

# More Money, Less Stress: 7 Simple Steps for More Calm and Cash Starting Today



## Woohoo!

If you are an entrepreneur, service professional or leader in any way, I believe you CAN have more calm AND cash! And that those two things go hand in hand. I'll share what I believe to be true about you and encourage mindset shifts with new actions for results.

Some of these ideas may seem obvious, and some you may already believe. However, I encourage you to consider....are you living as though they are true?

Here is an invitation to let these truths sink in and take action on the steps. If you are willing, these mindset shifts and action steps can change your life, your relationship with your money and your ability to find more peace.

Enjoy!



### 1. You are amazing!

Yes, YOU! I believe you have a unique purpose in this world with your special gifts and experiences. If you have been waiting to get yourself out there in a bigger way, now is the time. All my clients have had some form of "not worthy" or "not enough," and I love helping them go way beyond that limitation. The truth is, you do know enough, and you are enough to make a difference to your clients and the people who need your services .... right now.

Action: Take a few minutes to write about your accomplishments AND reflect on your best clients and the results they received. Often high achievers stay focused on how far they have to go instead of reflecting and celebrating the successes they've already had. Before going to a networking event or reaching out to potential clients or partners, I encourage you to "get into the energy" of knowing that you make a difference. Not every opportunity may be a great fit, but boost your confidence and your ability to serve more people by remembering the amazing work you have done and knowing there are many more who need to benefit from your brilliance!



### 2. You are surrounded by an abundance.

There is abundance all around us at all times, and we can tap into the energy of "more than enough." The more we notice and feel abundant, the more abundance we attract into our lives. There is no lack of money, resources, support, clients or opportunities if we are open to receiving. It can be easy to fall into the trap of competition, comparison, or a scarcity mindset, but that will keep you in money struggles....so let's change that!

Action: Notice what is abundant in your life right now. You can even look around your room and notice what resources you have available to you right now. Do you have an abundance of books, clean water, food? You are reading this because you have access to the internet with endless information. Look out the window. Do you see an abundance of trees or people and businesses? Noticing even the little things we sometimes take for granted can shift our perspective. Consider your abundance of potential clients or opportunities. How do you want to reach out or follow up today?



### 3. Your calm brain is a smarter brain.

When we are anxious about money, our to-do list, or rising to the next level with our business, we can set off the "flight, fight or freeze" response. You may have heard this reaction is super useful in an actual emergency if we need to run from



or fight a predator, for example, but it doesn't help with most modern day anxieties. We experience an "amygdala hijacking" when the more primitive part of our brain takes over and just wants to survive. You may find yourself procrastinating, stuck in analysis paralysis, or other patterns that sabotage success.

Action: To activate the relaxation response and bring the smart part of our brain back online, try doing this "5 senses scavenger hunt". This is my favorite mindfulness, de-stressing exercise. Notice what you see around you....what you feel against your body.....what you smell, .....(these may be neutral) ....what you taste.....and finally what you hear. That's it! A super easy way to get present and calm. For an extra step, you can bring your awareness to your breath and simply notice how it feels to inhale and exhale. When we are calm, we can access the prefrontal cortex (the smarter part) of our brain, we make wiser decisions with our time, money and business.

#### 4. Your happy, grateful mind is powerful.



Studies show that a brief "happiness blip" can help us be more creative and effective problem solvers. We may think we need to be successful or have more money before we can be happy, but the opposite is true. High school students who were instructed to think of a favorite memory before taking a standardized test outperformed their peers! Doctors who were put in a positive mood were able to diagnose more accurately, and optimistic salespeople consistently have higher sales performance and success. Practicing gratitude can boost our mood as well as our immune system and open us up to possibilities we may not otherwise have noticed.

Action: Set a timer on your phone today to go off when you have some down times. When it goes off, think of 3 things for which you are grateful. Consider getting into the habit of writing gratitudes at least once a day. What activities fill you up and bring on a feeling of happiness? Put 3 things in your calendar this week that are just for fun and creating good memories and positive experiences. Of course, before going into a meeting or presentation, think of a favorite memory!

#### 5. You are a creator.



You are creating your life with your thoughts, emotions, and expectations. If you are familiar with the law of attraction and other universal laws, this will be familiar. Quantum physics tells us that "like attracts like" and where we put our focus, we will "attract" more of that energy. Therefore, it is essential for us to focus on what we desire, not on what we don't. When you desire more money, for example, focus on new accounts, deals, and high paying ideal clients... NOT on the bills or the debt or the "lack" of money.

Action: Get clear on the amount of money you would like to bring in over the next month. Then, fast forward to 30 days ahead when you have achieved that goal and imagine what you see, hear and feel. See your calendar and bank accounts and notice how the money has arrived. Hear your new clients and customers who are thrilled with your services. Notice how you feel once you have received that money. Does this future version of you have some qualities like patience, discipline, confidence or prioritizing self-care? Connect with that emotion, energy, and characteristics daily so you can embody that future self now.

#### 6. You have access to profound wisdom.



Many of us keep our lives so busy, we don't take time to slow down and tune in to what we truly desire and how to achieve our goals. My clients learn a process to access their deepest wisdom easily and accurately. In addition, I encourage them to spend time practicing mindfulness and meditation. When we allow ourselves to be quiet, still, and open, ideas can flow. I believe we can receive insights and nudges from God and divine energy when we are open. You may like to think of it as wisdom from the universe, your angels or the collective consciousness or perhaps this is a new ideal for you.



Action: Set the timer for 5 minutes and practice mindfulness with the 5 senses and noticing your breath. Once you have slowed down, journal the answers to these questions for more cash quickly: What has been the easiest and most fun way to bring in money in the past? How could I bring in more money this week? Who could I help or serve? Who could be a support or referral resource? Where do I have a money leak and what can I do about it? What action steps am I willing to take in the next 24 hours?



### **7. Your mindset is just the tip of the iceberg**

I believe one's mindset is hugely important. If you have a wonderful product, service or business but don't really believe you are capable of success, you won't succeed. Henry Ford said, "Whether you think you can, or you think you can't, you're right." However, when we think of our mindset, we are usually referring to our conscious mind. Scientists say that our conscious mind runs the show only 3-10% of the time! Therefore, consciously you may desire more calm and more money, but if you have a deep belief that you are not deserving of more income or have habits ingrained in your body and unconscious mind that keep you stressed out, nothing is going to change. My specialty is shifting beliefs and healing at the conscious, unconscious, body and soul levels simultaneously.

To finally achieve your goals related to money (or any area of your life), you need to align your conscious mind, unconscious mind, body and soul.

Action: Do the above action steps 1-6 which also engage your unconscious mind and body. Continue to open the emails from me with more helpful tips and tools and videos!

If you'd like support to change old patterns and beliefs ASAP, apply for a Clarity Breakthrough Call here: [MichelleLWilson.com/call](https://MichelleLWilson.com/call)

I look forward to staying connected!

Michelle



Michelle L Wilson, MA LPC is a licensed professional counselor, mindset coach and master mind, body, energy healer who is passionate about sharing what she has learned from her own challenges and working with thousands of clients over 25 years.

Michelle combines research from mind-body medicine, positive psychology, energy psychology, and neuroscience. She empowers her clients to heal themselves and release limiting beliefs, blocks and complex patterns quickly, easily and permanently with cutting edge scientific techniques and ancient spiritual practices that accelerate their results with more joy and ease!

