways that we can go back in time and re pattern our bodies. Did Anyone ever see Back to the Future or Back to The Future Part 2?

This is the DeLorean, and this is their time machine when they would go back to in time. The cool thing is that time travel is real. When we go back in time. And there are some practices that we teach in relaxed money that do this, but we just gave you an opportunity with the washing machine to try this out. Our body has no sense of time. This is why visualization is such a powerful practice.

Like with Olympic athletes, when we visualize something happening, our body thinks it's real. When they hook up electrodes, they see that the brain is responding in the very same ways and the muscles are twitching in the very same ways as if that person was actually performing there at their competition. The same is true of going back in time to the parts of us that are wounded or that just aren't in their fullest expression around money or worth or our value or our power.

When we go back in time and do those things, our body updates itself and it literally changes the future. Just like in all the movies, when they go back in time and their choices in the history change the future, that's real on a nervous system level, which I think is so exciting. So there are some signs that the energetics of your money ecosystem needs attention. I feel like we've already covered this, so I'm not going to go into all of them.

But I am curious. What signs do you suspect that you might exhibit that your energetic. The energetics of your money ecosystem need attention? Is it that you're. You feel overwhelmed around money, you overwork, you're unable to spend, you have tension, avoidance, procrastination. So I want people to share that right now only so that if you're feeling those kinds of ways, you know that you're not alone. And we have thousands of students who've come into this world feeling those ways, who no longer feel those ways, and when they do begin to feel that way again, they know what to do about it, both on an energetic level and then also on an engineering level.

Most of us go through the world and we are thermometers. Our nervous system is a thermometer. So we are at all times, especially if you're a really porous, empathic person or you're a highly sensitive person. An hsp, you walk into a room and you can immediately feel who's pissed or who's, you know, or who's upset. And that's being a thermometer. And there's nothing wrong with it. It's A beautiful capacity.

I also have that deep sensitivity. However, the most powerful person in the room is actually the most regulated person in the room. The most powerful person in the room is the most is the person whose thermostat setting in their nervous system is so strong that they do not budge, that their thermostat stays and they become the thermostat for the room, as opposed to being a thermometer. So if you'd like to be that thermostat, know that layering on the repatterning and the rewiring in the right sequencing is the way we do that.

And it takes practice. You will make progress in these three days. And then if you practice it long term in community, with support, you get lasting results on a neural patterning level. So you don't have to rely on willpower or babysitting your thoughts or trying so hard to be different. You just end up being different, which is kind of mind blowing, but I love it. So you can still be the thermostat while keeping your empathy.

Becoming the thermostat does not mean that you lose your compassion. Becoming the thermostat does not mean that you lose your sensitivity. It just means that instead of taking the roller coaster ride with other people, other people are invited to join you at your setting. So it's actually one of the most powerful states you can be in for changing the world. And we all know people who are like this, where we see them and we're around them, and we just feel better.

That's because they're operating as the thermostat in the room. And our mirror neurons in our nervous system know how to respond, and they respond in kind. And we all have the ability to do that. Your financial life really is a reflection of your inner environment, which originates from the nervous system. So your financial life is a mirror of your nervous system. And the safer your nervous system feels around money, the more money you'll attract, but also the more of a feeling of abundance that you will feel.

And when your nervous system and the rest of your body feel safe, you're really able to shift your identity so that you can be the way you need to be in order to do the things you need to do in order to have the things you want to have. I'm curious, and I sort of gave it away, but I do want to. I do want to address this.

If you have a goal of a certain amount of money you want to have, or a certain income level or certain net worth or savings or whatever, what do you think you need to. What do you think is important about getting to that state of having what you want, what comes before having? Exactly. So some people say working harder, some people say doing. And what I want to say is no amount of doing is going to get you to what you want to have.

If underneath it, on an energetic level, you are not able to be the person who would have that thing. And that being is wired in at the level of your nervous system. And when you can show up as your most expanded identity, your most expansive identity, when you can be, then everything you do becomes a living manifestation of your beingness. And then the having what you want takes way less effort, which is what we're working on right now.

So we're transitioning into wrapping things up for today. And your homework is going to be to identify your now point financially. I'm going to walk you through this relatively quickly. If I wanted to go to Legoland in the state of Florida, and I lived in Miami, which I used to, the way I would need to figure out how to get to Legoland was by turning on location services on my gps.

So the only way we can figure out how to get to where we want to be, how to have the have we want to have, is to figure out where we are now, which I call our now point or our current location. So it has nothing to do with judgment, it has nothing to do with anyone's been bad or anything like that. It just has to do with in order to know how to get where we need to go, we need to know where we are.

So how do people become relaxed, healthy and wealthy all at the same time? Well, they are clear on their elements of their relaxed money map, which is on page 19 of your workbook. So if you go to page 19 of your workbook, the first page of it is going to be your homework. I'm going to tell you a quick story. This is my apartment. In my 20s I lived in a little 450 square foot studio apartment in New York City on 16th and 7th across the street from Lomans.

And this was what it looked like in my apartment. And then on the right hand side, this is what it looked like behind the closet doors. When you opened up my closet, it was a disaster, which is emblematic of my financial life. I was good at making things look good on the outside. But if you opened up the closet behind the scenes, it was messy and I was very much in that diffusion state in avoidance.

But what I did is I knew that I needed help. I knew that I Despite my best efforts, was not making progress on figuring this out alone. And I knew enough to know that if I had was going to be able to figure it out by myself, I would have done it by now. Anyone, Anyone at the point where they know that if they were going to figure it out, they would have done that by now.

Yeah, that's the place I was at. So I called in help. I actually spent money to hire someone to help me, and it was money I didn't have because I was in credit card debt. So I was in the red. Right. My net worth was negative, and yet I knew that in order to get further along, I needed to do something different and that that money would be an investment towards being able to get out of debt faster and increase my income faster and be able to create a new system.

And so I called. I had a call with a woman who helped me look at my numbers, and I got really clear on my numbers. And I started with my now point. And at first it made me nauseous and I was really scared, but once I did it, I felt so powerful. And that's what I want for you. Because the magic you're looking for is in the work you're avoiding.

The magic you're looking for is in the work you're avoiding. So your homework tonight is to do your now point. And your now point is on page 19 of your homework. So notice as you do it, notice what comes up for you. And if it's like, I'm not ready, the economy is shaky. It's my industry is the problem. People like me don't have nice things. It's the algorithm.

I didn't come from a wealthy family. All of those things will come up because it's your nervous system trying to prevent you from taking an action that's moving you towards having a new reality. Okay? That's all it is. So I want you to practice not getting attached to your thoughts. And instead, when you notice that coming up, do your washing machine, come into the Good With Money Facebook group, get support, and do your homework anyway.

And when you do your numbers, know this. This is from Dan Sullivan's work. We have a real tendency because of our lizard brains, our survival wiring, to focus on the gap between where we are and where we want to go. But I'm going to invite you to instead focus on the gain. So instead of looking forwards and saying, ugh, I'm so far from where I want to be, I'm so behind, and da, da, da, I want you to actually look back and say, wow, look at how far I've come.

So please promise me that you will remember to focus on the gain, how far you've come when you do these numbers and not put attention on the gap. Okay? Yes. Dr. Benjamin Hardy and Dr. Dan Sullivan both champion the gap versus the game. Remember, you are a receiver and your receiving capacity is your nervous system. So our bodies are antennas. And when you get your body into a feeling, a physiological state of feeling safe, you are able to receive and you really have the capacity to attract and actually experience like for it to actually make a difference.

Your ability to do that is based on what your nervous system is wired to experience as safe and possible for you. So when you update your nervous system, you update your capacity, your creativity, your access to your greatest intelligence and your magnetism. So tonight, in addition to your now point on page 19 or over the weekend, because we have plenty of time before the next session, I also want you to meditate on, for extra points, your current money nervous system thermostat.

So meaning the results, actions, thoughts and beliefs and emotions that are created from your current money nervous system thermostat. So think about that versus what might be possible if you changed your money nervous system thermostat. So what would be possible in terms of the results and your actions and your thoughts and your beliefs and your emotions if you updated your money nervous system thermostat and just journal on it?

Share in the Facebook group. We'd love to hear about it and we'd love to celebrate and support you. Okay, so your homework, as I said, and this is being entered to win the LED red light mask. You're just going to go to [katenorthrup.com/homework](https://katenorthrup.com/homework). You're going to submit a screenshot of your numbers from part one, your now point. You are absolutely welcome to. You know, on your phone how you can mark out the numbers.

You're welcome to do that. A lot of people just submit their numbers. We don't do anything with these. We're not like posting them on the Internet. We're not putting them in a database or anything like that. But you do what's comfortable for you and you are absolutely welcome to block them out and. But either way, you're doing this homework for yourself. Show up for yourself. This will make a huge difference.

Yeah, we actually changed the form yesterday that you don't know about. You just go to that website and then there'll be a form you fill out. Oh. So you don't have to. We Made it way easier instead of trying to upload a PDF doc. But what about for the people who don't want to share their actual numbers? Well, they can put. They can put what they would like to in the boxes.

Okay. Yeah. Okay, so it's [Katenorthrup.com/homework](https://katenorthrup.com/homework). Okay, so now you know that getting to your North Star, meaning where we're headed to Legoland, your financial

version of Legoland, begins with changing the energetic part of your hidden money ecosystem. Was this helpful for anyone? Was this new for anyone? Was this. Did this challenge some of your beliefs? Did this challenge some of your programming? Are you open to it?

Are you being coachable? Are you keeping an open mind and an open heart? I can feel that you are, and I really want to congratulate you for that. Now you might be saying, but, Kate, how do I actually. What do I actually need to do as I'm rewiring my nervous system? It's not like the money. The money's not just going to drop out of the sky and into my lap, right?

Like, I'm not going to just like, I can't sit around and do the washing machine and then build a seven figure, you know, investment portfolio. Right? And I agree, you cannot. However, the work we do to did today builds the foundation. Remember, I talked about sequencing? We're building the foundation, so everything else you do afterwards is more powerful. Nervous system healing work is like fertilizer. It makes every single thing you do more powerful and easier and significantly more likely to work.

So I want to share with you a story from two of our participants who did this work and got an incredible result in a way that surprised them. So let's hear from Shayna and Dave. Now you got to move your mic closer to your computer. Was kind of creepy for me. I did this because I love my life. Hey, Kate. We can't hear the. Can't hear it. There you go.

Money has been a source of friction between Dave and I for over a decade. I know how to work hard, just not so relaxed about it. I let things build up and then I get really up. Okay. It's the sounds not working. Am I hearing that the sound's not working? Yeah. Okay, we're going to skip this and we're going to do it next time. Okay, great. We can get it.

We will skip it and we will do it next time. All right, so next time you're going to hear the full story of Shayna and Dave, which I'm so excited for you to hear that it made me Cry. So you're going to have to come back for that. And you'll also get to hear from another one of our students who did this work and got significant results in their life.

So not only is that coming for you on day two, you're also going to get another nervous system healing tool. We're going to go over the 10 specific money leaks you might have running right now in your life and which ones you've got and what to do about it. And then we're going to identify your financial North Star. So we're going to start to move from where you are now to where you want to go.

And we're, you're going to identify the route that makes the most sense for you. So we're getting more practical next week. Yeah, it's next week. And we're going to start taking those first steps of the engineering aspect of your hidden money ecosystem, the systems and structures that allow you to have more freedom in your life.

And I will see you for day two. So I'm going to stop my share.

Anyone who wants to stay and dance, I'm going to invite you to do that. And I am going to play a song. We're going to dance it out. Here we go. We're going to play some Katy Perry. Can you hear my audio? Can you hear the sound? No, you have to go into share sound. Oh, it doesn't. Okay. It didn't work because we had already done that. Okay, stand by for the dance break.

Advanced sound share. Okay, we're going back. We're going to dance. It out. Here we go. Now. All right, I'm going to invite you to just kind of do some swaying back and forth. Maybe let your head go in. All right, now I'm going to invite you to roll your shoulders. All right? Now get your hips into it. Believe it that you can. There's no reason. Shoulders again. Maybe the whole arm.

Looks like we're doing the backstroke. All right, now just across the part. Wave your arms across your chest and your solar plexus across your belly. Now just freestyle. You believe it. Then you can. There's no reason that this light can be. They'll try to bring you down. You're electric right now, but you got the power now. You got the power. Oh, thank you, everybody, so much for being here.

All the links will be in the Facebook group and they'll be emailed to you. So if you're not in the Facebook group, you'll get everything via replay, including the replay. That didn't make sense, but I think you know what I mean. Via email. All of the details will be at [Katenorthrup.com/replay](https://katenorthrup.com/replay) and we will see you on Tuesday. See you on Tuesday, 12 o' clock Eastern Time. Once again, thank you, everybody.