

10 things I learned about becoming a Magical Money Magnet (the haaaaard waaaay)

1. Receiving Energy

Nobody ever says, “I want to repel money,” but there are certain things we do that subconsciously set us up for repelling money:

- Refusing to accept money for services rendered
- Saying you’ll do something for free and feeling resentful later
- Proclaiming that money isn’t important, even though the things that you find important in life require money (unless you live on a remote island that takes shells as currency as opposed to currency)

Instead, write down all the places you are giving money on one side of a piece of paper and write down all the places where you are receiving money. Figure out ways in which it could be a bit more balanced. Notice the receiving energy shift.

2. Love Yourself (no matter how much money is in your bank account)

This one seems easier than it sounds. I can already hear you saying, “Ummm...duh, Kyla. **Of course** I love myself.” There may be that inner critic voice that says, “You suck. Why did you spend money on THAT?” or “You didn’t bring in any money this month (if you’re an entrepreneur).” Check your language. Check your inner critic voice. And take yourself out to a meal, a matcha, no matter what, to show yourself that you love yourself unconditionally—with or without the money.

3. Own YOUR Money Story

We spend so much of our lives living out the money stories of others. It might be that you heard from a young age that your mom’s grandfather was rich and then became a bankrupt. So you grew up owning HIS story: always making just enough money. Not too much. And if you made any more than “too much” you’d give it away, or buy something, in case it was taken from you ← true story. Find out



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whether your money story is actually yours or whether you're living someone else's. Need help? Get in touch WITH us. We got you.

4. Is your relationship WITH money or AT money?

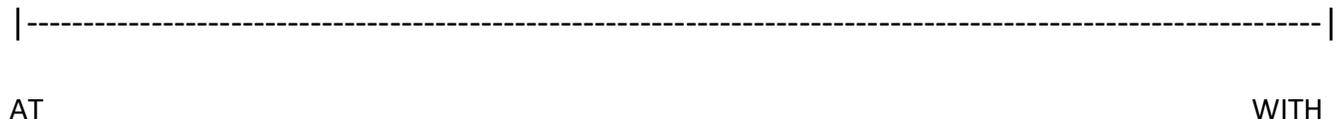
If you know me, you know I love seeing things in terms of two prepositions: WITH (<->) or AT (->). If you haven't already, you can learn more by watching my [TED Talk](#) or reading [my book](#) by the same titles *WITH vs AT*. Since having a relationship with an inanimate object can seem odd for the mind to wrap its head around, try thinking about a relationship you have WITH a friend instead:

- It feels super balanced
- There's giving and receiving
- They listen as much as they share and you do the same
- There's mutual respect

Then there's the AT relationship with a friend:

- There is no balance
- You feel drained from giving alllllll the time
- They talk non-stop AT you and never ask how you're doing
- There is no mutual respect

Imagine a spectrum for your own relationship with money like the one below. Put an X where you think your current relationship with money is. And think of one thing you can do to move the needle a little bit more to the WITH side.



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5. Money Talk

There are weird old wives' tales about money which should be left in whatever ancient era they were concocted. Like the one that goes "It's crass to talk about money" or "Women shouldn't talk about money because they may be seen as bragging." Some of the hardest things to GROW through are the secrets kept in the shadows for fear of blame, shame, and guilt, and old wives' tales. Start talking about money WITH anyone who seems open to it. That's a sure-fire way to start realizing that those old wives' tales are just old wives' tales and for you to start owning your own money talk.

6. Work on those sneaky money limiting beliefs

I hear clients (and a past version of myself) say, "Why can't I manifest \$__ [←insert dollar amount] money? The number 1 reason is more often than not, you are carrying some limiting beliefs around money that aren't yours. Check out our [101 limiting beliefs worksheet](#); there are also 10 bonus questions attached to the sheet to help you grow, too. It's a great place to start.

7. Replace VALUE with AFFORD

You may say this all the time, and it is societally acceptable to say, but it doesn't help you at all: "I can't afford that." I also hear clients say this a lot: "I want my services to be affordable for my clients." Let's reframe this: Would you be upset if someone walked up to you in a store and said to you, "You can't afford that!?" I would be. In fact, I can't stand it when people tell me what I can/can't do. So why would we do that to ourselves and others, right? Try this instead:

I can't afford that → I don't value that.

I want my services to be ~~affordable~~ valuable for my clients.

8. Try Moving from Judgment Landia to Curiosity Landia

Whenever you see **that** one post on social media, and because you have a human brain, your human brain immediately jumps to: *Wow, they're loaded. Wow, they spent a ton of money on buying a Tesla.* I get it, I've been there, and in fact, I used



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to be a permanent resident of Judgment Landia. Living in Judgment Landia will not help you on your money journey. Really. It won't. Now moving over to Curiosity Landia, you might look at that social media post and think: *I've always wanted a Tesla too. What are some creative ways I can work towards buying one too? What's one thing I can do today towards buying one?*

9. **Acknowledge every single emotion along your money journey.**

There's this tendency in personal growth work to avoid hard emotions like fear, depression, anxiety, and stress. What I like to call the fab 4. The fab 4 are going to come up when you begin your money journey. That is ok. It's ok to feel your negative emotions, your neutral emotions, your positive emotions, and all of your emotions along the way. Imagine a major emotion like Fear. What happens when you ignore Fear? It's not like it goes away. It's still there like a kid who wants an ice-cream cone. However, when we acknowledge them, we can move through them. The more we move through them, the more we can see money as a tool (something that is neutral) rather than tied to all of these emotions. Start here with our [Fearless Power Hour](#) sheet and learn our simple 4 step Fearless Power Hour protocol.

10. **Do you, boo.**

If you've made it this far, thank you. I know there are a million other things you **could** be doing. When I was planning my wedding WITH my hubby, everyone had something to say. My mom, his mom, that relative nobody had ever heard of, close friends, not-so-close friends—you get the picture. Then my hubby said when I was crying under duress, "Honey, it's your day. It's no one else's day. We are going to do whatever you want. That's that." I'd say the same for your money journey. It's YOUR money. It's YOUR money story. If you want to invest in the stock market or take a real estate class, do you, boo. If you want to donate half to charity, do you, boo. If you want to buy a luxury handbag, do you, boo. If you want to treat your bestie to a spa date, do you, boo. And the cool part? The more you do you, the more your human brain gets to practice feeling at ease being on your own money journey instead of someone else's.



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Magical Money Magnet Notes/Doodles



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