

WELCOME TO

GOOD with MONEY

3-Part Live Workshop

YOUR COMPANION WORKBOOK



Kate Northrup's

GOOD with MONEY

**You're holding the keys to your financial
awakening in your hands.**

The following is your Relaxed Money Map
and Companion Workbook for the 3-Part
Money Healing and Expansion Workshop:

GOOD with MONEY

Print this beauty out, staple it, and use it for
all the amazing insights you're going to have
and notes you're going to take!

You ready? Let's dive in...



Don't forget to share your
progress and insights with me
by tagging me on Instagram:

@katenorthrup

This workshop and training provide the foundation for how to actually experience a healthy relationship with money that results in true abundance - financial and otherwise.

Welcome! You made it!

You're here because you're ready to uplevel your financial life!

Maybe you want to break the debt cycle...

Bust through an income ceiling...

Find peace in easy, pleasurable money management...

Finally, feel like you have more than enough...

Get your money working for you and build wealth as an investor...

...or to expand your abundance in some other fabulous way! And I'm here to guide you to do exactly that.

I'VE HELPED OVER 100K PEOPLE HAVE HEALTHIER, MORE ABUNDANT RELATIONSHIPS WITH MONEY LIKE...



"Last night we finished doing our taxes and **I had to write the biggest check to the IRS i've ever written**, BUT this morning when my husband and I were doing our money love meeting we were sitting in **so much gratitude because for the first time ever we weren't scrounging for the money** or feeling negative about the money...this feels so amazing to just be able to pay this bill and feel fine about it because we KNOW we have money invested and saved and coming in...this work has completely shifted everything for me."

Angela Accomando



Hi! I'm Kate Northrup - Your Good with Money Guide, Bestselling Author & Emotional and Nervous System Alchemist.

In 2011, I paid off over \$20,000 in debt in 6 months, went from making \$34K to \$124K per year, and doubled my savings. And it wasn't because I stopped buying lattes, married someone wealthy or inherited a boat load of money.



It was a series of unconventional steps I took, then replicated these results with 5,000+ worldwide students (since 2012) who have taken The Money Love Course, and over 50,000 others who've read my bestselling book, *Money: A Love Story*.

Over the past decade, people have continued to share the results they've created. Since then, I've gathered new financial wisdom as a mother, a provider for my family, a homeowner, and an investor.

And just like you, I've also had my share of unexpected challenges that forced me to shift my paradigm.

When my husband got sick in 2021, we found ourselves stretched thin - we were paying for two households in Maine and Miami, shifting schools for our kids, and suddenly, most of the parenting and money-making landed on my shoulders.

Even though I'd taught others how to take steps to heal their relationship with money for years, with the added pressure of the pandemic and personal challenges, I'll be real with you:

I realized financial pressure had started to become a motivator, and even an unconscious addiction, for me along the way.

I just didn't know who I'd be without the pressure.

That's when I knew there was something deeper that I needed to uncover - *and I did.*

For 90 days, I ran an experiment where everytime I could feel myself feeling financial pressure I practiced relaxing instead.

Everything turned around within a few months.

We met all our financial goals, took stress off the table, and making money actually became EASIER.

2 months later my husband broke his knee when he fell off his bike and 18 months after that, he was hit by a car, causing a traumatic injury to the very same leg.

I was given the *most profound* opportunity to stop waiting for my life to look a certain way and for my business to be making a certain amount of money for me to finally relax.

I tried relaxing first, despite all the evidence that it wasn't a good time to do so, and everything changed.

AND NOW:

I don't just have a beautiful story with money: I have one with my nervous system, too.

I'm obsessed with the brilliance of the nervous system's ability to protect us or create expansion. My own nervous system healing since 2016 has resulted in a financial experience that's been nothing short of miraculous and includes:

- Working less than 40 hrs while running a multi-7-figure business.
- Simplifying our financial management system and increasing profits by 4X.
- Maintaining financial stability while growing a family and navigating my husband's chronic illness and inconsistent ability to work.
- Taking long summer breaks with our kids, continuing to grow our revenue, and more importantly, our profit, and net worth.
- Working steadily toward becoming work optional.

Most importantly, discovering how to tap into a source of perpetual financial calm that's independent of my earnings yet is critical to attracting ongoing abundance.

Folks often tell me I can make the most complicated things simple, doable, and approachable - and that's exactly what you'll find in Good with Money. There's no silver bullet, magic trick, or shortcut: this is deep and expansive work, but it doesn't have to be rocket science.

Do you want to know how the happiest, most relaxed, wealthiest people get that way?

They do the inner work to start **BEING** and **DOING** the things that happy, relaxed, wealthy women do...so that eventually, they can **HAVE** the lives they've desired (financial and otherwise).

They didn't wait for their lives to look a certain way before they started acting and feeling the way that happy, relaxed, wealthy people do. They start inside and eventually, the external environment starts to mirror the internal environment.

The people who don't get there are looking outside for all the evidence as to why they can't have what they want...and they keep being and doing the things that keep them feeling financially stuck.

How can we expect our financial lives to change when we keep repeating the feelings, ways of being, and behaviors that we've always had?

This is the healing and expansion work we're here to do together during Good with Money. I'm going to show you the steps you need to take to embody the happy, relaxed, wealthy woman (aka The Abundant Empress/Sovereign) so you can have abundant financial resources, a pleasurable system to steward them well, and the capacity in your brain and nervous system to enjoy it all to the greatest extent possible.

It's not just about *having* abundance. It's about *experiencing* abundance.

Plus, I'll let you in on the 3 key areas required for a healthy relationship with money that results in expansion in your bank account and every other area of your life. And, you'll discover how to access the technology that allows you to tap into more abundance anytime, whenever you desire.

You excited? Me too! This is gonna be delicious!



Here's what to do right away:

Mark your calendar for **April 17th, 22nd, and 24th** for the 3 live sessions of the Good with Money that will reveal how to create a relaxed, abundant relationship with money!

Wanna meet a few of the people we've been able to help along the way?



"My personal bank account has gone from barely positive each month (often overdrawn) to now a consistent balance of \$6K each month and I'm now consistently paying myself a paycheck for the first time in 6 years!"

Wendy Synder, Certified Positive Parenting Educator and Family Life Coach

"Since joining Relaxed Money, I've completely transformed how I manage my finances. Prioritizing money dates and paying off credit cards has liberated me from financial stress."

Bridgette Simmonds, Speaker, Coach, Facilitator, and Trainer



"As a result of the tools I learned in Relaxed Money, I took clear action and **received \$150,000 cash** from renegotiating terms of one of my assets. **I've cleared my entire \$78,000 in IBARS** and I've put the remaining money into my long term investment funds PLUS a **high-interest savings account to cover three months of expenses**. This all happened within months of joining Relaxed Money. Life. Changing."

Joy Asibey-Gabriel, Feminine Adornment Coach



“Because of Relaxed Money, I **now have over 2 months in an emergency fund** (which didn't exist before the course) and receive over \$20 each month in interest!!”
Sarah Fishstrom, Professor & Special Education Advocate

Because of regularly checking my accounts during my money love dates, I caught a \$768 automatic renewal quickly enough to cancel and get a FULL refund, cancelled one of my unused business credit cards and saved myself \$49/year in fees, and cancelled my subscription to a service I haven't been using in my business saving myself an additional \$1500/year. That's over \$2,000 saved in one sitting from paying loving attention to my money. Sweet!



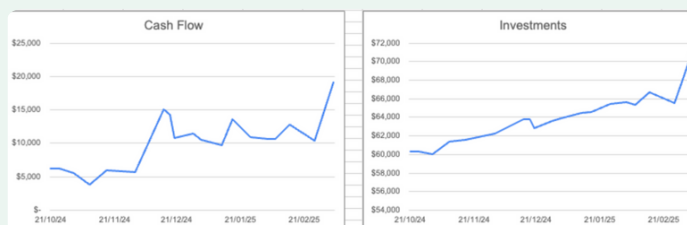
Katherine Lazaruk, Executive Coach



“Since completing Relaxed Money, my salary increased from \$55K a year (base pay) to \$100,000 a year. Wowza! It's exactly what I manifested through the program and have been praying for!”

Chell, Community Builder

"I'm a firm believer in the fact that pictures say more than 1000 words. A +202.8% increase in Cash Flow in 4.5 months and a +17.8% increase in Investments.



The more I do this Relaxed Money work, the more I expand my capacity to live in abundance. Thank you, thank you, thank you.”



Viktoria Levenberg, Health Coach

These folks are absolutely incredible...just like you.

The thing is, financial well-being isn't some magical unicorn fairy dust that only special people get to experience.

It's an alchemical combination that can be learned by anyone. While I acknowledge that factors that feel out of our control like systemic inequity are real, there are equally real factors that we each have control over.

These are our inner landscape (including our nervous system, emotions, and beliefs) and our behavior (such as our money management, investing efforts, and career choices.)

I have so much evidence that when you fill in the financial educational gaps that school and our parents left us with...and combine it with re-patterning work that's deep and effective...anyone can experience new financial results. ANYONE.

The stories of the folks above did this and changed their financial lives and now, you're in the right place to receive the education and support to do the same thing!

By the time this workshop is over, you'll have the 3 critical ingredients for a healthy relationship with money and a plan to move toward financial freedom.

You'll know how to BE, so you can DO what you need to do to HAVE what you desire.

I know you have a full life so I'm not here to waste your time.

When you show up and open yourself to receive the insights, experiences, and strategies that you're going to get in this workshop, I can tell you this:

You'll be receiving the most important wisdom to unlock a lifetime of unlimited abundance.

I've crafted Good with Money to give you EXACTLY the secrets, framework, and plan to have a healthy, even pleasurable, relationship with money.

So, if you're an ambitious creative, an executive, an entrepreneur, and/or a leader in any other arena who's ready to expand your capacity to receive abundance on every level (including financial), I created this workshop for you!

This 3-part workshop will be delivered LIVE, and the replays will be available (for a very limited time). Make sure to block the time in your calendar and get whatever support you need to show up live and watch the sessions (and then give the replays a second viewing) as soon as possible.

Here's a quick overview of what you'll get by the time you finish Good with Money:

Day 1:

THE SURPRISING KEY TO RELAXED MONEY MANIFESTATION

What if the reason money hasn't been flowing the way you want isn't because your mindset is broken or your systems are off... but because those pieces - while powerful - aren't the whole story?

On Day 1 of Good with Money, you'll unlock the surprising (and often overlooked) key to Relaxed Money Manifestation - and why so many brilliant, high-functioning humans stay stuck in financial tension even after doing years of personal growth and money work.

★ Spoiler: It's not just about what you believe or how you manage your money.

It's about your nervous system - and the deeply patterned responses it's been running underneath it all.

You'll learn:

- Why mindset and management work often plateau without this missing piece
- The root-level ingredient that rewires your money creation cycle for good
- High-yield, somatically-informed tools you can use immediately to begin shifting your relationship with money from the inside out

Whether you've done all the things or this is your first real step into money healing, Day 1 is the game-changer. This is the threshold. The recalibration point. The beginning of your next financial chapter.

Show up live. Watch the replay if you need to. Just make sure you don't miss it.

You'll never look at money - or your body's relationship to it - the same way again.

DAY 2: YOUR NEXT STEP TO FINANCIAL CONFIDENCE, CLARITY, AND MAGNETISM

You know what's wildly attractive to money? Relaxation. But when money feels stressful, unpredictable, or straight-up heavy... relaxation can feel impossible.

That's why Day 2 of Good with Money is all about rewiring that loop - so your body starts to feel safe around money, and you can take action from a place of grounded clarity instead of panic, avoidance, or over-efforting.

You'll learn a simple but potent process to access immediate relaxation and pleasure in your financial energy - and from that state, something powerful happens:

- ✨ You become available for aligned ideas.
- ✨ You take action that actually works.
- ✨ You start to move your money story forward without pushing.

If you've ever felt frustrated, cynical, or just plain exhausted after a money manifestation class that promised "quantum leaps" but gave you no real tools... this is going to feel like a deep exhale.

Day 2 will help you:

- Get out of stuckness and into motion - without overriding your body
- Decode the next right step that feels both practical and easeful
- Reclaim your ability to grow wealth in a way that actually feels good

And best of all? You'll walk away with a tool you can use again and again to turn emotional charge into empowered action. This is where things start to shift fast. **Be there.**

DAY 3: BRIDGING THE GAP BETWEEN EXPERIENCING & CREATING REAL WEALTH WITH THE 3-PILLAR RELAXED MONEY BLUEPRINT

There's wealth you feel, and wealth you build.

Day 3 is where you finally bridge the gap between the two.

You'll receive my 3-Pillar Relaxed Money Blueprint - the framework I've taught to thousands of students that shows you how to make, keep, grow, and give money from a place of wholeness and deep alignment.

Most financial experts either teach tactics: saving, earning, investing... Or they teach mindset and spiritual abundance.

This is where the two worlds meet.

You'll learn how to:

- Anchor into emotional and nervous system safety with money
- Take strategic, real-world financial actions without hustle
- Align with the energetic and quantum principles of wealth creation
- Step fully into your role as a conscious steward and receiver of abundance

This is where the full picture comes into view - so you're not just thinking about abundance, you're living it.

And when you embody these 3 pillars?

You become a magnetic, stable, joyful force for prosperity - not just for yourself, but for the world.

Don't miss this one. It's the blueprint you've been waiting for.

YOUR RELAXED MONEY MAP

On the next page, you'll find your Relaxed Money Map!

I know the world of finances can feel really overwhelming and like there's so much to learn and understand and pay attention to...so maybe you just avoid it altogether and secretly hope someone's gonna come along and just figure it out for you?

And maybe you're avoiding looking at your numbers because:

- you're afraid of knowing the truth
- you don't know what you're doing or don't think you're good with money
- you're too busy to sit down and tend to your money

Or perhaps you're overcomplicating things by trying to do it all and wasting your time paying attention to stuff that doesn't move the needle.

But let me ask you something:

When you get in your car to drive somewhere you've never been before, what do you usually do first?

Put your destination into your GPS. The only way your GPS can give you directions to your desired destination is for you to allow it to know your Current Location. Location Services ON!

Directions keep things CLEAR and SIMPLE.



Do you know your current numbers? Do you have clarity about your desired financial picture?

If not, you might be repelling money without even realizing it.

Through Good with Money, I'll walk you through the process of completing your personalized Relaxed Money Map.

By the end of the workshop, you'll have a clear, customized map that shows you:

- What to focus on now
- What you've been avoiding (that, with a little love, can lead to exponential results)
- **And the most effective route that will take you from your Now Point to your North Star.**

This Relaxed Money Plan is going to change everything - because:

★ **Money loves clarity**

🌱 **And what you put your attention on grows**



"Prior to the pandemic I had my business and I was making multiple 6-figs and then the pandemic came and...oh boy. So when I joined Relaxed Money I was in a horrible job for me and my mental health and I was filing for bankruptcy. I joined RM because I just knew I had to. After that **I quit the job, gave myself a 25k raise in a new job and then after only 6 months at the new job...they were so happy with me that they gave me my full bonus [early] and a 5% raise.** I'm finally feeling like I'm back to my relaxed self to start my business back up again. I'm just so excited to expand to having more and being in more alignment with my spending. **Oh...and I managed to save \$10,000 and have been committed to not spending it.**"

Patty Alfonso

You don't have to focus on everything.

There are just a few key numbers to know and tend to - and a handful of essential skills to learn.

(Most of us never learned these in school, and if your parents didn't know them, they probably couldn't teach you. But the good news? You're in exactly the right place to receive them now.)

Knowing which numbers to pay attention to keeps things simple and focused - and that kind of financial clarity is incredibly magnetic.

If you already know some of your numbers, go ahead and start filling out your Relaxed Money Map now.

And if you want more support and clarity, I've got you. We'll walk through it together during the workshop.

The best part?

As you fill out your Relaxed Money Map with me, you'll also be practicing how to rewire your brain and nervous system - so that this whole process feels safe, doable, and yes... even fun.

You're doing it. See you for the workshop soon! ✨

RELAXED MONEY MAP

Kate Northrup's
GOOD with MONEY

PART 1: NOW POINT

INCOME STREAMS:

Annual Income _____ /12 = Monthly Income _____

Monthly Expenses _____

(Rent/Mortgage, Groceries, Car Payment, Utilities, Insurance, Childcare, Clothing, Entertainment, etc)

Monthly Income _____

- Monthly Expenses _____

= Monthly Money Cushion _____

TOTAL ASSETS: _____

Assets (Cash in Checking or Savings Accounts, Real Estate, Retirement Accounts like 401K's or IRA's, Stocks, Bonds, Cars, Crypto, Gold, Silver, etc.)

TOTAL LIABILITIES: _____

Liabilities aka Invoices for Blessings Already Received (Credit Card Debt, Mortgage, Car Loan, Student Loans, etc.)

Assets _____

- Liabilities _____

= Net Worth _____

PART 2: NORTH STAR

My North Star: \$ _____ in _____

(Choose one: Annual Income, Savings Total, or Net Worth)

Possible Routes (Pick One):

- ☐ Increase income to increase Money Cushion
- ☐ Decrease expenses to increase Money Cushion
- ☐ Decrease liabilities (e.g. pay off cc debt aka Invoices for Blessings Already Received)
- ☐ Increase assets by using my increased Monthly Money Cushion to invest in vehicles that make my money grow (including myself)

STRATEGY IDEAS:

- **BE:** Rewiring Your Nervous System, Identity Work, Emotional Metabolism, Upgrading Your Beliefs
- **DO:** Learning new money skills (earning, saving, managing, investing, giving) and then practicing them
- **HAVE:** Reaping the harvest of first BEing and then DOing from the BEing

Day One: The Surprising Key to Relaxed Money Manifestation

In our first live session of Good With Money, you'll discover **the surprising key to manifesting and receiving more money - without pressure, pushing, or pretending everything's fine.**

We'll begin with **The Inner + Outer Wealth Inventory**, a powerful self-reflection tool that gives you a 360° view of your current money relationship - from nervous system patterns and emotional triggers to stewardship habits and tangible assets.

You'll also meet the **Abundant Empress/Sovereign** - a version of you who relates to money from a place of grounded worth, inner spaciousness, and magnetic clarity. Together, we'll explore how to start embodying her now, without hustle or burnout.

By the end of this first session, you'll have a clear sense of:

- What's been missing on your path to abundance
- How to begin repatterning your inner and outer relationship with money
- And what needs to shift - subtly or significantly - to move toward the financial reality you deeply desire

This is where it begins: with clarity, compassion, and a powerful new way of being with money.

Day One: The Surprising Key to Relaxed Money Manifestation

We're here to heal the Lie of _____ and the Lie of _____

Cycle of Money Manifestation



Symptoms of financial dysregulation in my life:

The Inner & Outer Wealth Inventory:

Circle one option under each prompt.

1. When it comes to my nervous system, my emotions, and my thoughts and beliefs, more often than not I feel more _____ when it comes to money:

Protective OR Expansive

2. When it comes to the way I manage money, I fall more into the following category:

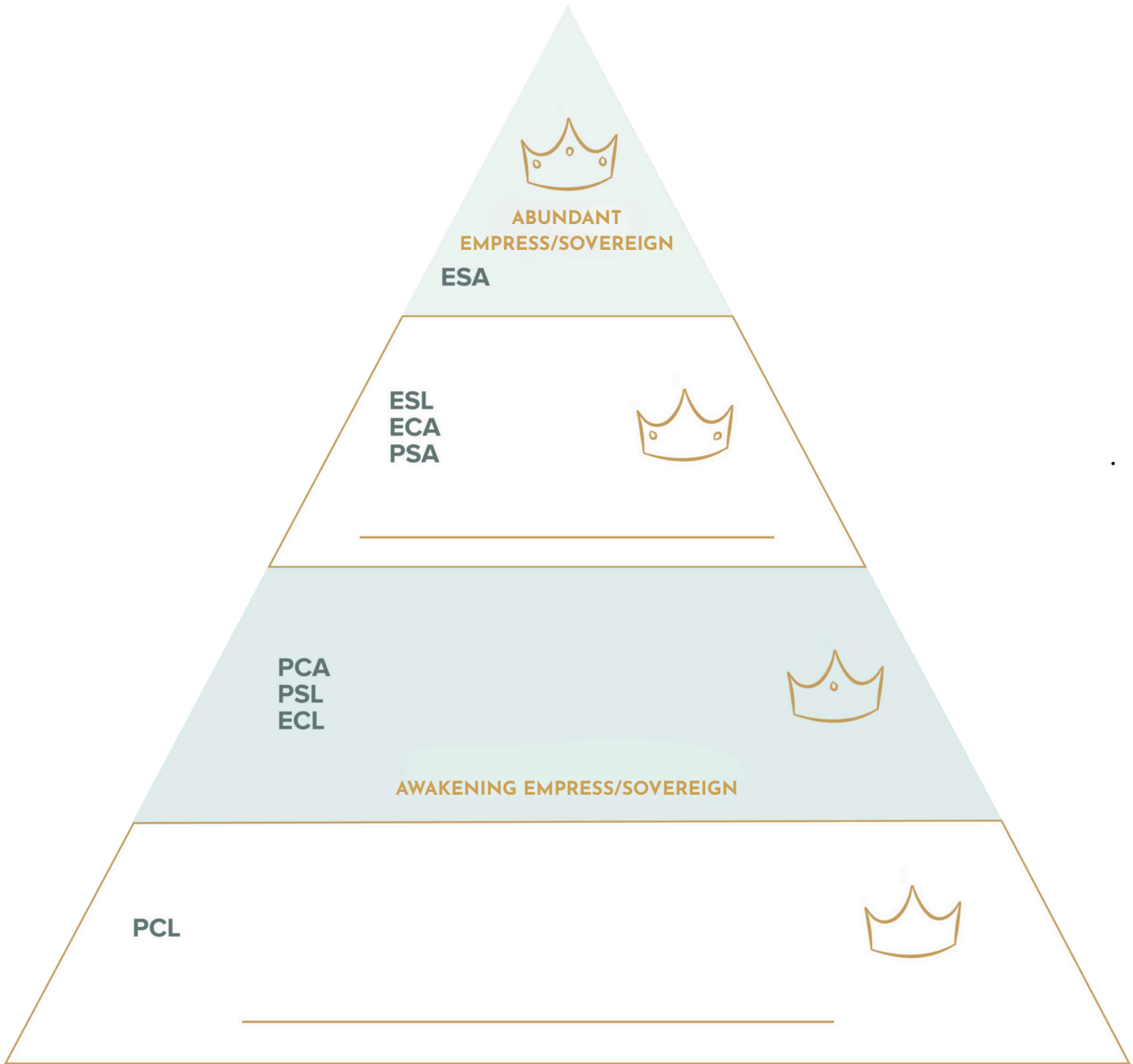
Chaotic OR Systematized

3. When it comes to my income and tangible assets, I generally experience:

Lack OR Abundance

Fill in the first letter of each of your answers: _____

BE. Inside (Nervous System, ID, Beliefs)	Protector	Expander
DO. Behind the Scenes (Systems, Stewardship)	Chaotic	Systematized
HAVE. Outside (Income, Assets)	Lack	Abundance



What’s contributed to your current Inner & Outer Wealth Inventory? What are the Inner elements (nervous system, identity, beliefs) holding you back? What are the Outer elements (skills, systems, behavior) holding you back?

What specifically would change in your financial life if your ways of being, the decisions you make, and the actions you take match with the happiest, most relaxed, abundant people you aspire to be like?

[illegible]

Day Two: Your Next Step to Financial Confidence, Clarity, and Magnetism

If you wanna get to a new destination, you have to identify where it is, PLUS get the directions to go from where you are now to where you want to be.

In this second live session of Good with Money, I'm going to hold your hand and walk you through a simple, yet powerful process for mapping the route to making more money, increasing your monthly discretionary income, increasing your net worth, and even building up your assets to work towards being work optional.

Where will you be 12 months from now if you maintain your current Money Thermostat setting? *Get specific.*

Where will you be 12 months from now if you lean into quick, daily practices to shift your Money Thermostat? *Get specific.*

Money is _____. It's simply a stand-in for _____.

Money is _____.

It _____ what you put it on.

The way to make more money is to add more value.

- What do people already thank you for? What do they already ask you for advice about?
- What do they come to you for?
- What problems do you see in the world that drive you crazy and/or break your heart?
- What problems have you already solved for yourself?
- What transformation have you already undergone that you could teach someone else how to experience?

Ways I can add value:



Bonus: Text 10 people with this question:

Hey there! Can you answer a super quick question with the first thing that pops into your head?

Wait for their response...

When they respond, “Yes!” Reply with:

What’s one way that I add value to the world that you think I probably take for granted?

Levers to increase the value you provide while decreasing the time it takes to create that value:

- ☐ Solve a higher-level problem
- ☐ Solve a more specific/specialized problem
- ☐ Solve a problem for a different kind of person that values that solution even more
- ☐ Solve a problem more quickly or solve it *for* someone so it requires little to no effort for them

What would change in your life if you could make more money by adding more value and having a bigger impact, therefore helping more people without working harder or more hours but instead working less?

[illegible]

Day Three: The 3 Pillar Relaxed Money Blueprint

In our third live session of Good With Money, everything comes together. You'll finally see how all the pieces of the puzzle align to create a financial life that feels both abundant and relaxed - at the same time. The core ways of being and key skills that easeful, prosperous humans embody will come into focus, so you can begin integrating them right away and accelerate your journey toward your North Star.

You'll also be introduced to the 3 Pillars of Relaxed Money - the foundational elements that support sustainable wealth from the inside out. If any pillar is missing, you may find yourself unintentionally leaking time, money, or energy... and we don't want that.

This session is where we shore up your full financial ecosystem - both visible and invisible - so you can truly prosper without sacrificing your time, well-being, or relationships. This is the shift from survival mode to sovereign wealth creation. And it's yours.

The 3 Pillars You Need for a Life of Relaxed Money Are:

PILLAR 1: YOUR FINANCIAL FOUNDATION



Nervous System



Money Clarity



Emotions



Beliefs



Your Money Story

PILLAR 2:



Manifesting



Money Makeover



Money, Sex, and Power

PILLAR 3:



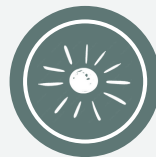
Your Enough
Number



Cashflow
Management



Making More Money



Invoices For Blessings
Already Received
*(formerly known as
Debt)*



Cyclical Money
Management



Wealth Secrets

My next right action step based on the insights and transformation I've experienced during Good with Money is:

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[illegible]

[illegible]

[illegible]