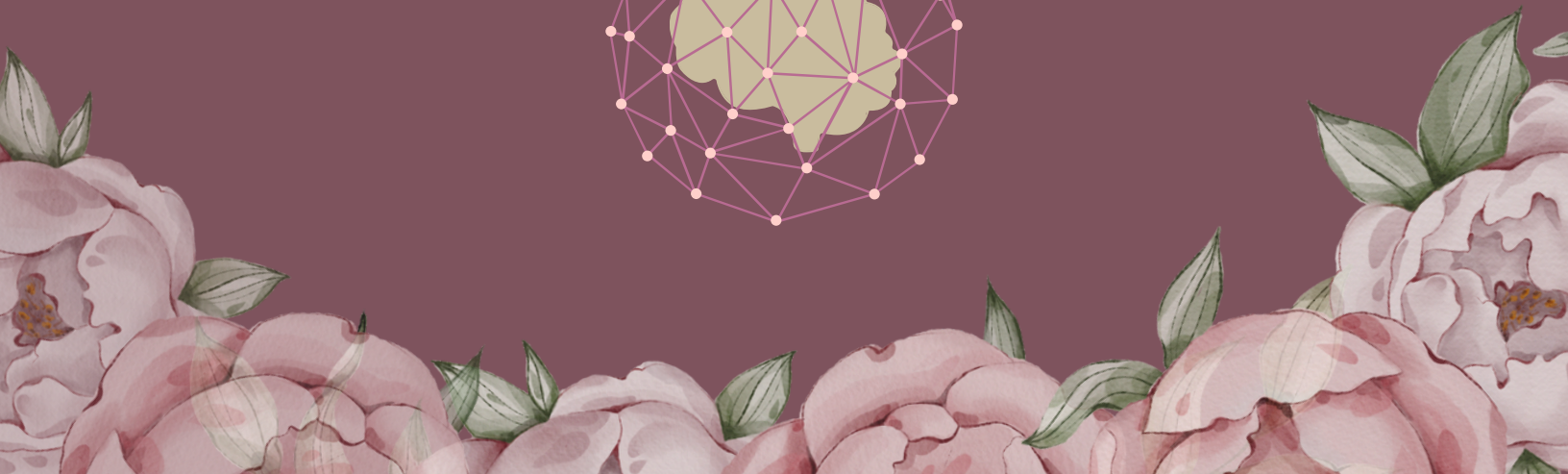




# THE MAGNETIC MONEY MOVE

**A Money Mindset  
Activity Book**



# Make Your Money Move



## Introduction:

Welcome to The Magnetic Money Move: A self-discovery activity book for your brain, your budget, and your becoming.

✨ This isn't about forcing insights or hustling for breakthroughs.

It's about using play as a nervous system reset and helping you relax into the financial safety you didn't even know you needed.

In these pages, you'll begin to release the stress, effort, and quiet desperation that keep you stuck in familiar financial loops.

Because when we rewire, we disrupt what's comfortable.

We step beyond what feels safe.

And that's what opens the door to real financial shifts.

Not just the small wins that fade...

But the deeper identity shifts that lead to lasting, embodied wealth.

Through reflection, imagination, and low-pressure discovery, you'll train your system to see money through the lens of alignment, instead of anxiety.

You're not here to get better at budgeting. We'll save that for another day.

You're here to explore what becomes possible when your brain begins to feel safe with money.

## JOIN THE 5-DAY CHALLENGE

### **Learn How My Clients saved \$10K-\$60K a year ... without cutting back or creating a budget**

Bold? Maybe. But it's the real story.

When my clients stopped trying to budget their way to wealth and started rewiring their mindset instead, everything changed.

Inside The Magnetic Money Challenge, you'll uncover the exact brain-based shifts that helped my clients stop playing small with their savings... and start seeing five figures in the bank, consistently.

If you've been operating beneath your financial potential, this is your invitation to realign with the version of you that doesn't just want wealth... but actually builds it.

Here's what you'll learn:

- The 3 powerful mindset shifts that helped my clients turn saving into a lifestyle, not a struggle
- The exact strategies that helped them grow from \$10K years to \$100K...without spreadsheets
- And just as importantly, what wasn't working (so you can stop wasting energy on it too)

If you're ready to stop fighting with your money and finally allow wealth to be easy, this 5-day reset is for you.

Join us inside and let saving and investing big become your new normal.

 [Join the 5-Day Challenge Today <3](#)

# The Games We'll Play: From Survival to Self


Move 1:  
Clarify Your  
Values



## Would You Rather

Game Style: Pattern Recognition

Neural Shift: From reaction → recognition

 Goal: Reveal your Top 3 Financial Values


Move 2:  
Reflect on  
What Matters



## Mirror Mirror

Game Style: Emotional Mapping

Neural Shift: From autopilot → agency

 Goal: Distinguish what you love from what's just habit.


Move 3:  
Envision the  
future



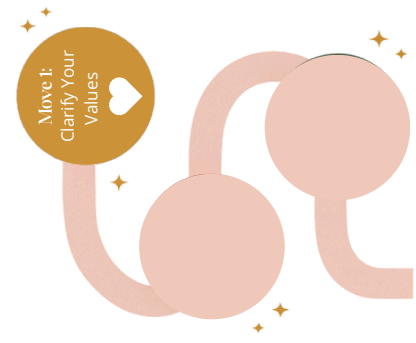
## Play Pretend

Game Style: Identity Rehearsal

Neural Shift: From avoidance → alignment

 Goal: Discover how you operate in your wealthiest reality.

## Move 1 — Play Would You Rather



Welcome, Player.

This round is all about rewiring clarity.

Every choice you make tells your brain what to look for, what to value, and what to repeat.

This game reveals more than preferences...it highlights the patterns your nervous system has come to expect.

Let the rewiring begin.

### OBJECTIVE

To uncover what you truly value—so your life starts reflecting the things you love most.

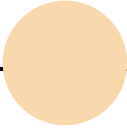
### HOW TO PLAY

1. Read the two options carefully.
2. Choose the answer that you prefer most.
3. No right or wrong answers. No pretending.
4. After making your choice, reflect on whether you want to reinforce or rewire. If rewire, color in the

Your first magnetic money move begins with one simple truth: 💡 It all starts with YOU.

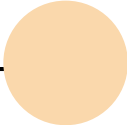
# Would you rather...

Reticular Activation Game

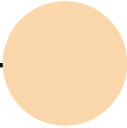
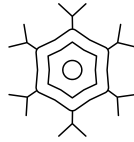


Go out for happy hour every week to unwind and connect

**OR**

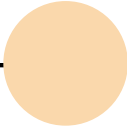


Host evenings at home with friends and tea

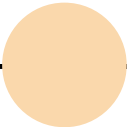
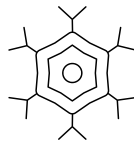


Get your hair and nails done regularly

**OR**

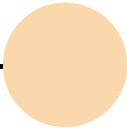


Create a sensual self-care routine at home

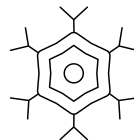


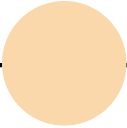
Drive a newer car with new features and a monthly note

**OR**



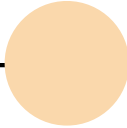
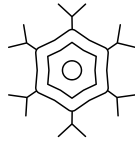
Keep a paid-off car & put the difference toward investing?



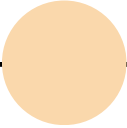


Free vacations  
for the rest of  
your life.

**OR**

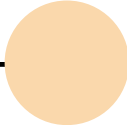
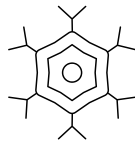


Free groceries  
for the rest of  
your life.

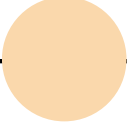


Shop for new outfits  
regularly to stay  
styled and fresh

**OR**

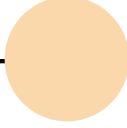
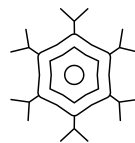


Go on a quarterly  
shopping spree with  
minimal spending in  
between

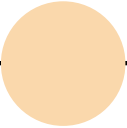


Go on spontaneous  
weekend getaways  
throughout the year

**OR**

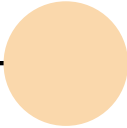
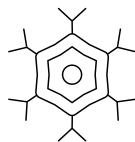


Plan your dream trip  
for the year



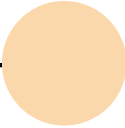
Buy yourself small  
treats throughout the  
month

**OR**



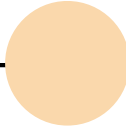
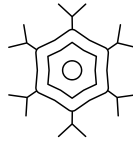
Save up and treat  
yourself to  
something big.



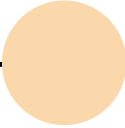


Join a boutique gym  
with premium  
classes and  
amenities

**OR**

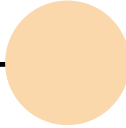
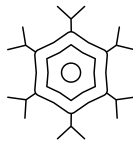


Move your body  
through free routines  
at home or outdoors

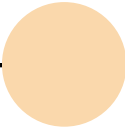


Be present for most  
social invites

**OR**

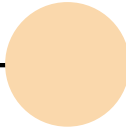
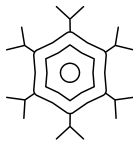


Pick a few events  
and spend one-on-  
one time w/ people I  
love

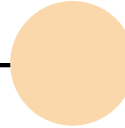


Upgrade to the  
newest phone or  
tech as soon as it  
drops

**OR**

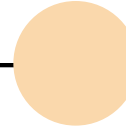
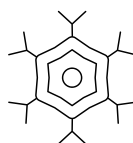


Stick with your  
current model and  
redirect the cash  
toward savings goals



Stay at your current  
job for stability and  
benefits

**OR**



Take a calculated risk  
on a new role that  
better aligns with  
your future

# Journal Prompts:

1. What patterns do you notice in the options you chose? What do they reveal about what matters to you right now?

2. Were there any choices that surprised you? Did you pick something different than what you usually would? Why?

3. What did you choose to reinforce and what did you choose to rewire? Why?

Congratulations! Move 1 is complete.

Let's pause and take a deeper look.

As you moved through each scenario, you weren't just choosing preferences, you were revealing patterns.

Patterns your brain has rehearsed and normalized.

And now... you've interrupted that loop.

This exercise wasn't about limits.

It was about liberation that comes when you realize:  
You're not stuck with what's familiar. You get to choose what's aligned.

Most of us are trained to respond to what's in front of us to survive.

But your money deserves vision, direction, and purpose!

Simple choices, like eating at home or building a capsule wardrobe, can become luxurious rituals when they're rooted in intention.

This isn't about restriction.

It's about remembering who you are... and building a life that reflects it.

Ready to go deeper? [Join me inside the 5-Day Challenge.](#)

# Believe It Or Not

Check-in With Your Money Beliefs

1. If money were a person, it would trust me.



2. I am safe with money and money is safe with me.



3. I don't have to work hard to receive more money.



4. I don't have to earn rest or overflow. I already deserve it.



5. I know how to be/become wealthy.



# Eye Spy Affirmations

## Reticular Activation Game



Did you know your brain is wired to notice what it already believes is true?

That's your Reticular Activating System (RAS) at work... filtering the world through the lens of your current beliefs.

Look above and find the first 3 words that stand out to you.

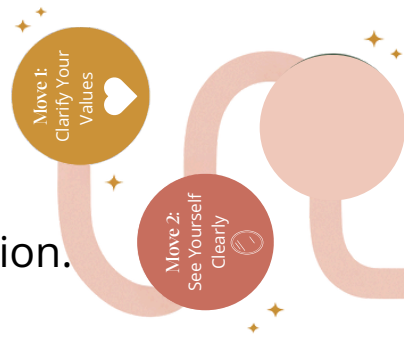
Now, turn each word into a personal affirmation and look for the confirmation of this word in your day to day life.

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## Move 2 — Mirror Mirror



This round is all about awareness and pattern recognition.

You've clarified your values and now it's time to look at the receipts.

Not just the financial ones... the behavioral ones too. Because every swipe, tap, and transaction tells your brain what matters.

Don't judge yourself. This isn't about guilt. It's about seeing clearly so you can be intentional.

### OBJECTIVE

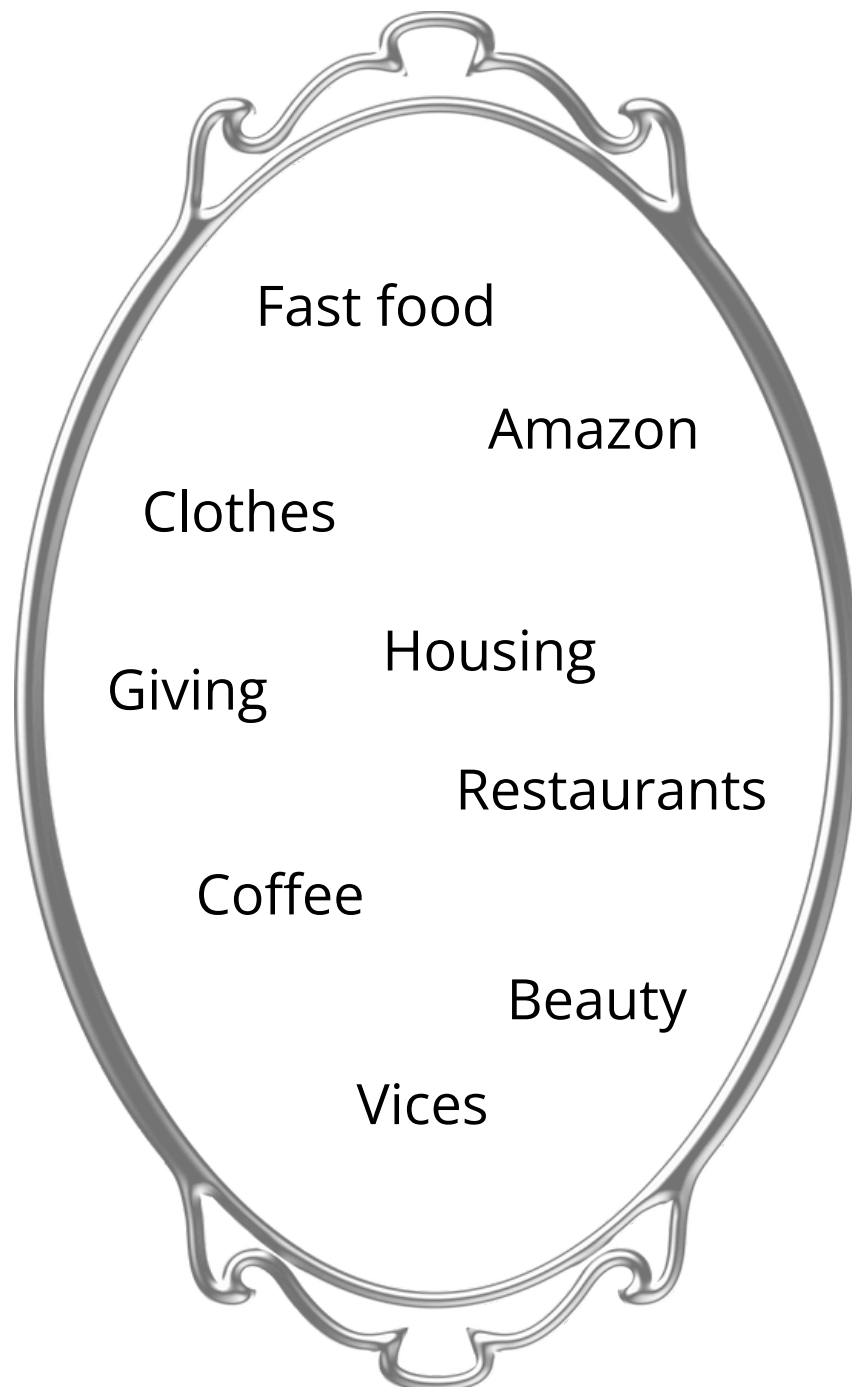
**Spend 30 minutes looking into the mirror of your bank statements- What do you see?**

### HOW TO PLAY

1. **Pull up your bank app**
2. **Scroll through**
3. **Identify 5 things that show up most**
4. **Identify the 5 things you spend the most on**

**When you look into this mirror, you'll find the key to unlocking your 10x savings. The question is... which path will you choose?**

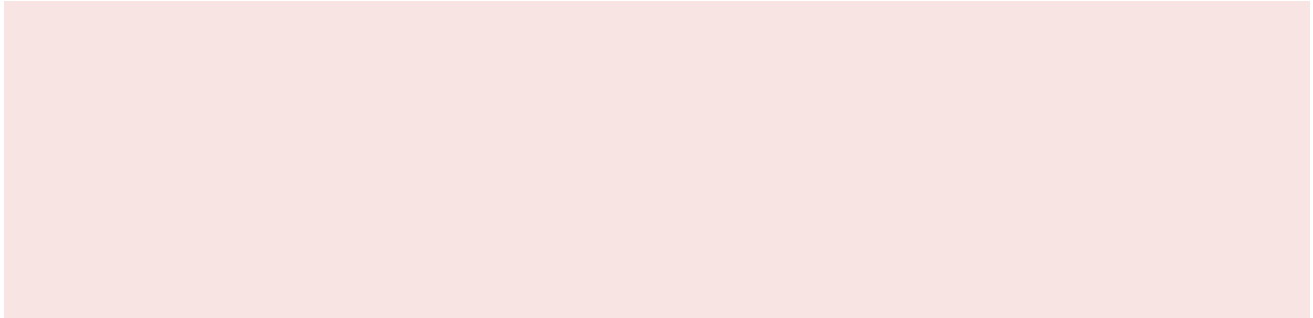
1. Identify Your Top 10 Spending Items (5 by dollar amount and 5 by frequency). If it's not there, write it in.



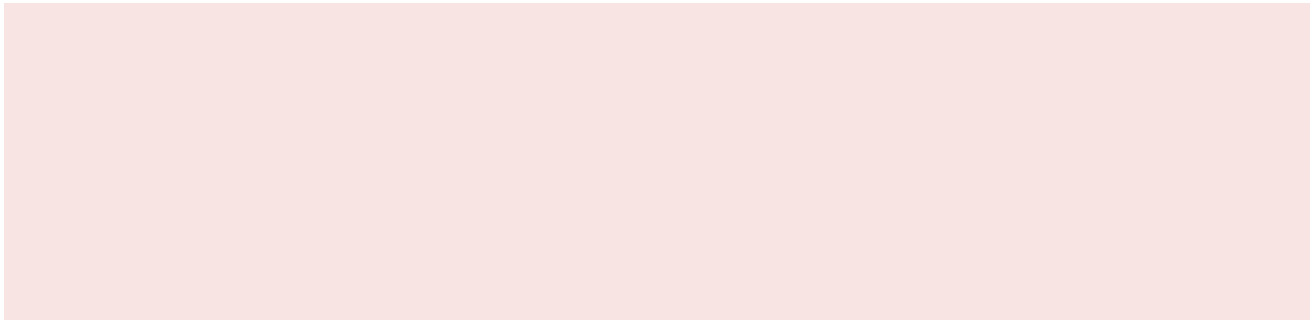
2. Draw a line through anything that no longer aligns with who you're becoming

# Journal Prompts:

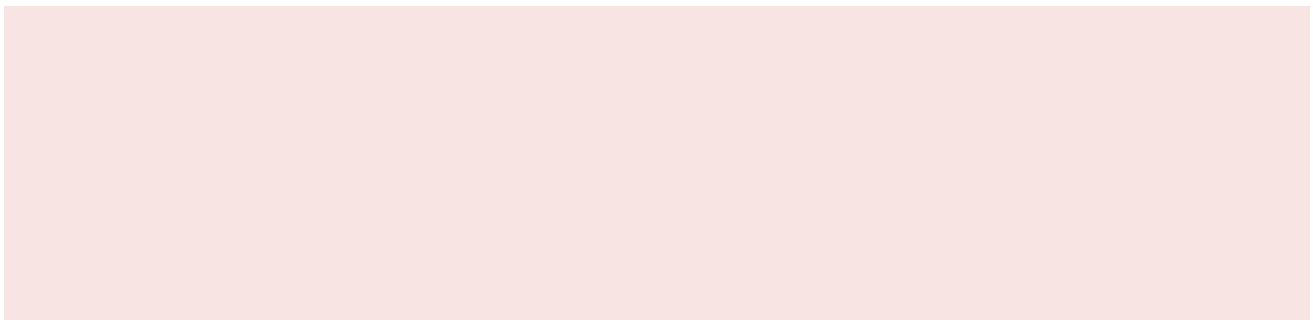
1. What am I spending money on that I absolutely love?



2. What am I spending on based on habit, trends, or convenience?



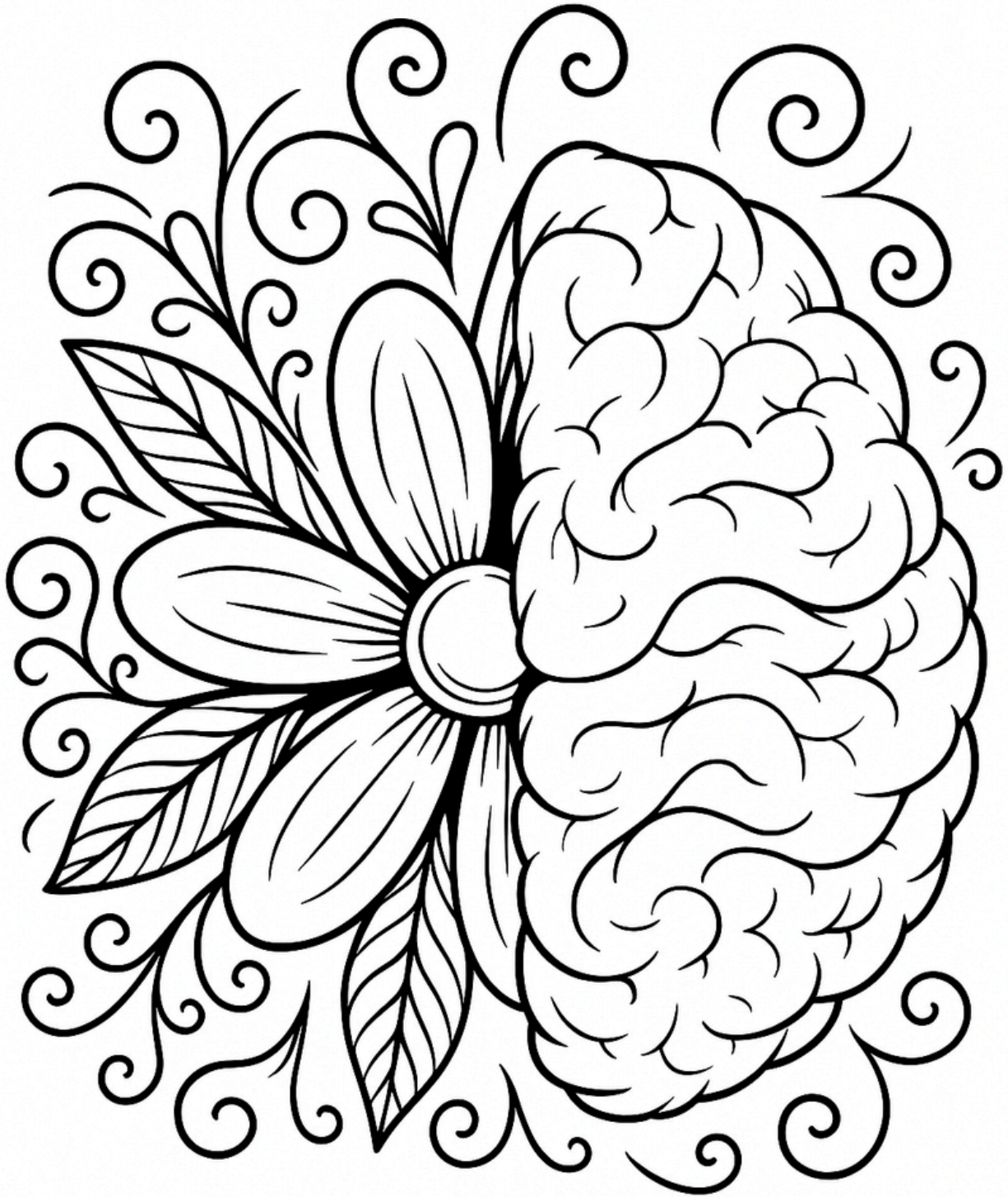
3. What areas do I want to shift—not because I should, but because I want to?





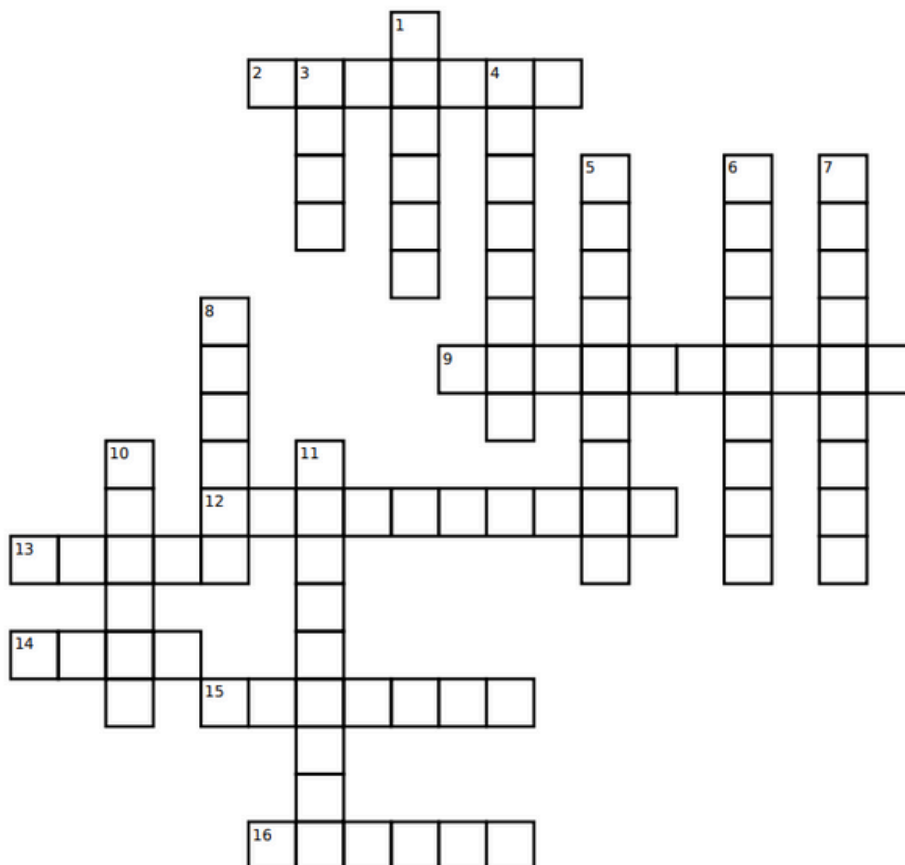
# A Beautiful Mind

Color a Financially Safe Brain



# Positive Priming Puzzle

Cross Your Words to Wealth



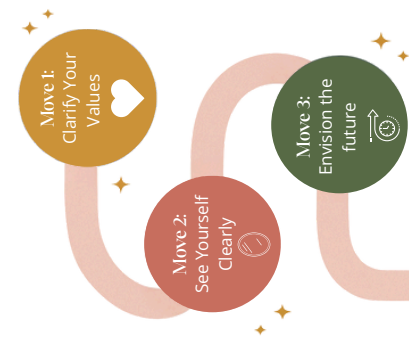
## Down:

1. what you leave behind—financially and energetically
3. a radical financial decision that restores your nervous system
4. more than what's needed; extra in a good way
5. when your money matches your values
6. claiming full responsibility for your money story
7. your natural ability to attract what aligns
8. a plan for how you allocate your money
10. your clear and empowered picture of the future
11. the feeling of having more than enough

## Across:

2. the ability to choose how you live and earn
9. limits that protect your time, energy, and money
12. living and acting as your highest self
13. something valuable that helps you build wealth
14. the easeful movement of money and energy
15. a clear understanding of your values and goals
16. the ability to fund the life you want sustainably

## Move 3 — Play Pretend



This round is all about embodiment.

Not just thinking differently, but being differently.

It's about the self your brain believes you are... and the life it thinks you deserve.

This is your invitation to play your way into a new financial set point by activating the future version of you through imagination, emotion, and decision-making.

### OBJECTIVE

**Embody the version of you that is already where you want to be. How does she think and feel? What does she do?**

### HOW TO PLAY

1. You will be given scenario to play pretend.
2. Fully embody your role.
3. Imagine being what it's like to be that person.
4. Answer the prompts and allow them to activate your emotions. feel your way into a new space.

**Scenario:** Imagine it's 12 months from now and you're no longer becoming her... you are her.

The version of you who feels magnetic, clear, and at peace with money.

The version who trusts her decisions, knows her values, and lives in alignment.

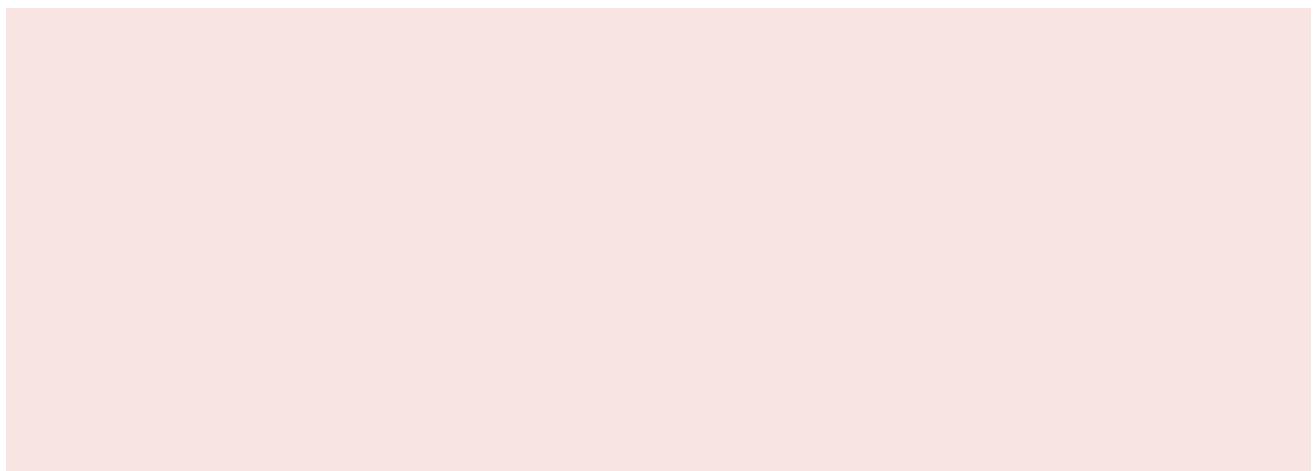
When people see you they say things like, "Wow, you seem so different, but I can't put my finger on it."

Your magnetism is palpable.

From the things you eat to the people you allow in your space, everything is intentional.

You didn't get here by accident. You got here by choice.

**Scenario 1:** Imagine it's 12 months from today and you have an extra \$100,000 in your bank account. How will you use the money? What will you do with it? Be specific. Notice how you feel.



**Scenario 2:** You've fully paid off your debt and have 18 months of savings. Your next plan is to build a new wardrobe. What's in it?

**Scenario 3:** You've created a new stream of income doing what you love. It's likely to retire you in 12 months. How do you feel?

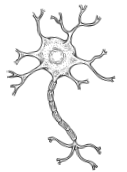
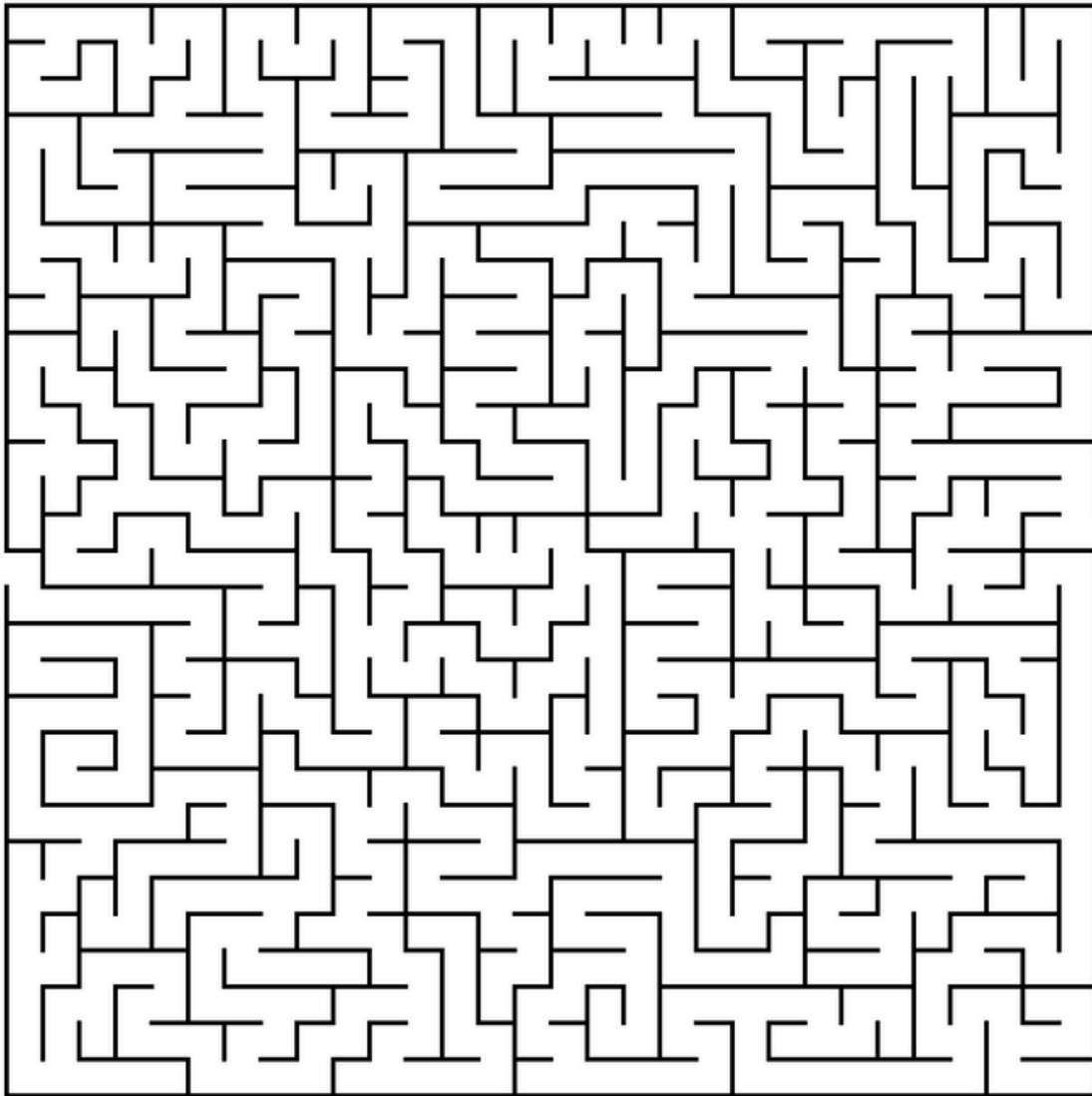
**Scenario 4:** A friend comes to you. They're struggling and want to know how you became so wealthy. What do you tell them?

**Scenario 5:** You found a magic lamp with a genie that can grant you your wish of having the exact life you want. The only caveat is that you have to describe it precisely. The description has to include what you do regularly, who you spend time with, how you feel, how you enjoy life, and more. Please describe the life you want to your genie.



# The Mindset Maze

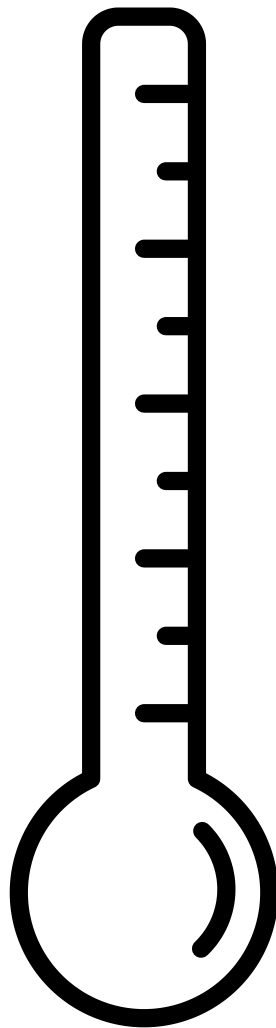
Connect the Neurons



# Your Financial Set Point

## An Unusual Test of Mental Abundance

A loved one comes to you with an emergency. Through no fault of their own, they need to borrow money. Imagine yourself giving it to them. Notice where you start feeling resistance.



Can you loan me \$1,000,000?

Can you loan me \$100,000?

Can you loan me \$10,000?

Can you loan me \$1000?

Can you loan me \$100?



# The Stressometer

What makes you feel stressed, defeated or powerless?

Let's shine a light on how everyday things might be impacting you. Use this information to engage responsibly.

## Doom Scrolling the News



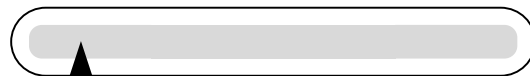
Constant exposure to crisis headlines keeps the brain in fight-or-flight, making it harder to focus, rest, or regulate spending habits.

## Political Debates Online



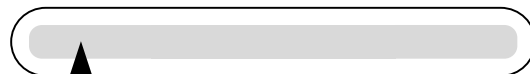
Even if they align with your values, they can leave you feeling powerless, agitated, or overstimulated.

## Family Guilt Trips



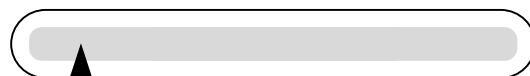
Requests or subtle shaming around money, time, or availability can activate people-pleasing patterns and emotional spending.

## Unrealistic Social Content



Influencer lifestyles and hyper-success stories can trigger comparison, shame, or urgency to “fix” your life fast.

## Chaotic Environments



Physical clutter and digital noise (emails, group chats, notifications) silently tax the nervous system and impair financial clarity.

# The Dopamine Hit List

Color in the Things that Help You Feel How You Like to Feel



## Recap

### Check-off what you've activated:

- ☐ I Identified what I truly value
- ☐ identified money patterns that no longer serve me
- ☐ ☐ I visualized my Wealth Identity in vivid detail
- ☐ ☐ I practiced self-trust through playful exploration
- ☐ I realigned my financial habits with who I'm becoming
- ☐ I opened myself to a new relationship with money

Congratulations!

You've made it through the Magnetic Money Move Activity Book!

I hope you gave yourself space to breathe, reflect, and maybe even enjoy the process.

You might be asking yourself... so what was I supposed to get from all this?

The truth is... your only job was to pay attention to the places where you feel ready to grow past what's familiar. Building wealth is easy when your brain is not constantly in fight or flight mode.

By playing and paying attention, you've started building the inner structure for the deeper transformation ahead.

Ready to go deeper?



## You've Done the Work... Now Let's Make It Stick

If this workbook helped you see money differently, imagine what's possible when your brain gets on board too.

Inside The Magnetic Money Challenge, you'll turn these insights into lasting financial shifts... the kind that make saving \$10K, \$20K, or even \$100K a year feel normal.



**Victoria**

Jun 01, 2025 at 04:39 PM

Honestly, even though this, of course, had the invite to join the paid program, it was full of the MOST useful information I've ever gotten from a challenge. Ever. And I've done a lot.



**Crystal**

Jun 14, 2025 at 03:39 PM

This is so inspiring - love your work!

**JOIN THE 5-DAY CHALLENGE - \$27**

