# WORKSHEET: 7 WAY TO MANIFEST MORE MONEY In YOUR LIFE And BUSINESS

Presented By Connie Ragen Green



Use this Worksheet to find opportunities to manifest more money in your business.

# Steps to take

- Write down all the things you want to do for your business that you frequently procrastinate about.
- 2. Check your list. Are there any items on there that you would like to take beyond wishes and turn into goals?
- Use the Goal/Plan Mini Worksheet form in the right-hand column to brainstorm your top two wish-turned-goal final choices.

(You will find a larger, full page version you can use as a master at the end of this workbook.)

### **Actions**

1. Identify your goals and make a plan for each.

G	Who	
0	What	
A L	Where	
	When	
L	Why	
P L A N	HOW	

G	Who	
	What	
Λ	Where	
O A L	When	
L	Why	
P L	HOW	
Α		
N		

# Steps to take

- 4. Make sure you have set deadlines in your plan.
  - For each specific task or step
  - For your final completion date

- 5. Start thinking about your financial "Story". What excuses do you find yourself making for not moving financially ahead?
  - Do you blame yourself... or someone else?
  - Do you find yourself giving people the same excuse, when they pressure you to step out of your financial comfort zone?
  - Are there stories/excuses you actually use on yourself?

(Remember: A big clue will be repetition—is this something you have said to yourself or others often? Is it your standard answer?)

### **Actions**

Identify your main motivators for your goal:

				-
	 	 		_
				_
				-
		 		_

Write down **repetitive thoughts** you often repeat to yourself about lack of money:

1.

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Write down **repetitive actions** you take daily that bleed time and money from your business:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5.

Steps to take	Actions
6. Identify and write down your negati in the column below.	ve thoughts  1. Reframe your negative thoughts in the left-hand column into realism-based, positive and active thoughts, below.
Negative Mantras or Self-Talk I repmyself	Reframed Thought

Steps to take	Actions		
7. Next, think of three things you are currently afraid to tackle. (The more relevant they are to your identified goal, the better.)	For each of your three fears identified in the left-hand column, ask yourself and answer the following questions:		
Write them down, below:			
	"Is this thought/belief realistic?"		
	"Am I throwing up objections before exploring this properly?"		
	"How can I reframe this thought more realistically?"		
	"What's the worst that can happen?"		
	■ "So?"		
	"What if?"		
	Write down any resolution you have come to for any (or all) of these three fears:		
	<b>=</b>		
	<b>=</b>		

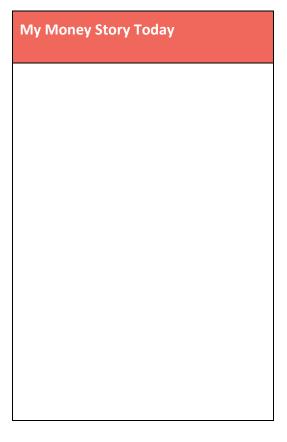
# Steps to take

**Actions** 

8. Write out your old, familiar money story, below:

3. Write out a new money story, checking to make sure it's one you feel/are committed to believing from now on:

Old Story I No Longer Choose to Live by



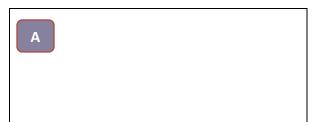
I FREELY FORGIVE
MYSELF
And those who
taught me this old
money story



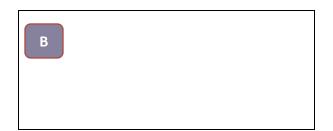
Stens to take	Actions

9. Identify where you have been using nickel-and-dime thinking, below:

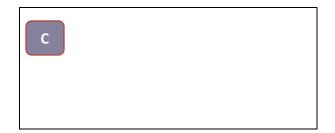
4. What will you differently from now on?



A



В



C



D

# Steps to take **Actions** Decide how you will react differently from 10. Identify negative people who drain you. Write their names in the right-hand column; then now on to each one. decide how you will react differently from now on to each one. 11. Use the following CHECKLIST: Cut ties with him/her I have joined focused, positive Facebook Just say "no" when pestered to do Groups, Challenges or Membership sites something and REPEAT that "no" -I have researched and invested in the best without explanations coach for me—one that deals with the area Limit contact with him/her I'm having the most trouble with I am using the best contractors my business level Cut ties with him/her I have cut ties with toxic people—or plan to Just say "no" when pestered to do limit my contact with them, if cutting ties is something and REPEAT that "no" not an option without explanations I have changed the way I respond to others Limit contact with him/her I have acquired an accountability partner: Coach Cut ties with him/her Someone in a Group I belong to Just say "no" when pestered to do something and REPEAT that "no" — A reliable friend who cares without explanations Limit contact with him/her A peer I trust Cut ties with him/her Just say "no" when pestered to do something and REPEAT that "no" without explanations

Limit contact with him/her

Use this worksheet to thoroughly explore goals and plans in greater detail. PRINT OUT as many copies of this page as you need.

G	What I want to do:  Who will it benefit?	
A	Where?	(Online or physical location? Platform or website?)
L	When?	Start date://2 End/Launch date://2
	My Big 'WHY'?	
Р	HOW	Steps to take:
L		
Α		
Ν		

# **About the Author**

Connie Ragen Green is a bestselling author, international speaker, and online marketing strategist who is dedicating her life to serving others as they build and grow successful and lucrative online businesses. Her background includes working as a classroom teacher for twenty years, while simultaneously working in real estate. In 2006 she left it all behind to come online, and the rest is history.

She makes her home in two cities in southern California; Santa Clarita in the desert and Santa Barbara at the beach. In addition to her writing and work online, Connie consults and strategizes with several major corporations and some non-profits, as well as volunteering with groups such as the international service organization Rotary, the Boys & Girls Clubs, the Benevolent Protective Order of Elks, the women's business organization Zonta, SEE International, and several other charitable groups.

As a recipient of the Merrill Hoffman Award, presented to Connie by the Santa Barbara Rotary Club, being honored with this award has strengthened her resolve to serve others around the world in any way she is able to by using her gifts, talents, and experiences in a positive and sincere manner.

Connie's books on entrepreneurship and more are at:

http://ConnieRagenGreenBooks.com - check out my most recent titles to see which is best for your goals. If you're not sure where to begin, email me at conniegreenhouse@yahoo.com and I will respond to your questions promptly.

