

*Freedom ~ Fulfillment ~ Abundance*

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2017 PREPARATION TO RECEIVE



ACTION BOOK

# A note from Katie

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Hey Love,  
I am so glad you are here.

Over the next several pages I am inviting you into a place of inquiry and truth. You are about to take a deep dive into you, your relationship with yourself and how this primary relationship dictates your relationship to everything around you, including how opportunity and money flow (or don't) in your life and ultimately how the world responds to you.

You are setting forth on a mission to find potential blockages and places in need of healing. Remember you are simply gathering data, and illuminating patterns that are playing out consciously or unconsciously in your life. When painful material shows up, recognize the huge opportunity for healing and ultimately growth.

I am not going to lie, you are going to be wading through some heavy stuff. At times it might feel tedious, but I cannot stress how important it is that you stay the course and fine tooth comb this action book, give yourself ample time and space to contemplate the questions and really go deep and be willing to sit with what is there. When you allow yourself to feel it locked doors will open and the result will be a greater flow of energy into your life.

If you are curious about what it takes to make dreams a reality and how to turn an idea into a physical manifestation, it starts here.

Big Love,

Katie xox

# INSPIRATION

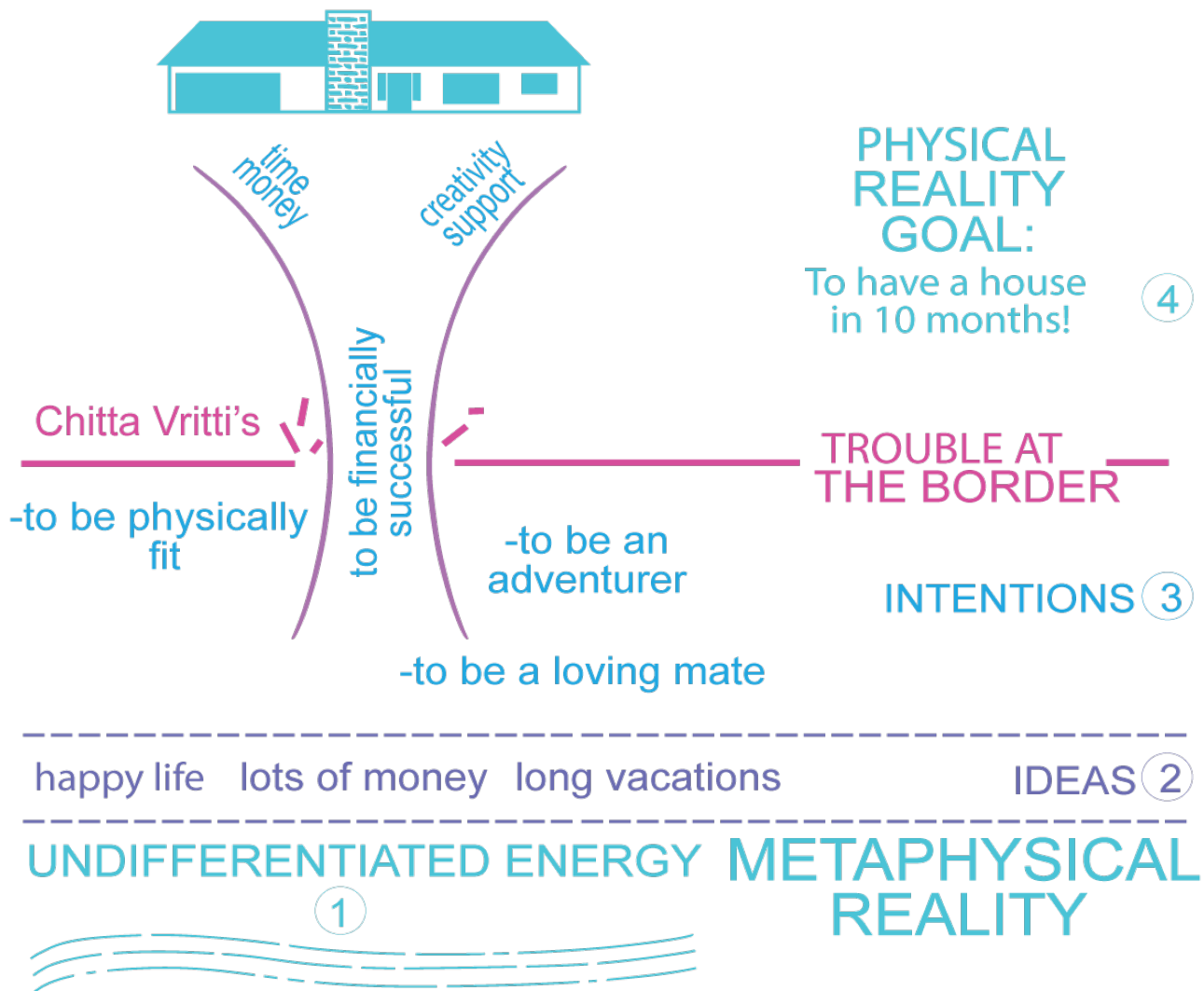
*Of all the creatures on earth,  
only human beings can change  
their patterns. Man alone is the  
architect of his destiny. . . .  
Human beings, by changing the  
inner attitudes of their minds,  
can change the outer aspects  
of their lives.”*

*- William James*

# YOU + ENERGY

*“Circumstance doesn’t make the man,  
it reveals him to himself” - James Allen*

We live in a universe made up of energy and surrounded by energy.  
The smallest parts of life and matter reflect the properties of the universe as a whole.  
Physicist David Bohm called this the holographic universe: every aspect of our lives has a reflection in every other aspect.



# FOUNDATION

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## **Muladhara**

~ Everything is set in motion at the Root ~

Muladhara means “root support” and it is the foundation of your entire system and existence. It relates to your relationship with your body, with food and family as well as your relationship to money and your ability to set appropriate boundaries. A healthy root directly affects your ability to focus and bring things to life, for it is the manifestation of consciousness in its final form – solid and tangible. A healthy root results in you not only surviving but thriving. This chakra is of crucial importance as it is the base upon which everything else builds.

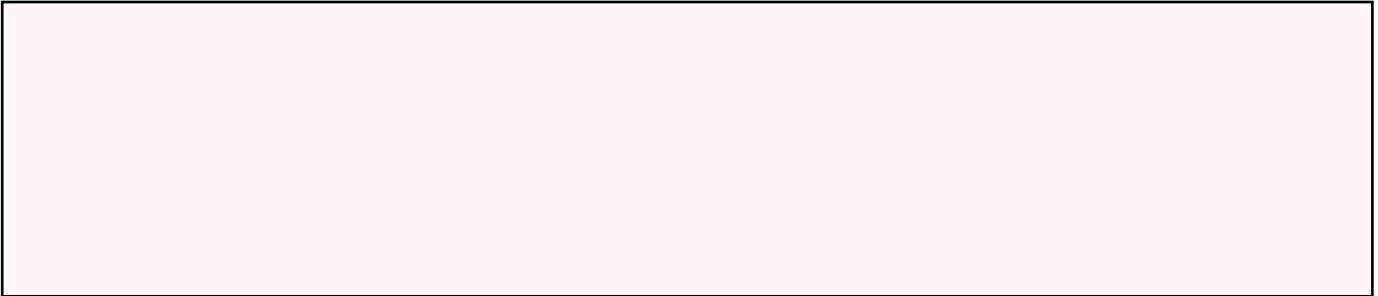
### **Healthy Characteristics**

Vitality  
Good health  
Well grounded  
Comfortable in body  
Feeling of safety and security  
Sense of trust in the world  
Ability to relax and be still  
Ability to hold healthy boundary  
Stability

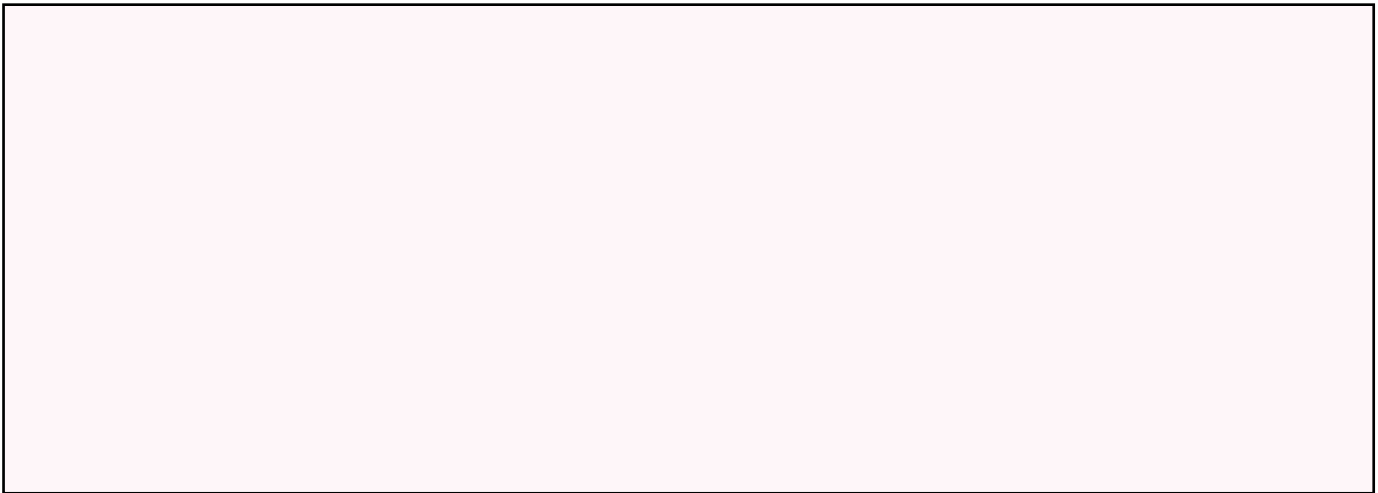
**Describe your relationship to your body and how it may have changed over time:**

**Describe your relationship to food and how it may have changed over time:**

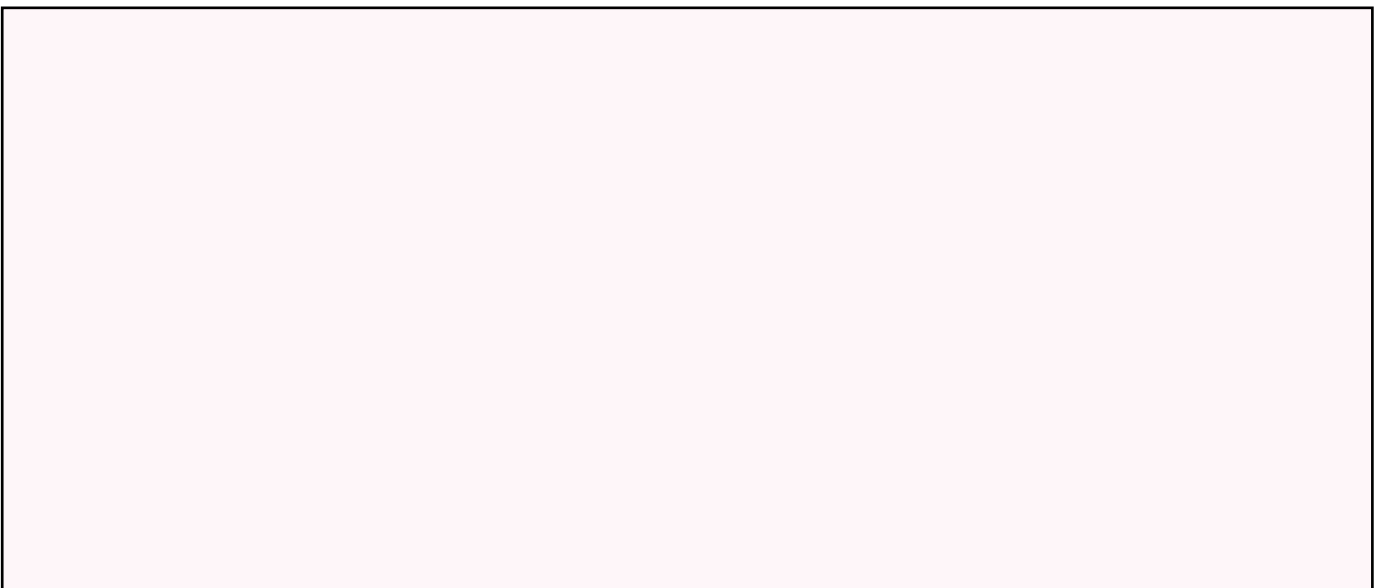
**What are your most current worries? What is your biggest fear? Name it, release it.**



**How is your ability to hold a healthy boundary? Do you need to let go of rigidity?  
Do you need to assert more boundary and structure?**



**What family relationships to you need to heal or strengthen? Is there anyone you need to  
forgive or that you need to seek forgiveness from? *Consider writing this person/these  
people a letter, owning what is yours (regardless of whether you send it or not).***

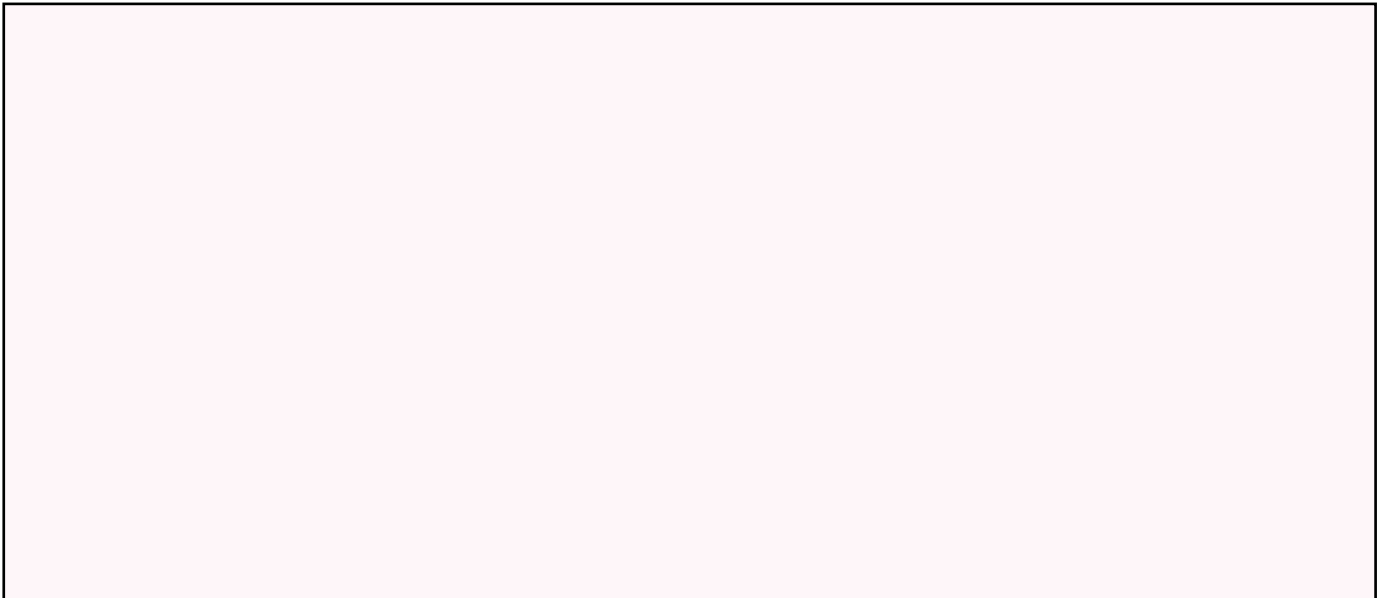


# YOU + MONEY

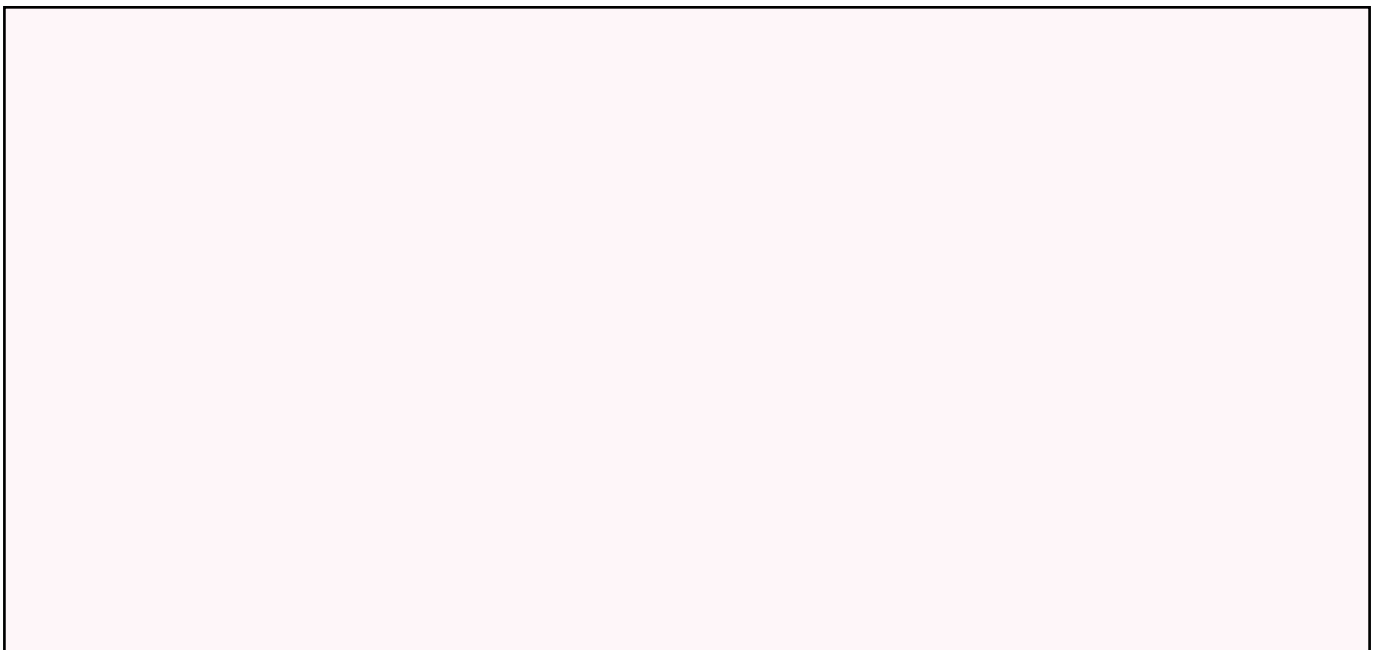
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*Money is simply a form of energy. In this section, you are being called you forth to uncover the hidden landscape of beliefs, behavioral patterns, and the habits that make up the undercurrent of your relationship with money. The health of this relationship dictates the flow of money in your life. As you explore your money story, do so with a curiosity and rest into a deep knowing that no matter what your current story is, no matter what has happened in the past, you have the power and the opportunity to completely re-write your money story.*

**When did you first learn about money and from who? How old were you?**



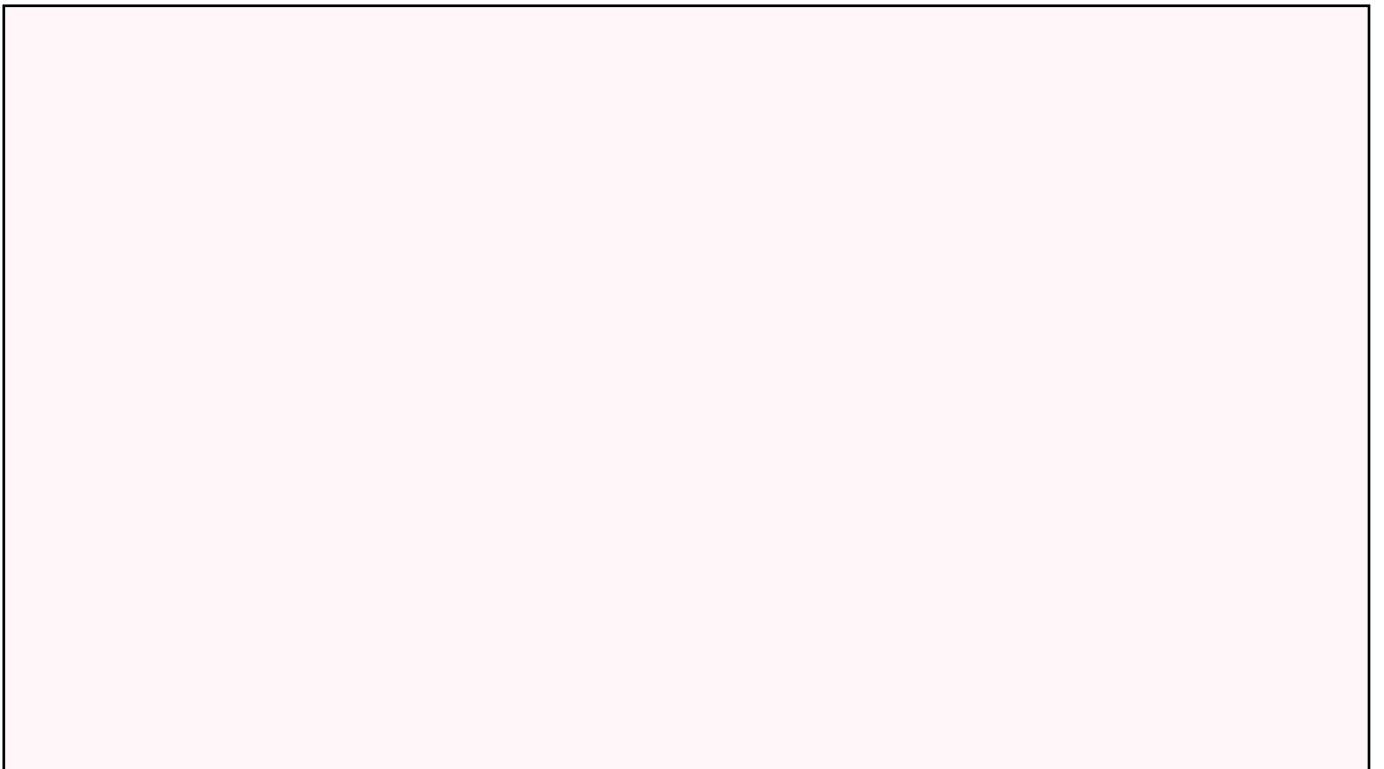
**What were your family's financial circumstances when you were born?**



**What did you learn about money from your mother and father?  
(if you didn't live with them chose your primary caregivers).**

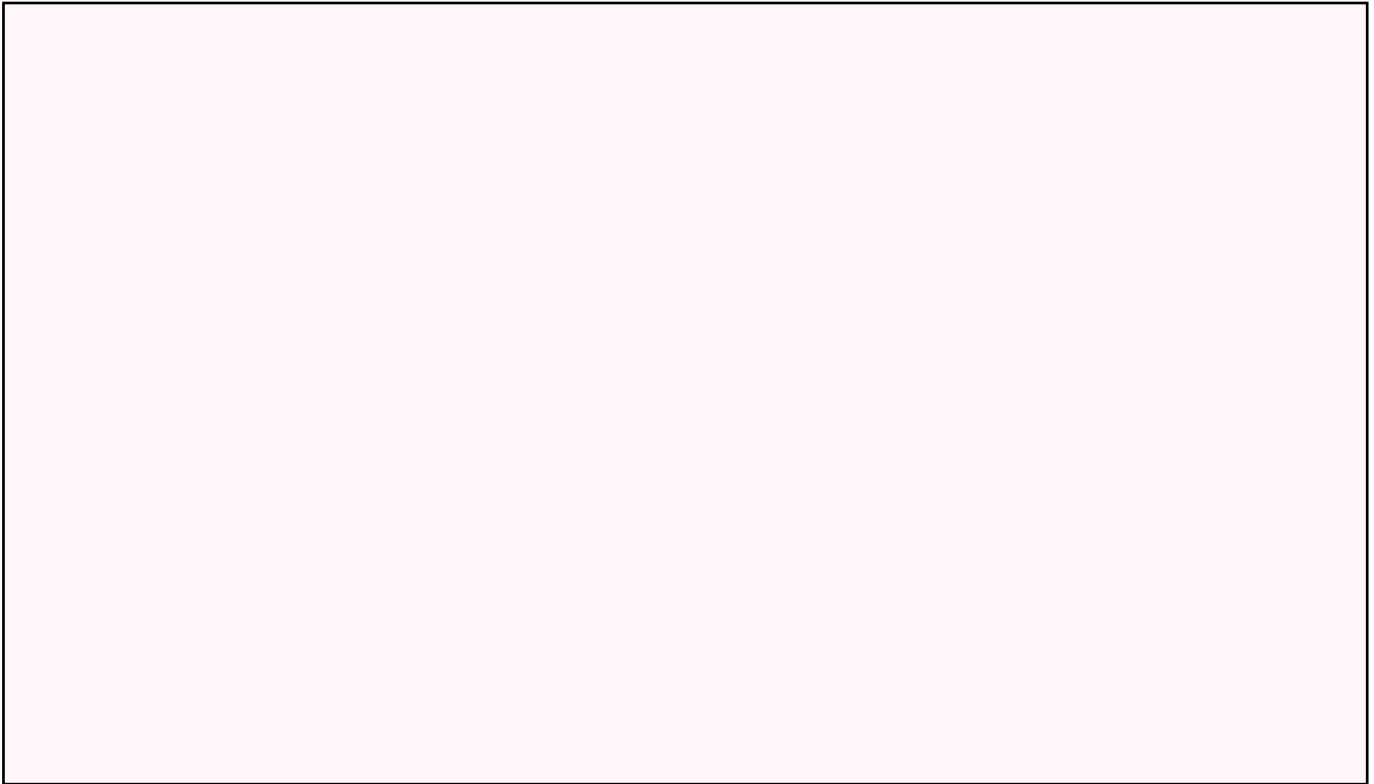


**How did the above peoples relationship with money affect you?  
Did they have expectations of you? What were they?  
Were there some aspects of money that were not discussed?**

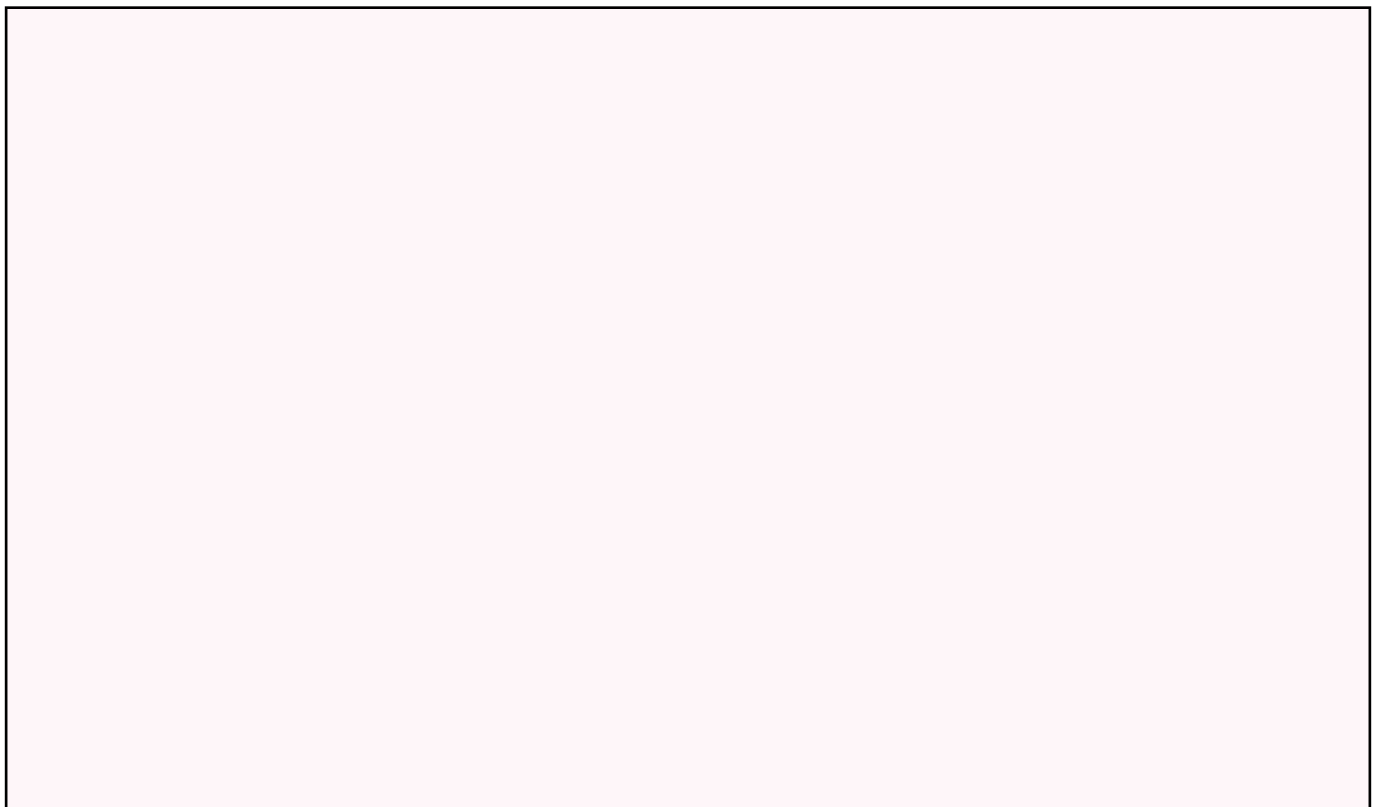




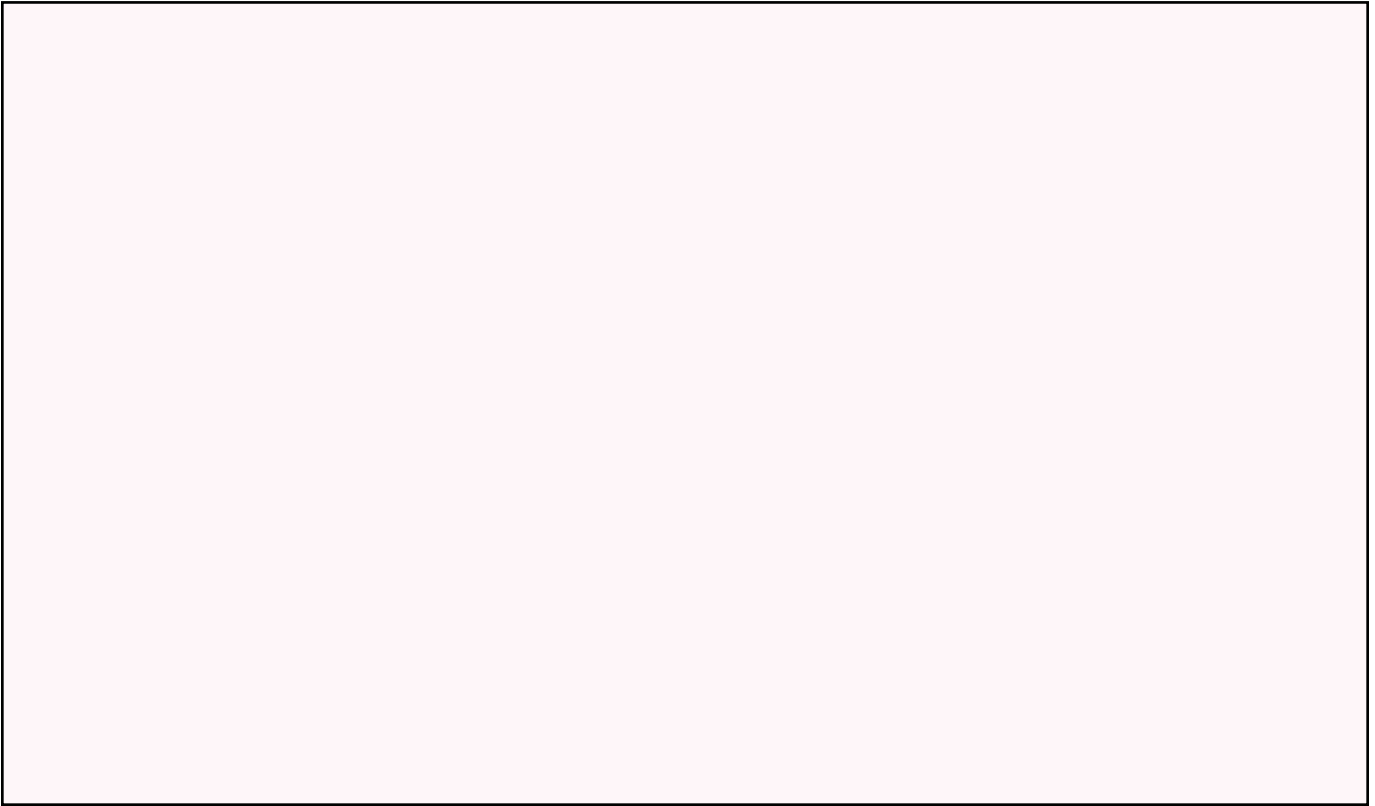
**Did you have an allowance? Did you have to work for it or was it given?**



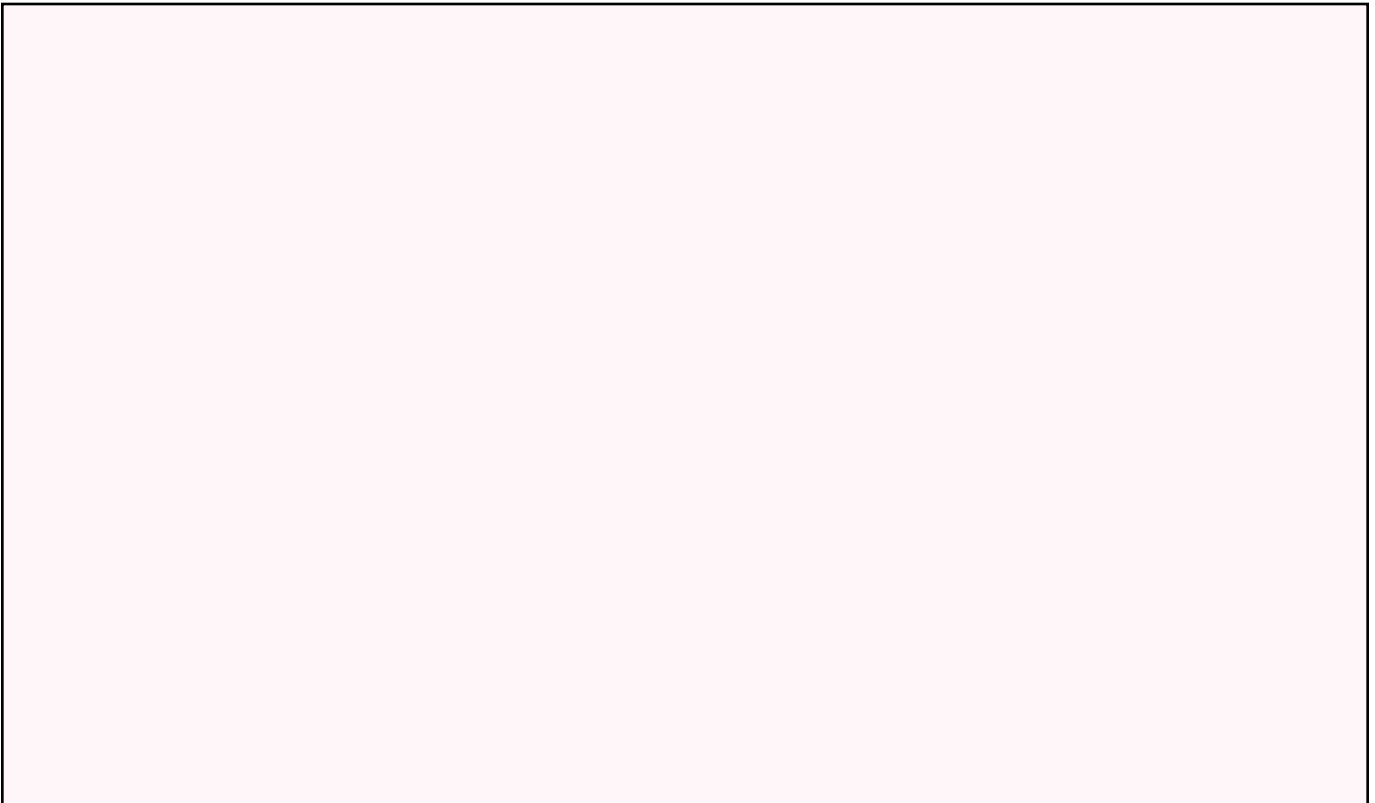
**When was the first time you bought something with money you had saved? What did you buy? Was it money earned, or money someone gave you?**



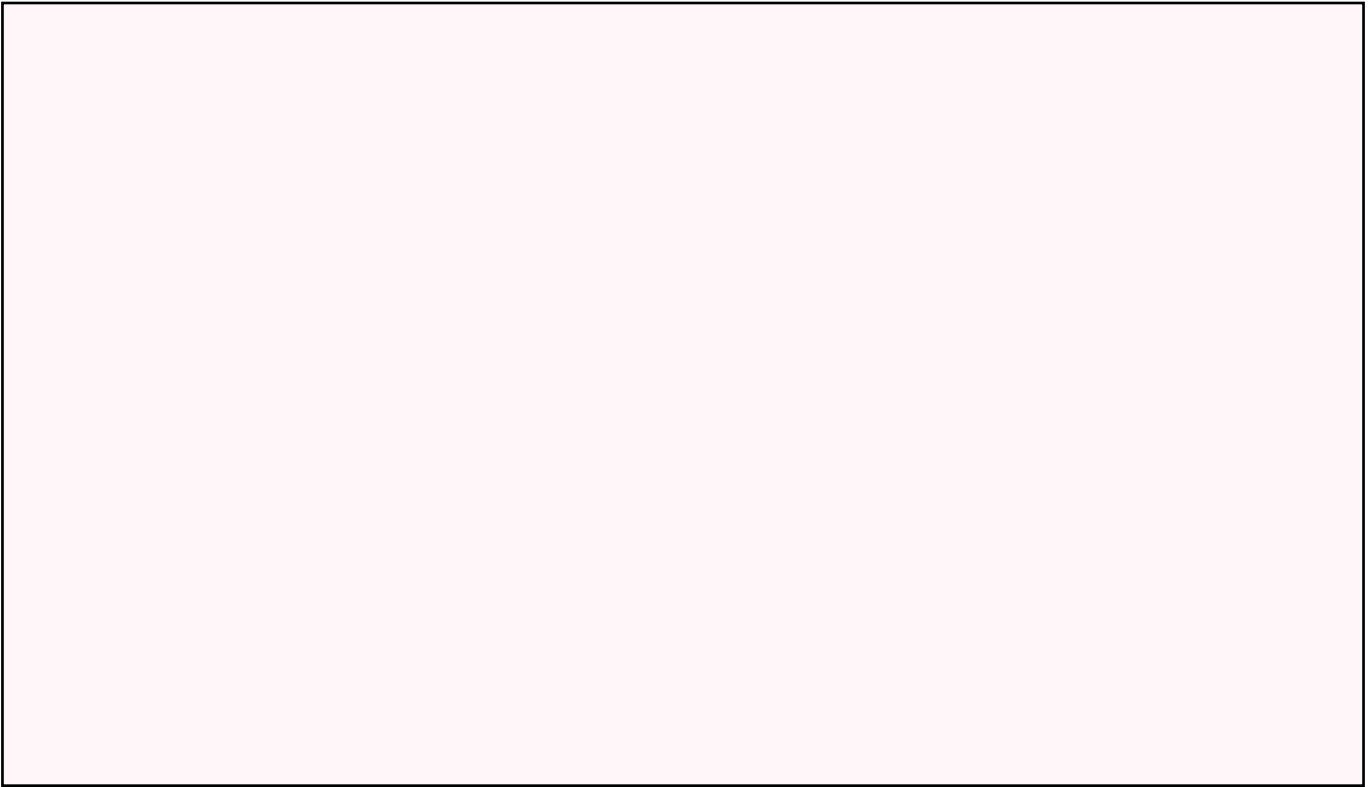
**Do you remember your first paycheck? How much did you earn?  
What did you do with it?**



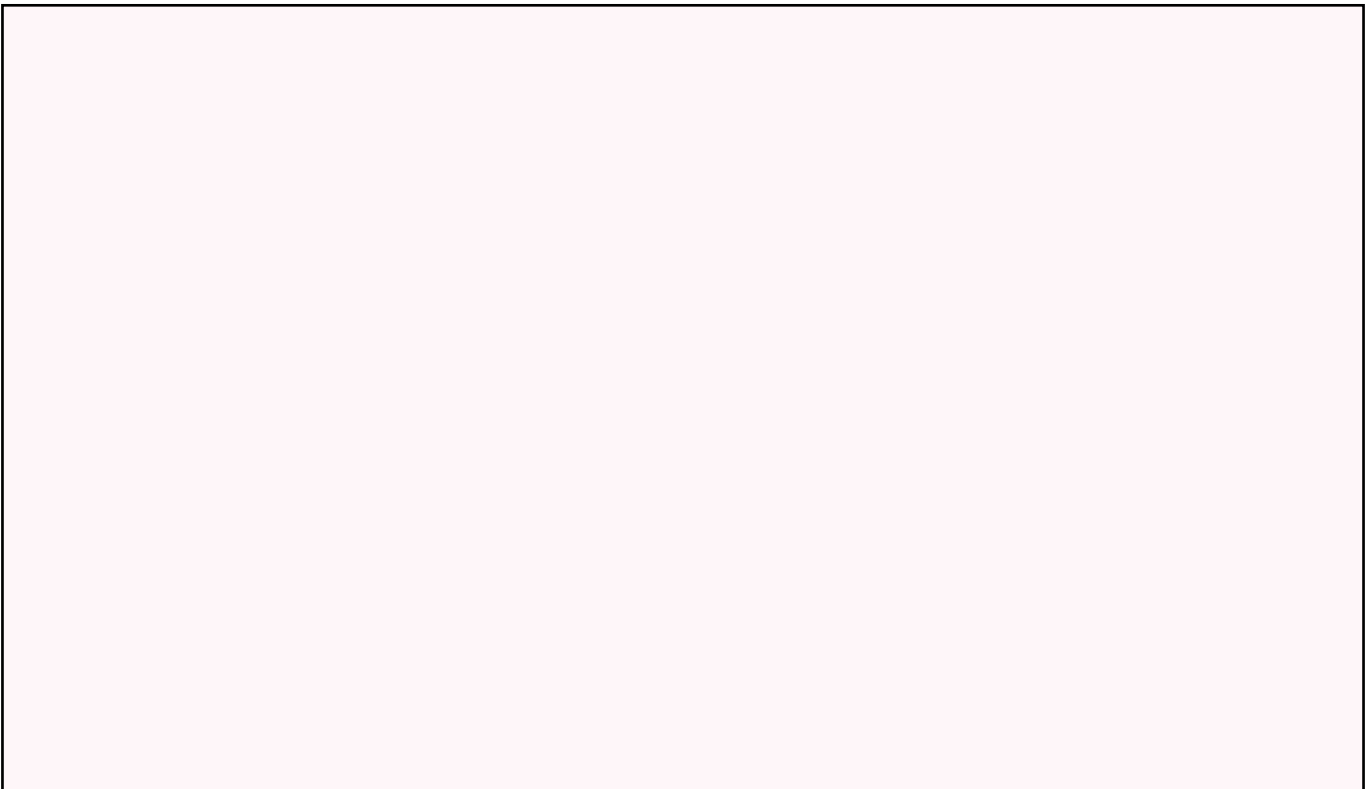
**Do you ever remember losing money? What happened?  
How old were you? How did you handle it?**



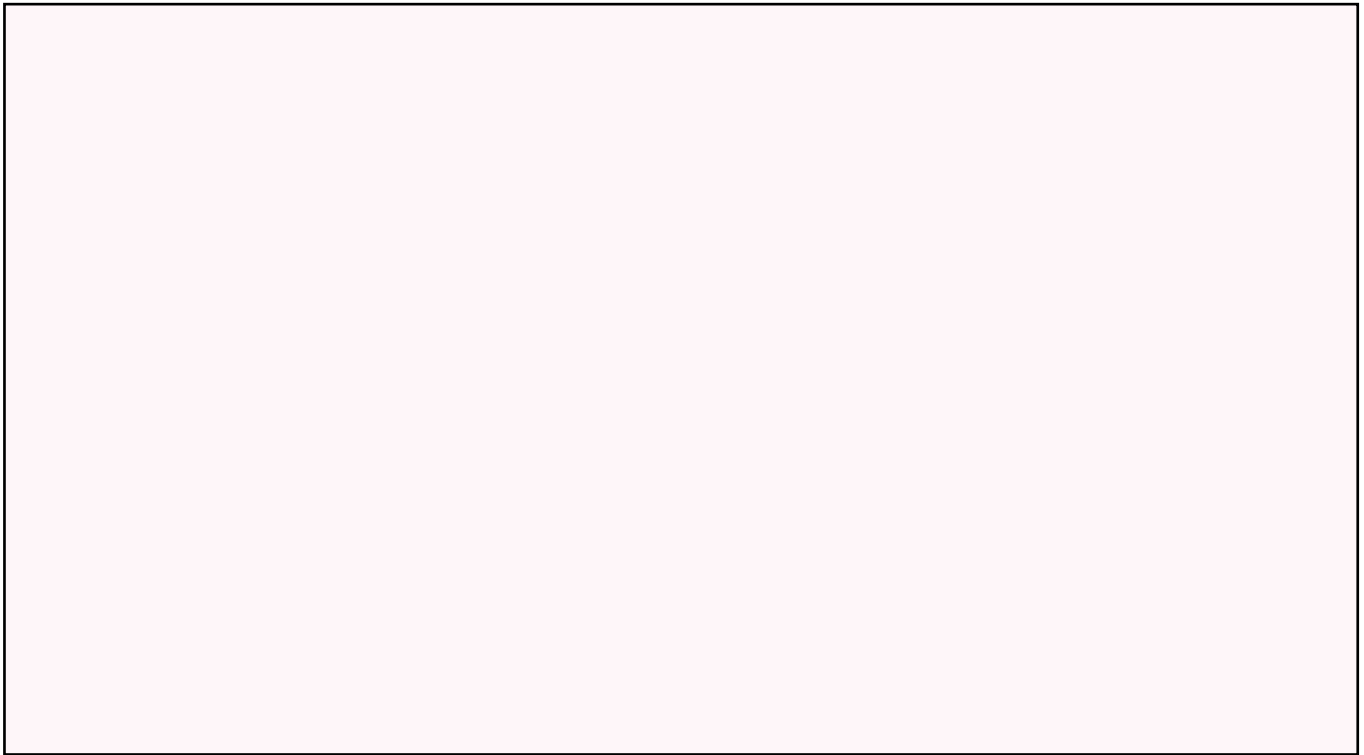
**If your relationship with money were a person how would you describe it?  
Do you fear, love, hate, depend upon, feel generous with money?**



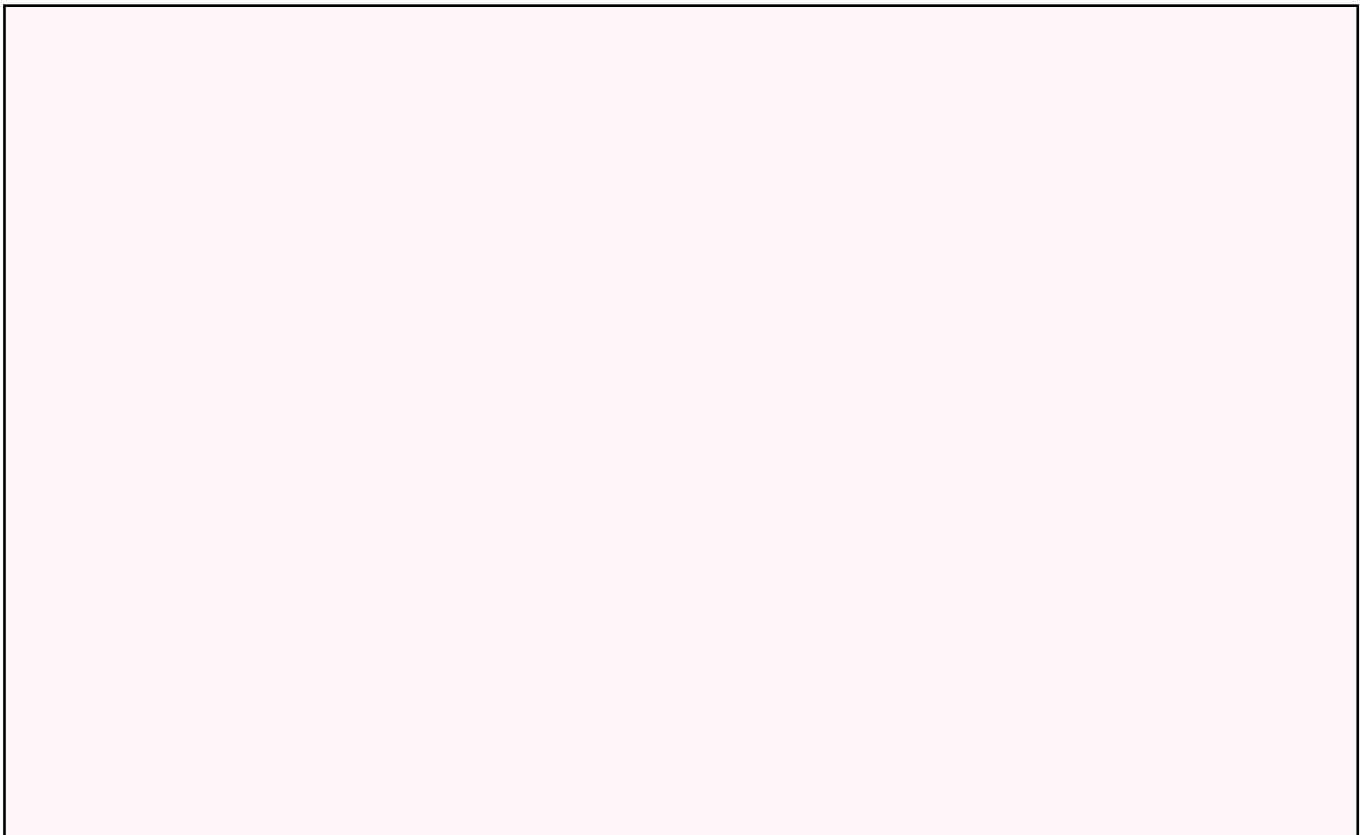
**What do you believe about people who have a lot of money?  
Where does your belief come from? How do you relate to to “rich” people?**



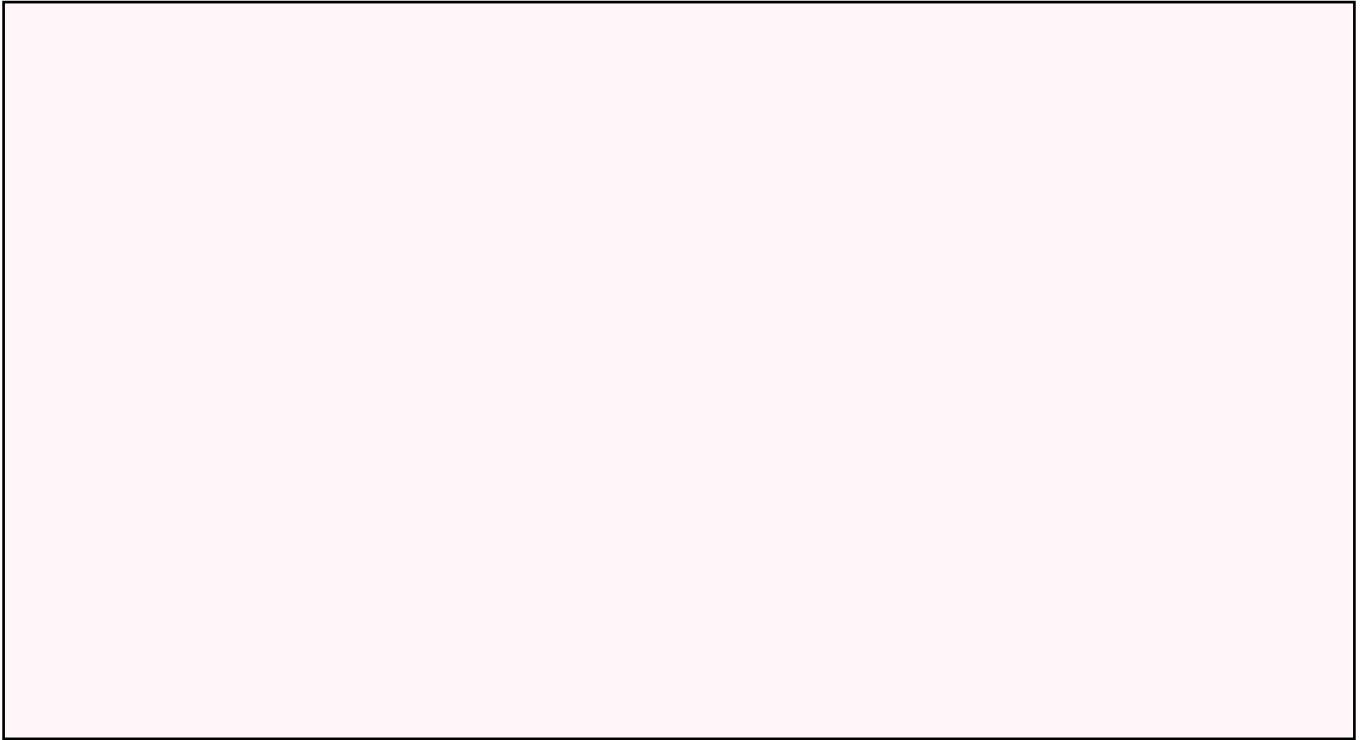
**What do you believe about people without money? Where does your belief come from?  
How do you relate to to “poor” people?**



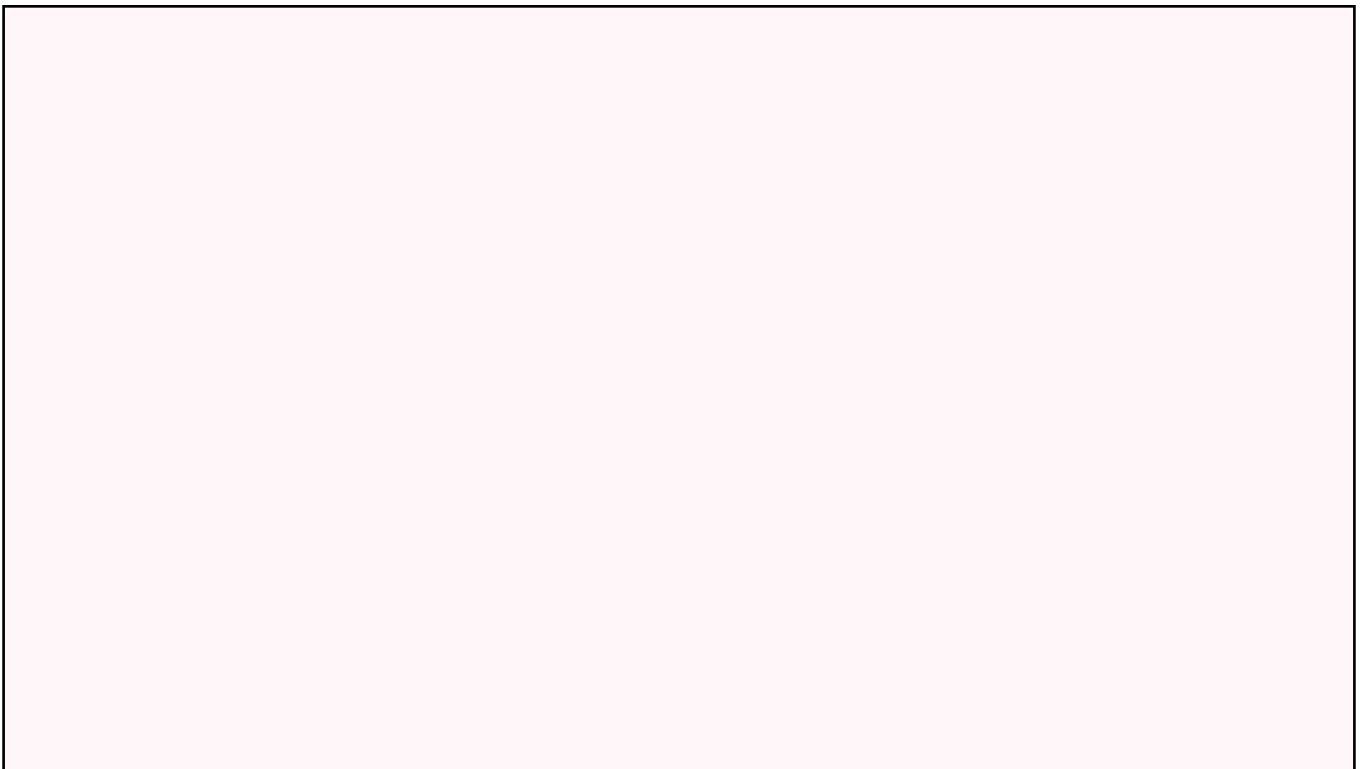
**What is your belief around credit cards and debt?  
Where does that belief originate from?**



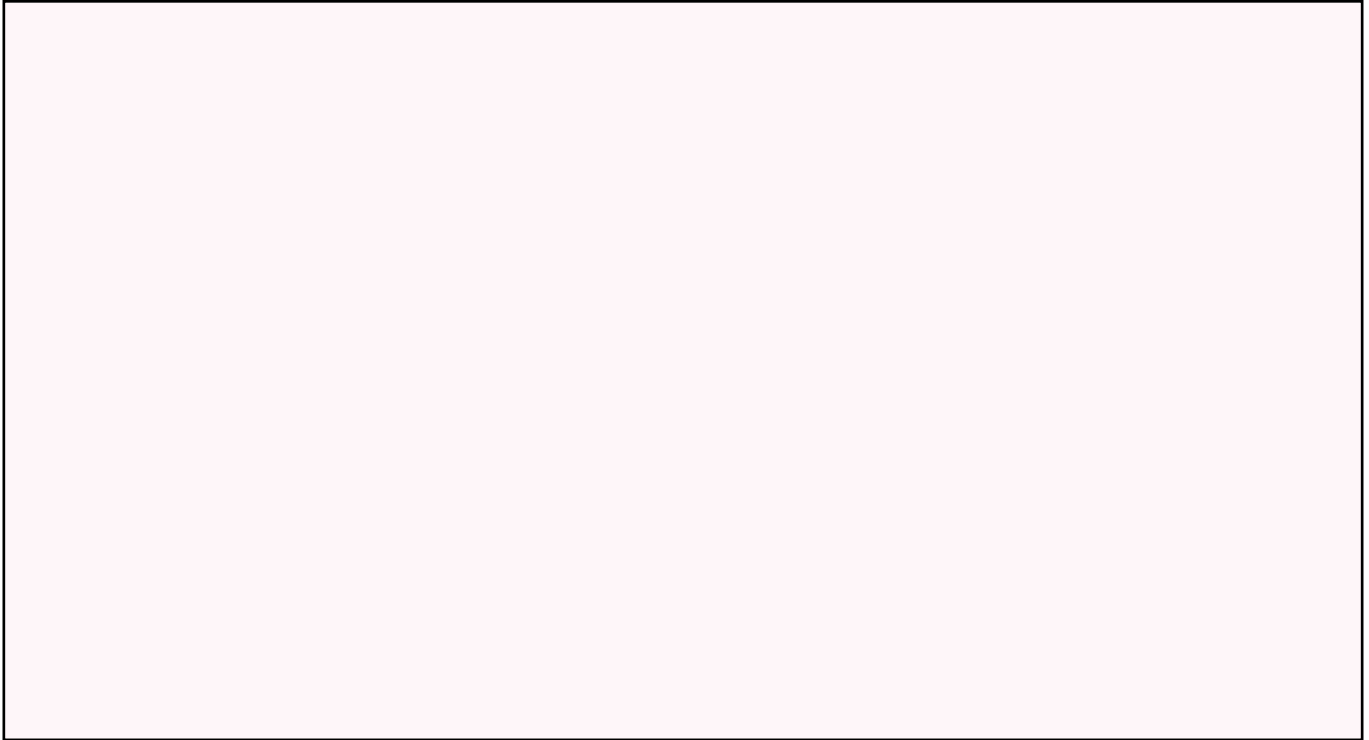
**Have you ever accomplished an important task or achieved a goal involving money?  
(buying a house) What was it? What did you do that made it successful?**



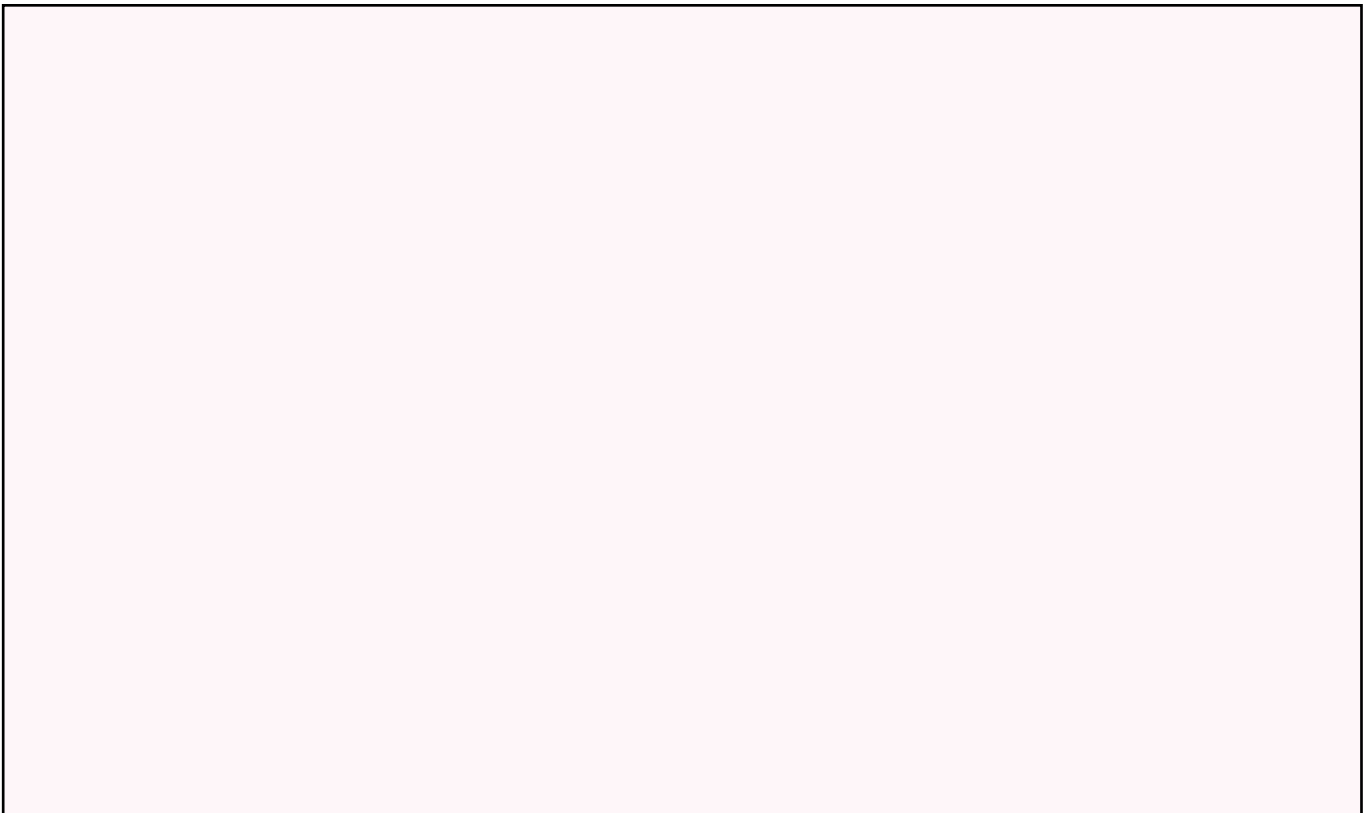
**Have you ever tried but failed to accomplish an important task or goal involving  
money? What was it? What did you do that made it unsuccessful?**



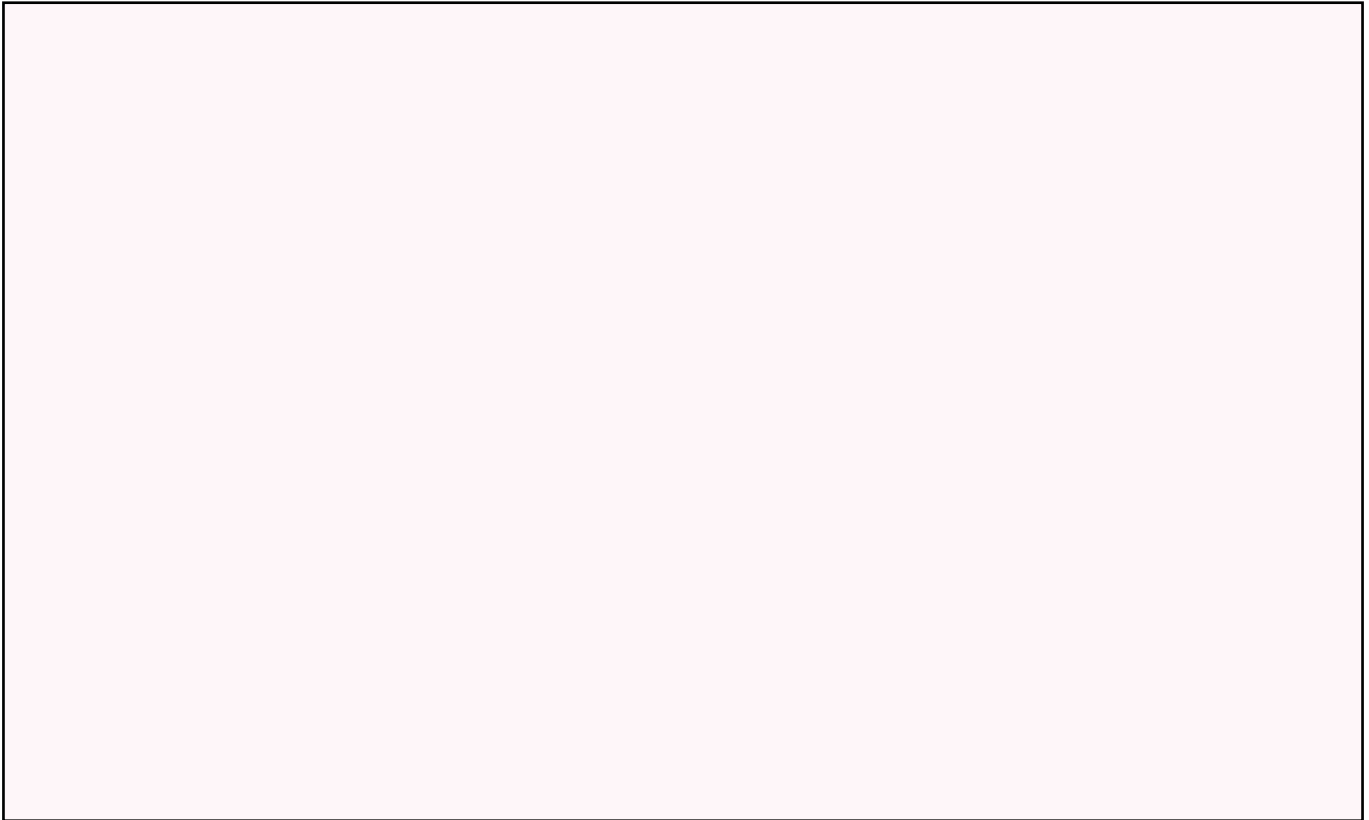
**Do you believe you have the potential to earn as much money as you want to?  
If not, why not? What is the itty bitty shitty committee saying?**



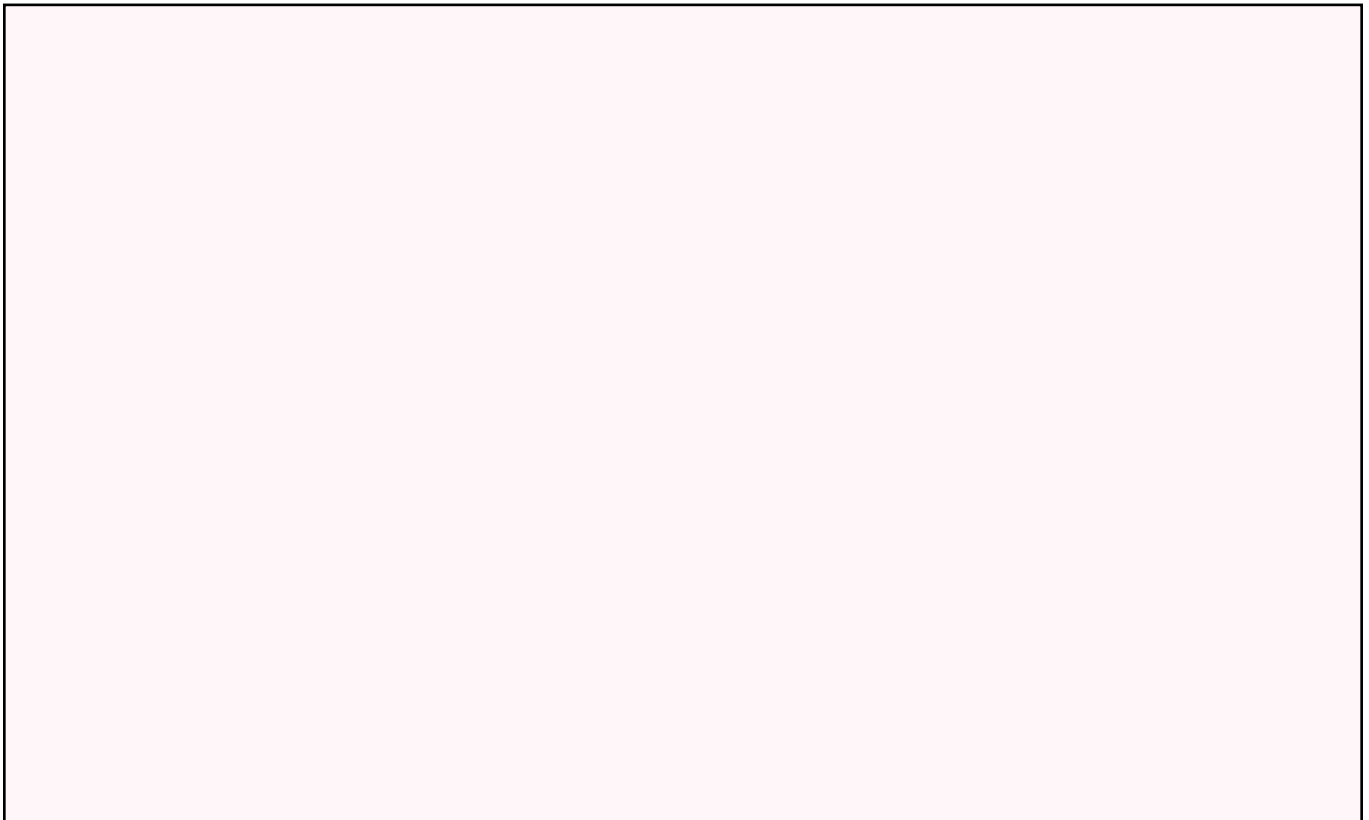
**Have you ever given or received gifts of money? If yes, how much?  
For what reason(s)? How did you feel about this?**



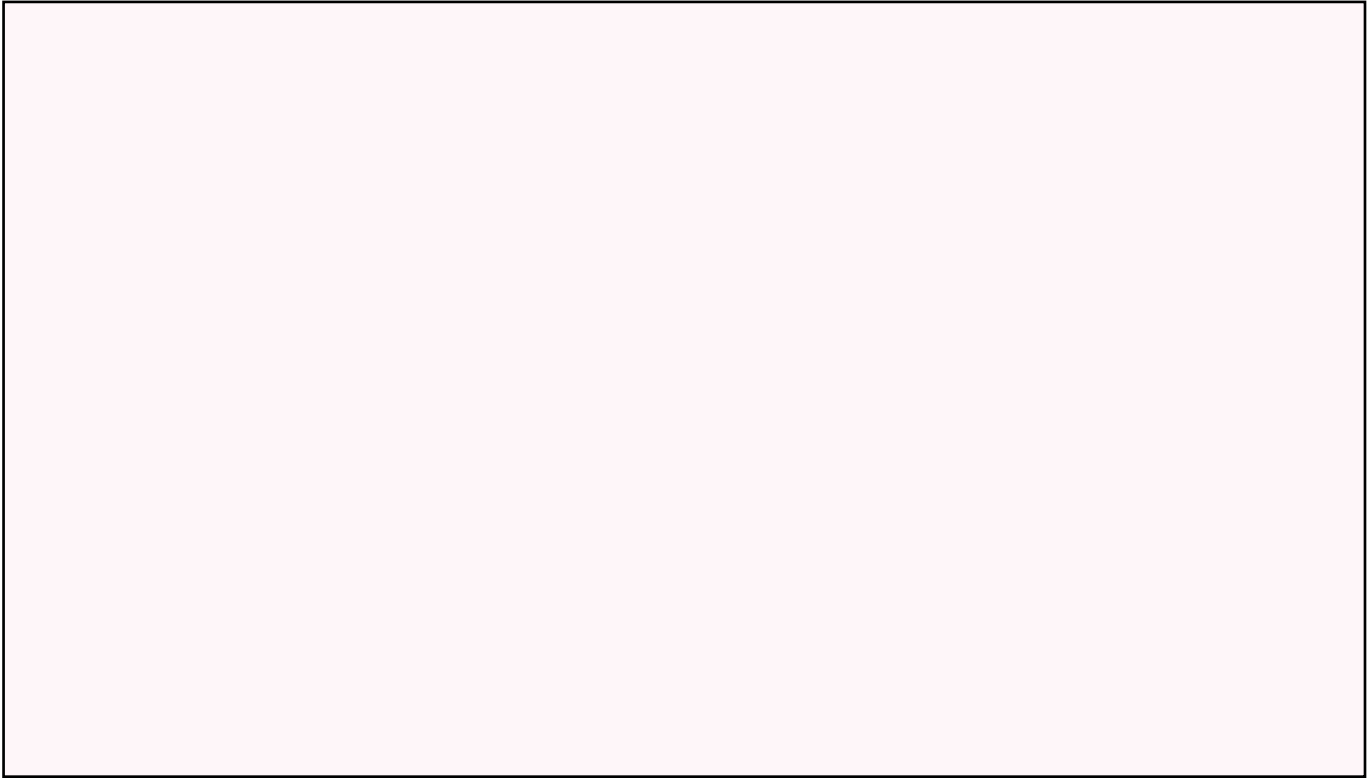
**Regarding money, for what do you want to be known? If people were to describe you and your relationship with money what would you want them to say?**



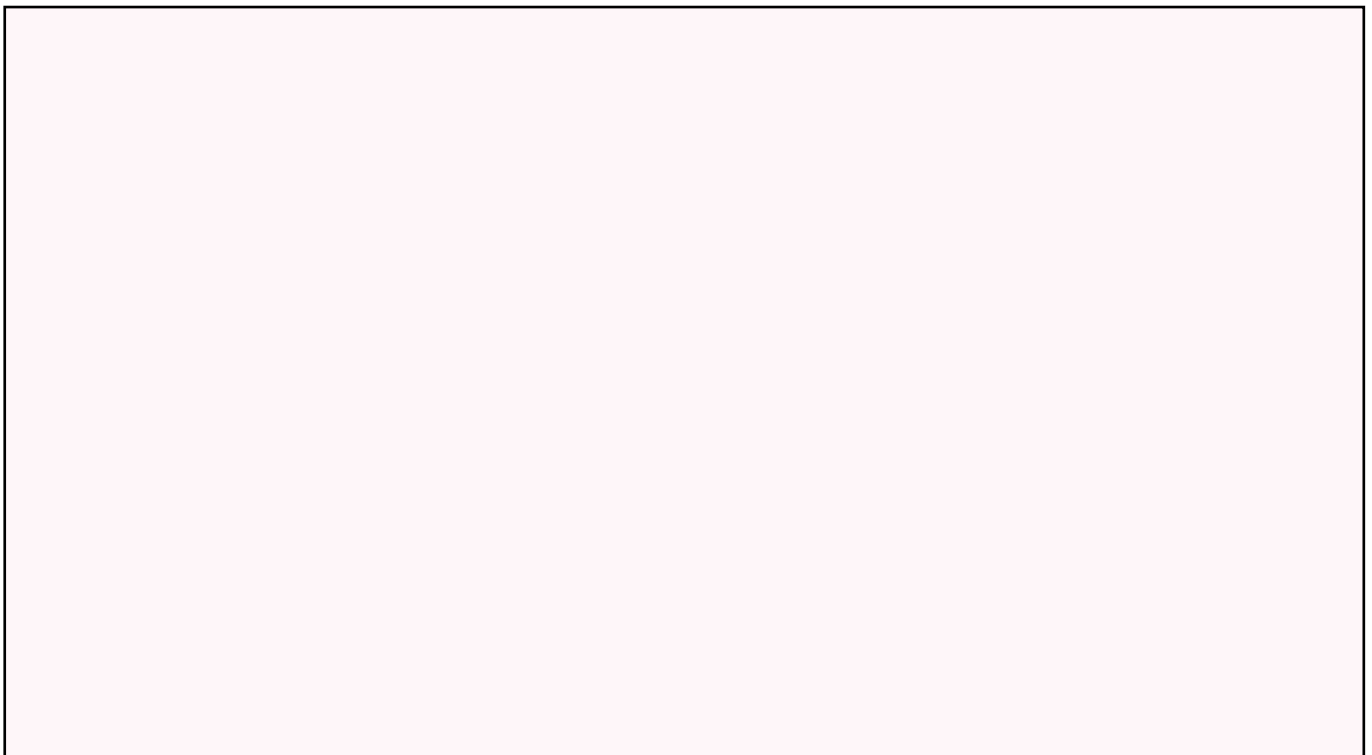
**Is there anything you need to forgive yourself for in regards to money?**



**What is your biggest fear around money? How does this fear impact your life?  
What would life look like without this fear?**



**What revelations have you had in completing the You + Money section of this workbook? Summarize any core beliefs around money surfaced?  
What is the feeling or emotion?**





# PAUSE + CONTEMPLATE

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*Before continuing with the questions ahead, take 48hrs to track your thoughts very closely, (use a note book or note application on your phone to keep track). Consider what we covered in the workshop and the previous questions in this action book. Notice the thoughts, triggers and patterns that arise around: your body, food, family, the world, others, money.*

**What phrases do you use regularly that are actually detrimental to your ability to thrive?**

**“I’m broke”, “I never have enough time” etc**

**Write out the top 10 detrimental reoccurring thoughts you had around this action book content.**

A large, empty rectangular box with a thin black border, intended for the user to write their responses to the prompts above. The box is currently blank.

**Take a moment to re-write each thought**

**I am broke > I am executing on a strategy to get ahead financially**

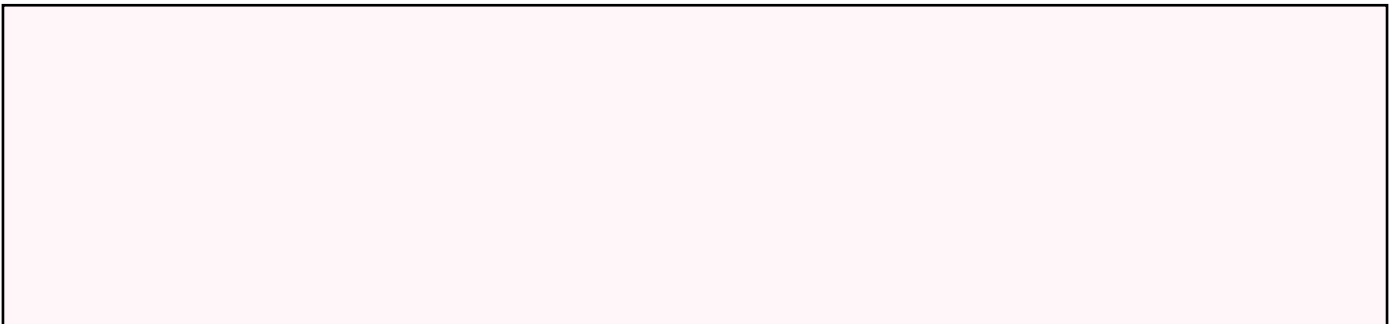
**I never have enough time in the day > I take time to plan my days and am realistic about what I can accomplish in a day**

**How would your life transform if you lived from this place?**



**Read these statements out loud 3 times over.** *(You could also voice record these statements, then close your eyes, sit, breath and listen to the recording).*

**Take a moment to sit, breath and feel. Notice. How do you feel?**



# DREAM, VISION, GOALS

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Dream clarity comes from your ability to tap into the metaphysical realm, where logic is completely suspended and energy is in total free flow. It is the place where possibility abounds and, if you give yourself permission to really let go and release the parts of you that want to hold back, it is the place where dreams are born.

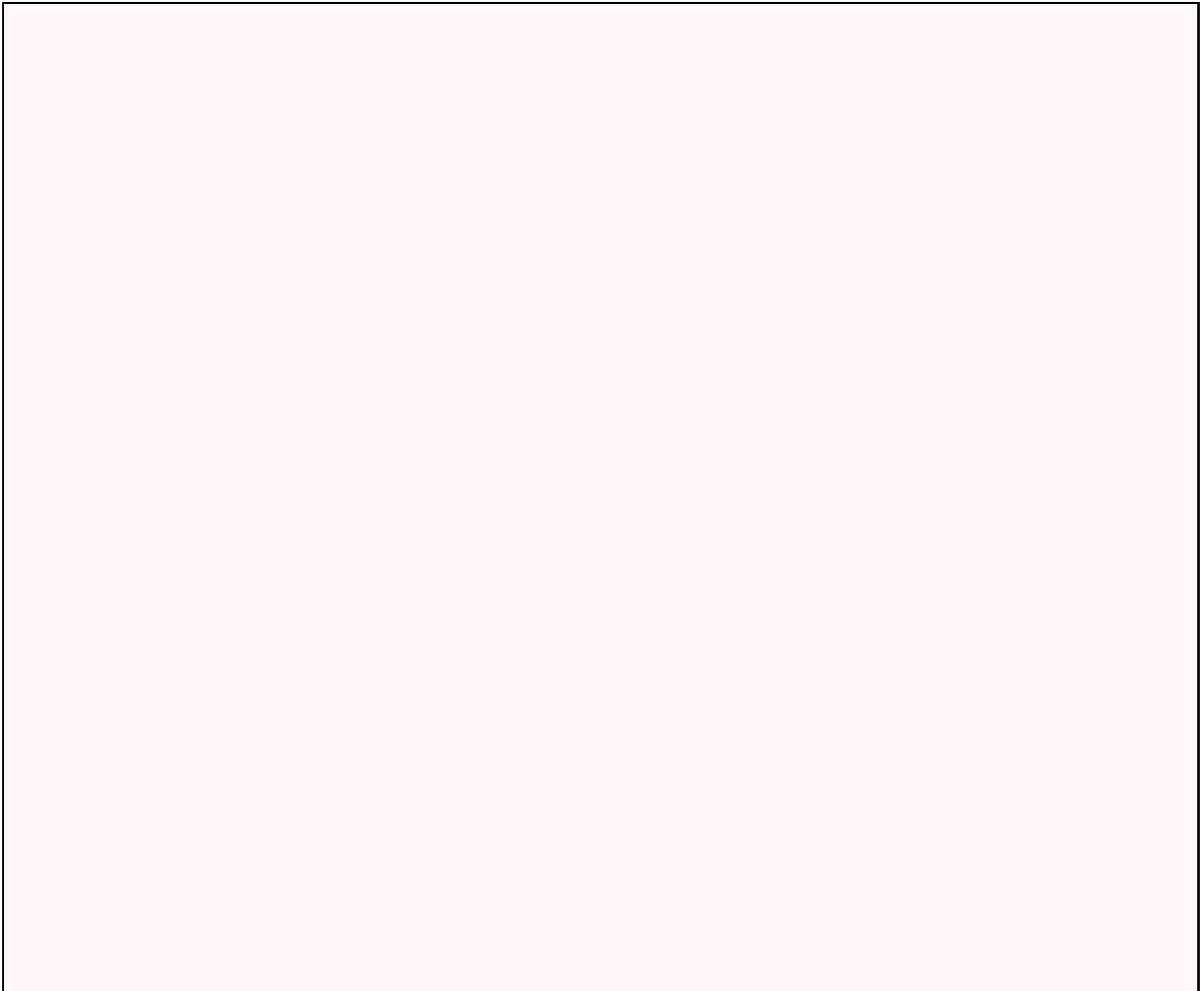
*(Notice when your itty bitty shitty committee hijacks your ability to dream BIG).*

**If you could have anything in your wildest dreams, what would it be?**

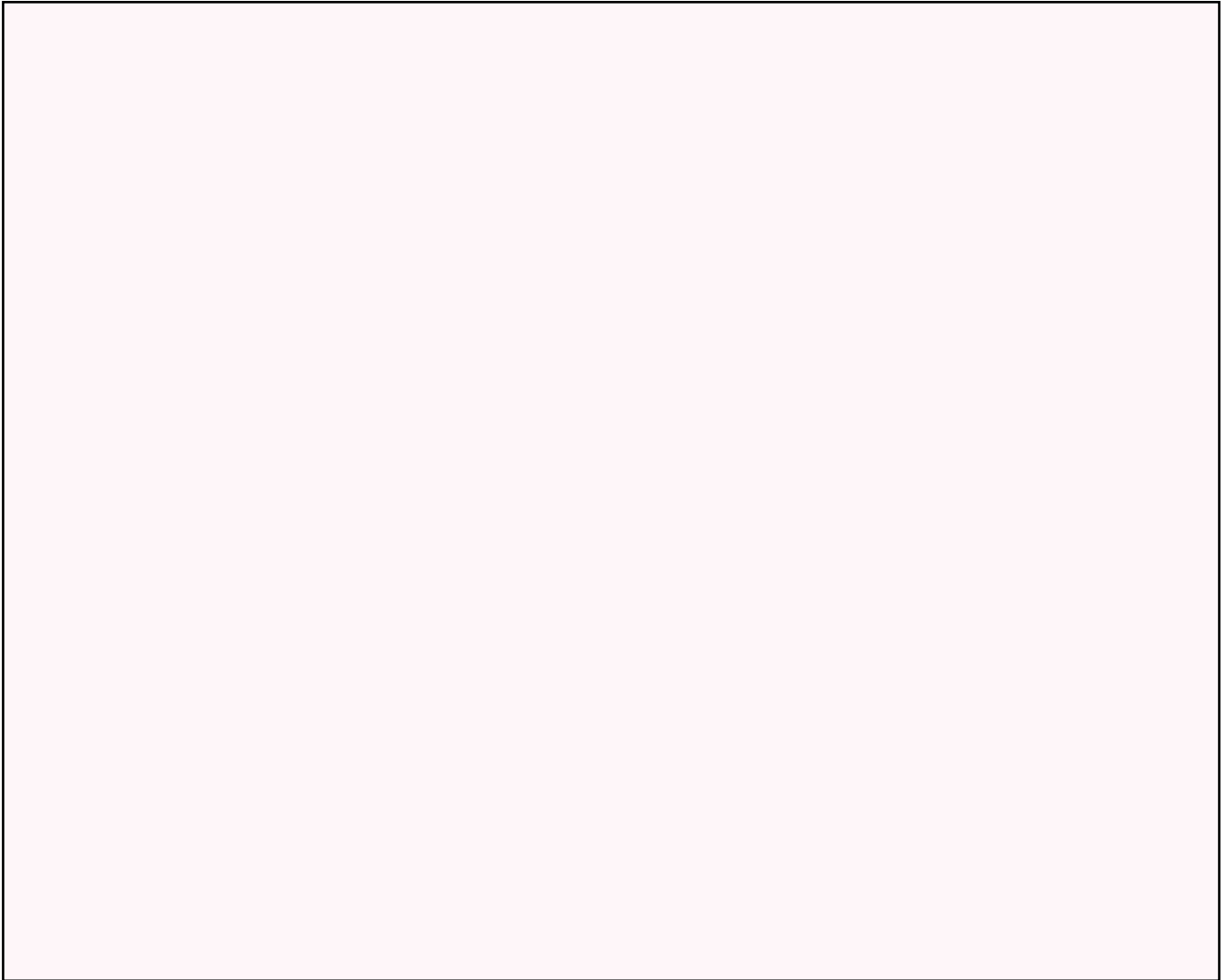
**What does your dream life consist of? What do you want to achieve?**

**What results are you after?**

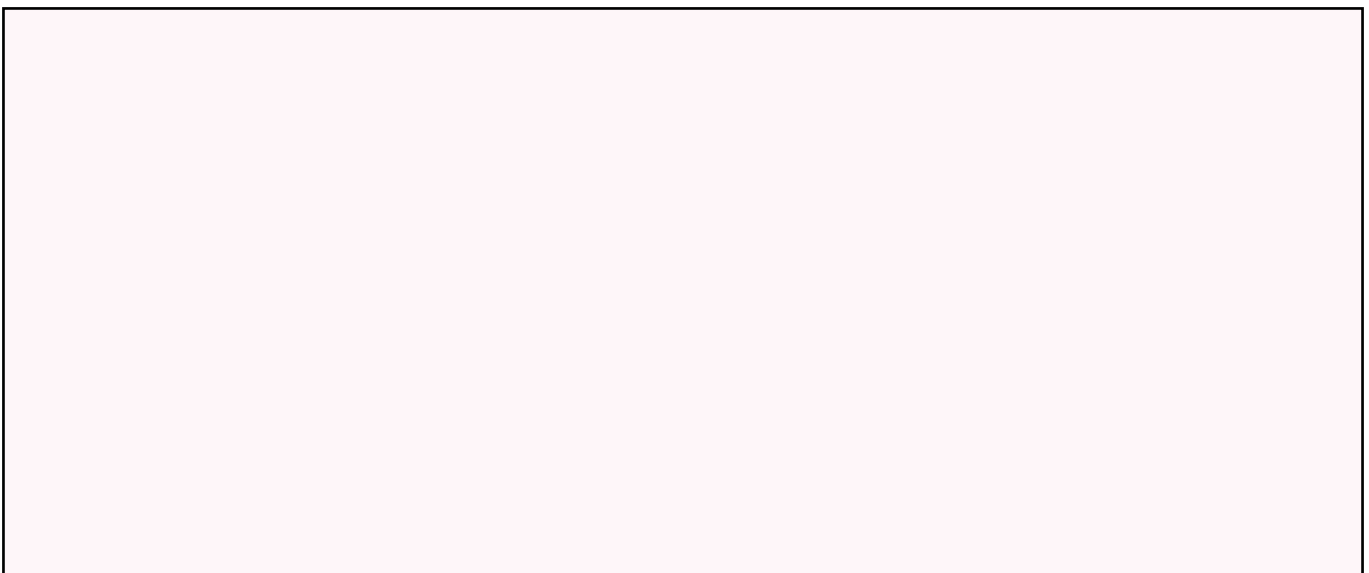
*Examples include: Where do you live? How often you do yoga? How many days off a week do you take? How often do you teach/work? How many vacations a year? How long are your vacations? What car are you driving? Where do you live? Who are you with? How often do you eat out? Pedicures/Spa? Anything else? How many people do you impact? How much money do you earn? How much money do you save?*



**Dream Life Continued...Go BIG!!**



**What feelings and emotions would you experience having your dreams become reality?**



# ACTION

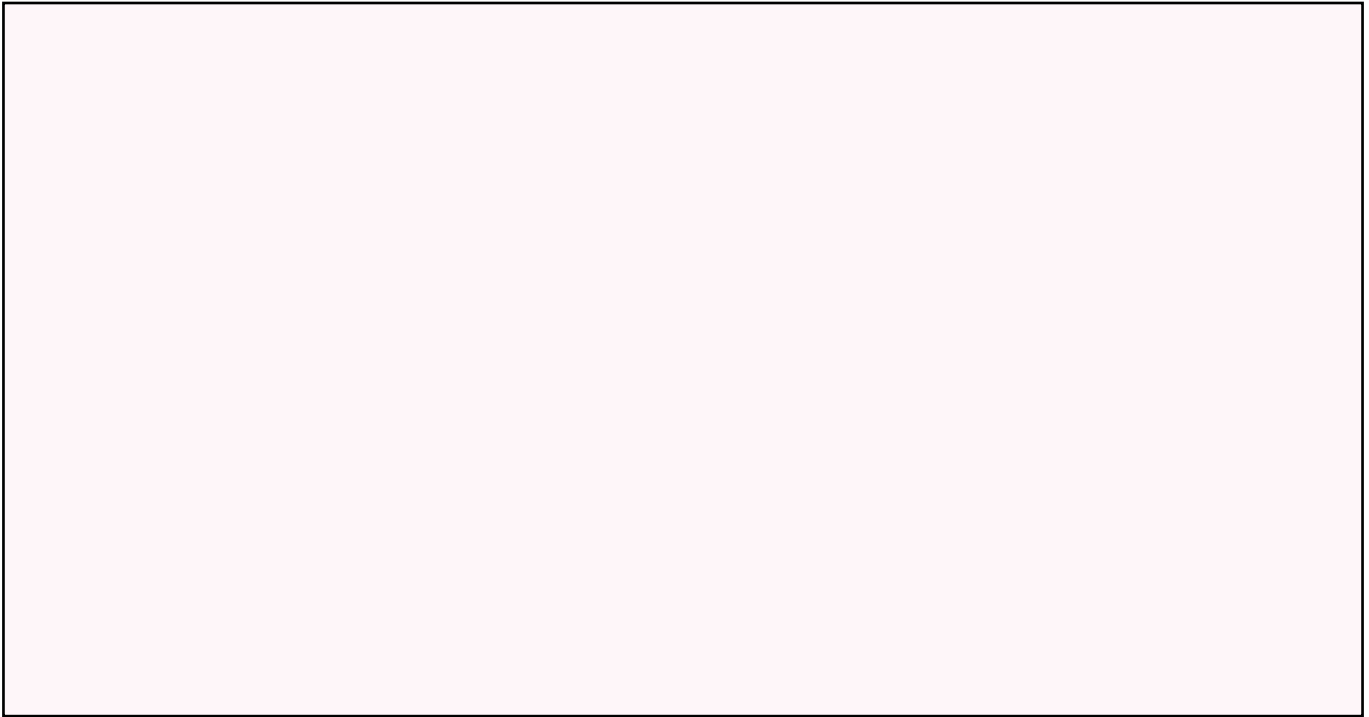
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**What are 3 things you will do in the next 30 days to empower yourself and heal/nurture your root? What actions will you take? What conversations will you have? and with which family members? *Put your action items in your calendar!***

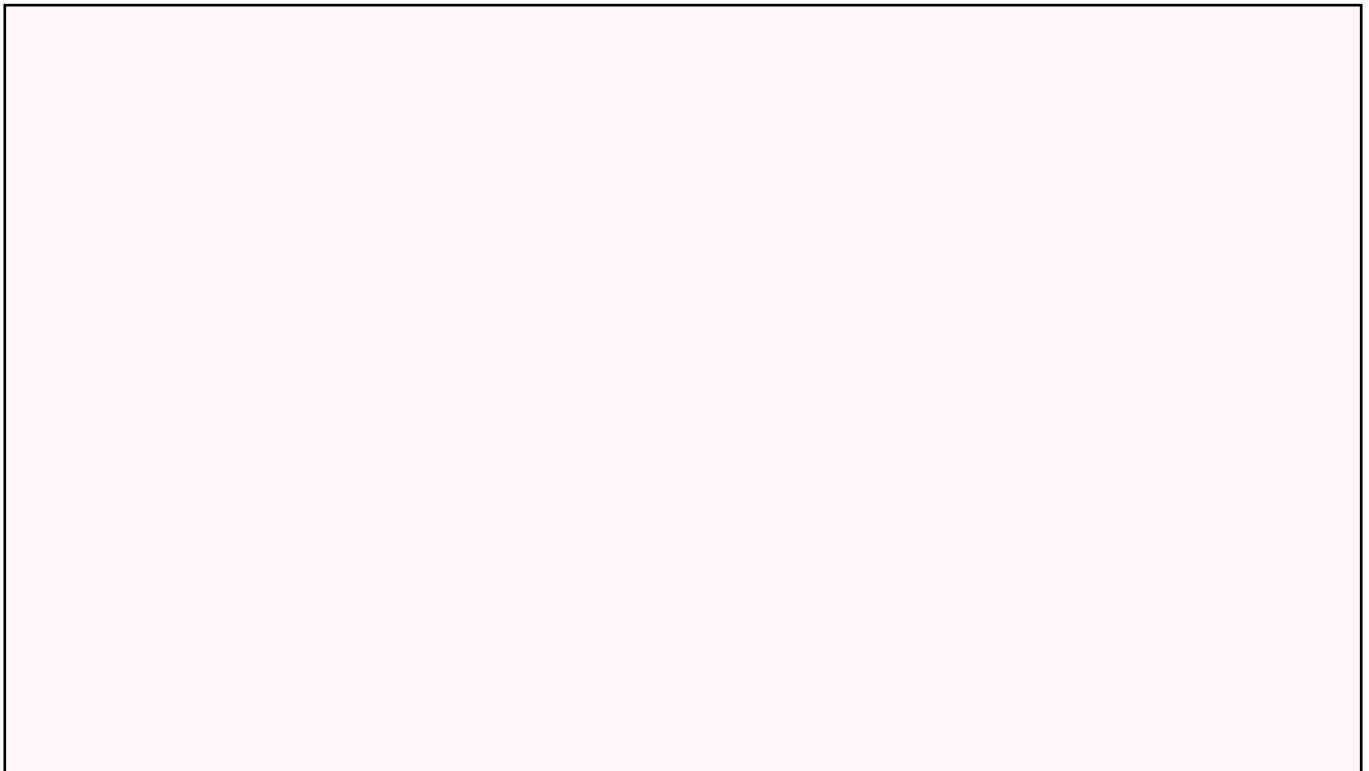
**What are 3 things you will do to empower yourself and positively shift your relationship with money? *Schedule it!***

*Eg: Let go of my parents beliefs around money and realize that they are not mine. Read a book and take action to get out of debt. Eradicate recurring unnecessary monthly expenses (netflix, hulu, magazine subscriptions).*

**Who do you need to be make your dream and vision a reality?  
What is the belief you need to re-write? What are you going to implement into your daily routine? What is the affirmation you are going to repeat over and over?**



**Who are 3 people you know that are strong and healthy in their relationship to abundance, health and wealth? What would you want to ask them?  
Are you willing to reach out to them ask for guidance, support, insight?**



## The Hero's Journey

During our life's progress, as with every hero's quest, we have to suffer certain losses, leave the predictable comforts of our home, and set out into unfamiliar terrain to realize our dreams and goals. Along the way, the hero inevitably meets with dragons that block the way. Usually, his or her quest takes the hero into dark places to do tremendous battle with unseen forces for hidden treasure. Out of these struggles the hero emerges with a grail or jewels or wisdom that he shares with others.

It is his or her contribution to others and to the larger world that makes the hero into a hero, for the ultimate task of the hero is to bring knowledge, energy, and power back to the people he or she loves and to share it with them. Each of us has unique talents and gifts to contribute to the world, and we make our contribution by turning our individual dreams - the ones that truly excite and inspire us - into reality.

*- Joseph Campbell*