

THE

“MILLIONAIRE MIND”

90 DAY

WEALTH CONDITIONING

PROGRAM

By

T. Harv Eker

Welcome

Welcome to The “Millionaire Mind” 90 Day Wealth Conditioning Program. This program has been designed to assist you in reprogramming yourself for success. It is based on the premise that your inner world creates your outer world. The more you concentrate on your “roots”, the faster you will see new results in your “fruits.”

People are creatures of habit. Research shows that those who participate in a “daily” routine are 3 times as likely to stay on their program than those who participate 6 days a week - and fare 5 times better than those who participate 3, 4 or 5 days a week. Therefore, for best results, use your program daily for the entire 90 days. If you miss a day, simply start again the next day possible.

Be kind to yourself. The mind does not like change and this program is a change. Therefore your mind may tell you that it does not like the program or that it won't do any good or you don't have time today. Don't listen! Don't think! Simply say to your mind, “thank you for sharing” and do the program. The program is quick and simple and will take less than 10 minutes a day. Give yourself a chance. You can do all the “thinking” you want, after the 90 days.

Preparation

1. We recommend you have your five accounts or cookie jars in place. If you do not have all five then start with one; your “financial freedom” jar. Don't worry if you don't have the perfect jar. Any container will do for now; a glass, a cup even a bag will work.
2. Mark your starting point on your Financial Freedom Account “Tracking Chart” contained in the program. This includes the value of all your investments devoted solely to financial freedom including RSP's, stocks, bonds, savings, the “net” value of real estate with the exception of your own home, etc.

You will be updating this chart every 30 days. At this time, make sure you include the funds you are setting aside in your financial freedom jar on a daily basis.

Instructions

Begin each day by opening your workbook and filling in the date. Then complete the wealth conditioning process for that day. Do this before you do anything else in the morning. That way, you can be sure it gets done.

Daily Wealth Conditioning Processes

1. **Attitudes of Wealth Declarations:**

Put your hand over your chest to feel the vibrational energy of your statements. Read both of your Attitudes of Wealth declaration sheets out loud and with conviction.

2. **Deposit to Financial Freedom Account:**

Deposit any amount of money into your financial freedom jar. The amount is not important. Even one dollar a day is o.k. Remember, the “habit” is more important than the amount. Our objective is three-fold.

- a. To create the habit of saving money.
- b. To create your “money magnet.”
- c. To increase your financial freedom funds.

3. **VAKS:**

Do your VAKS. These include all 4 movements with your declaration (thumbs up in a sideways figure 8 (making sure to come upwards through the middle of the 8), massaging your earlobes, crossing over your arms with your knees, hands on your heart.) Each movement should last about 30 seconds.

You will rotate 4 different VAKS. One per day.

#1 Simply declaring, “I am financially free.”

#2 Declare your big dream.

i.e. “I am the #1 best-selling author on the N.Y. Times Best-seller list.”

i.e. “I own a home on the beach in Maui.”

#3 Declare a short term desire.

i.e. “I have an incredibly productive day today.”

i.e. “I go with the flow. Nothing bothers me.”

#4 Declare a supportive belief around money and wealth (a good choice would be opposite of the primary non-supportive belief you are working on).

i.e. “If I get rich, my true friends will like me just as much as today.”

i.e. “Creating wealth is not a struggle. Poverty is.”

Note: Make sure you have some semblance of control in whatever you VAKS. Do not use VAKS that depend on others to do something.

4. **Acknowledge your Successes:**

Like attracts like. Success breeds success. The more you “feel” successful the more success will come your way. You cannot feel successful if you do not look for and acknowledge your successes. The successes can be major or minor. It doesn’t matter. What matters is that you acknowledge yourself for whatever you did do.

Do not look for what you didn’t do or didn’t get done or could have done better. That is a “loser’s” way of looking at the world. Look specifically for the progress you made in any arena be it financial, business, health, fitness, relationship, learning, serving, etc.

i.e. “I completed my Wealth Conditioning exercises today.”

i.e. “I helped clear the dishes today.”

i.e. “I did a walking workout this morning.”

i.e. “I sold 4 widgets today.”

i.e. “I got a new client at tonight’s networking event.”

This exercise works well in the evening before bed.

Weekly Wealth Conditioning Processes

Every day you will do a different exercise that will recondition you for success.

You will be rotating through the following wealth conditioning processes, one per day. It is best to do these exercises in writing in your workbook, however, if you feel more comfortable or time only permits you to do them orally, that's fine. Just do it!

1. Clarity of Intention:

The number one reason most people don't get what they want is they don't know what they want. Clarity leads to power. It is imperative that you know your financial objective; how much money or income you are going for. By doing so, you will engage your mind's "reticular activator" (this is like a heat seeking missile) which will then attract and alert you to opportunities which are in alignment with your intention.

i.e. "I have a passive income of over \$10,000 per month."

Also you will describe how you will feel when this intention becomes your reality. This again engages the emotions and strengthens the program.

2. Purpose for Money:

Another important principle of manifestation is knowing "why" you want something. The reason most people don't have a lot of money is they have no massively important reason to have it. Be specific.

"The reasons I want a lot more money are..."

i.e. A writing cabin in the mountains.

i.e. A family vacation in Bali.

i.e. So I'm financially free and never "have" to work again.

3. **Visualization:**

It's been said that the subconscious cannot distinguish the difference between imagination and reality. Therefore the objective is to create the "reality" of what we want in our mind and allow our "reticular activator" to manifest it into our lives.

It's important to add each of the senses into your "picture". If nothing is there to smell, create something. Create something to touch and feel.

4. **Belief in Value:**

Many people don't feel they deserve success because they don't fully believe in the product or service they are offering or don't feel it is of high value. If this is the case for you, either change products, services or jobs or change your perspective. In order to receive, you must feel you are giving. Therefore, it is important to specify and express the benefits your value adds to people.

i.e. "I (my products/services/job) help people be more confident, more successful, more conscious and more joyous in their lives."

i.e. "My cell phones help people save time, make more money, and stay safe."

5. **References for Ability and Deservedness:**

The object is to declare the reasons why you truly believe you can be and deserve to be rich.

"The reasons I can be and deserve to be wealthy are..."

i.e. "I add value to peoples lives."

i.e. "I am persistent."

i.e. "I am creative."

6. **Act in Spite of...**

Nothing exceeds the power of unconditional action to move you quickly towards your financial goals.

The wealth conditioning value of acting in spite of fear, discomfort, uncertainty or “I’m not in the mood”, not only builds courage, but more importantly, momentum. Each time you act in spite of your feelings, such as fear, worry and doubt, you reinforce the habit. Just as a muscle grows stronger with use, so will your ability to confront bigger and bigger challenges in all areas of your life.

Do something you wouldn’t normally do.

- i.e. Communicate with someone you have a concern about speaking to.
- i.e. Take care of a task that needs to be done regarding your finances (pay a bill, sort your receipts, balance your cheque book) even though you don’t feel like it.

Simply notice your non-supportive “mind chatter” and the feelings that may go with it, but recognize that they have no power to stop you. Your protective mind is like an overworried mother. Simply say “Thank you for sharing,” and proceed.

7. Appreciation and Gratitude:

The object is for your subconscious to understand that you are already “wealthy.” Since like attracts like, more success will come your way. Plus, by appreciating what you have, you’ll find you are a happier person.

Describing “why” you are grateful for something, adds importance and impact.

Describing how you “feel” adds emotion, which strengthens the conditioning process.

Managing Your Money

1. The biggest difference between the rich and the poor is their ability and willingness to “manage” their money.
Every 7 days you have the opportunity to divide your income into your designated jars or accounts. The timing depends on when you get paid or receive income. If you own your own business, make sure you are taking at least a minimum amount to divide into your jars.

For many, keeping their “necessity” percentage in a checking account simplifies their lives. You may put your “financial freedom” funds directly into an appropriate account or bring the money home to put in your financial freedom “jar”. The same choice applies to your “long-term saving for spending” funds.

It usually works best to keep your “play” money in cash and put it into your designated jar.

The financial freedom deposits you make on a daily basis do NOT take the place of your primary deposit, which should be 10% of your income if possible. The daily deposits into your “jar” are smaller amounts specifically to create your “money magnet” and build a strong habit.

2. On days 30, 60, and 90 you are asked to move your “financial freedom” funds from your “jar” to an interest bearing investment account. This is to turn your savings into an income producing “investment”, as well as to keep your money safe.

After the 90 days is complete, simply follow this pattern for the rest of your life!

3. On days 30, 60, and 90 you are asked to remove your “play” money from it’s jar and make plans to nurture yourself with it, during the coming week.

Remember, if you don’t allow your spirit to play, it will rebel against the “logical” side of you and sabotage your goals. You must “blow” this money on a monthly basis, or at maximum, during the quarter. Your only rule is to make sure you have a “great time” with it. We recommend you do things a little out of the ordinary. i.e. massages, pedicures, renting a boat, buying that bracelet you’ve had your eye on, throwing a party, ordering champagne at dinner, etc.

After the 90 days is complete, simply follow this pattern for the rest of your life!

4. On days 30, 60, and 90 you are asked to mark your progress on your Financial Freedom Account “Tracking Chart” located on the next page of this workbook. The law of manifestation states that what you focus on expands. Meaning what

you track, increases. Since we want our financial freedom account to increase, we track it.

After the 90 days is complete, simply follow this pattern for the rest of your life!

5. Again, what you focus on expands, therefore on days 30, 60, and 90, you will also be asked to track your net worth. This sheet is located on the page following the Financial Freedom Account “Tracking Chart”.

The goal is not necessarily to see huge changes from month to month. The object is to focus on your net worth and see progress.

After the 90 days is complete, simply follow this pattern for the rest of your life!

Conclusion

If you follow this program to the letter, you will not only be more successful, you will be happier. Remember, be kind to yourself. If you fall off the bandwagon, do not quit. Simply say, “oh well” and begin where you left off.

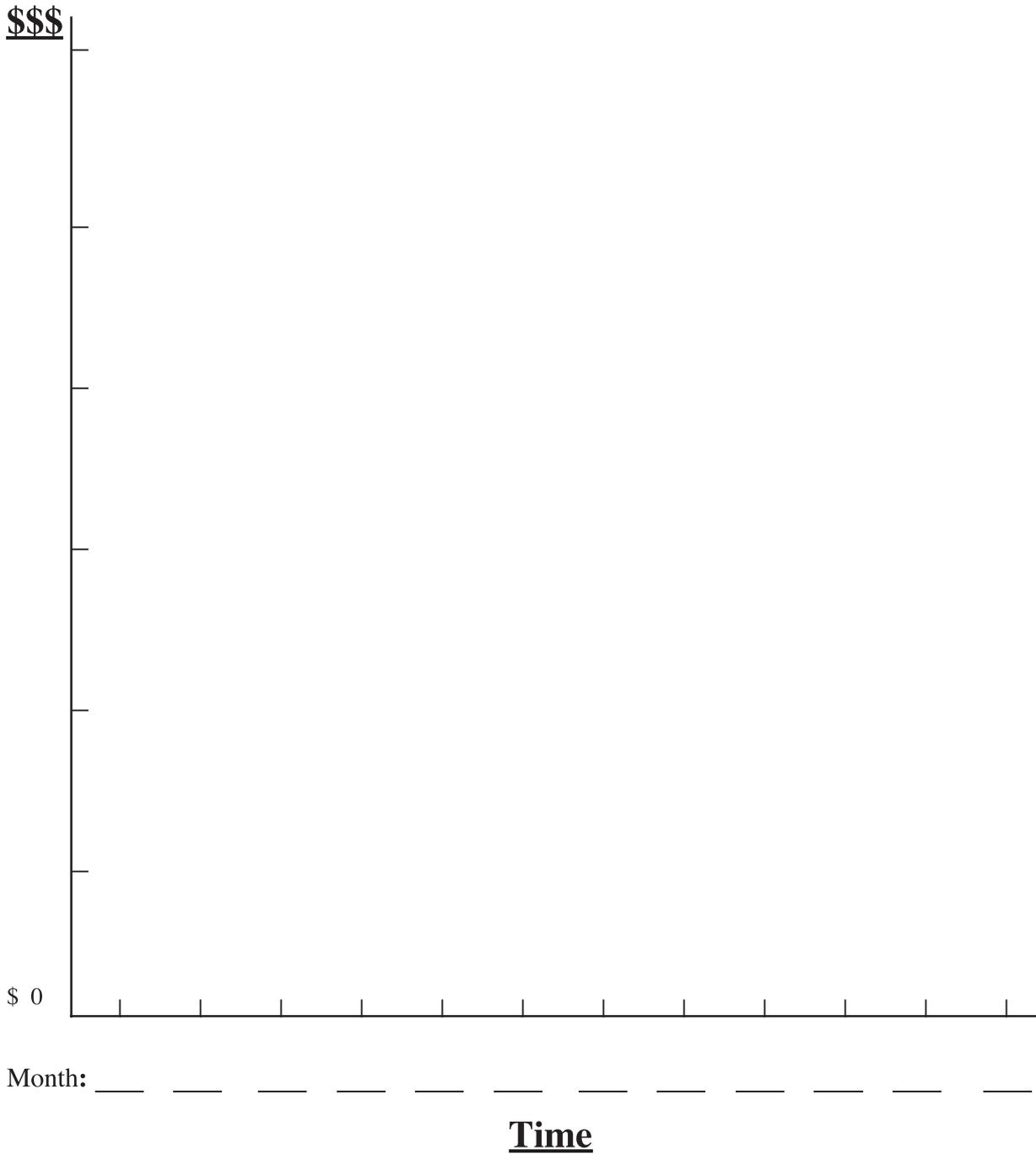
Remain open and watch for “miracles.” The universe works in strange ways. Mini miracles happen all the time, we just don’t notice them. If you find yourself “lucky” or fortunate at any time during this program, make sure you say “thank you” to the universe and acknowledge that the program you are working is working for you.

We are awaiting your results. Please e-mail us during or after the 90 days to let us know how you are doing and about the successes you are having in your life.

For Your Freedom!

Financial Freedom Account

“Tracking Chart”



NET WORTH TRACKING SHEET

	ASSETS (<i>what you own</i>)	DATE:	Start _ / _ / _	30 Days _ / _ / _	60 Days _ / _ / _	90 Days _ / _ / _	
CASH & LIQUID ASSETS	Cash & bank accounts						
	Bonds, term deposits and investment certificates						
	Money owed to you						
	Other						
MARKETABLE ASSETS	Mutual Funds						
	Stocks						
	Real Estate Investments						
	Business interests						
LONG-TERM ASSETS	Other						
	Registered Retirement Savings Plan						
	Cash value of life insurance						
	Pension plans & profit sharing						
PERSONAL ASSETS	Other (Offshore, etc.)						
	Personal residence						
	Recreational property						
	Vehicles						
	Recreational equipment						
	Household furnishings & equipment						
	Collectibles (art, stamps, coins, jewelry, etc.)						
	Other						
	TOTAL ASSETS						
	LIABILITIES (<i>what you owe</i>)						
SHORT-TERM DEBT	Charge accounts & credit cards						
	Line of credit/overdraft						
	Loans (car loan, etc.)						
	Unpaid bills						
	Taxes (Income tax or property tax owing)						
LONG-TERM DEBT	Other (Charitable pledges, family obligations etc.)						
	Home mortgage						
	Other mortgage loans						
	Other						
TOTAL LIABILITIES							
NET WORTH (<i>TOTAL ASSETS minus TOTAL LIABILITIES</i>)							

Attitudes of Wealth

WINNING THE “MONEY” GAME

\$ I AM AN EXCELLENT MONEY MANAGER.

\$ I ALWAYS PAY MYSELF FIRST.

**\$ I PUT MONEY INTO MY FINANCIAL
FREEDOM FUND EVERY DAY.**

**\$ MY MONEY WORKS HARD FOR ME AND
MAKES ME MORE AND MORE MONEY.**

**\$ I EARN ENOUGH PASSIVE INCOME TO PAY
FOR MY DESIRED LIFESTYLE.**

**\$ I AM FINANCIALLY FREE. I WORK BECAUSE
I CHOOSE TO, NOT BECAUSE I HAVE TO.**

**\$ MY PART TIME BUSINESS IS MANAGING
AND INVESTING MY MONEY AND CREATING
STREAMS OF PASSIVE INCOME.**

© T. Harv Eker 2003

Attitudes of Wealth

WINNING THE “MIND” GAME

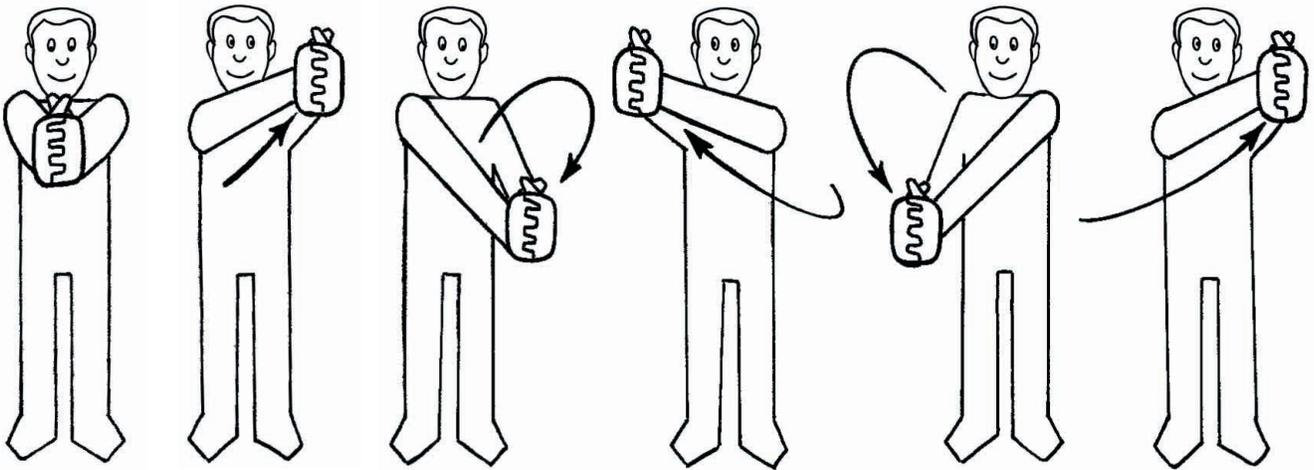
- \$ I CREATE MY LIFE. I CREATE THE EXACT AMOUNT OF MY FINANCIAL SUCCESS.**
- \$ I PLAY THE MONEY GAME TO WIN. MY INTENTION IS TO CREATE WEALTH AND ABUNDANCE.**
- \$ I ADMIRE AND MODEL RICH AND SUCCESSFUL PEOPLE.**
- \$ I BELIEVE MONEY IS IMPORTANT, MONEY IS FREEDOM AND MAKES LIFE MORE ENJOYABLE.**
- \$ I GET RICH DOING WHAT I LOVE.**
- \$ I DESERVE TO BE RICH BECAUSE I ADD VALUE TO OTHER PEOPLE’S LIVES**
- \$ I AM A GENEROUS GIVER AND AN EXCELLENT RECEIVER.**
- \$ I AM TRULY GRATEFUL FOR ALL THE MONEY I HAVE NOW.**
- \$ LUCRATIVE OPPORTUNITIES ALWAYS COME MY WAY.**
- \$ MY CAPACITY TO EARN, HOLD AND GROW MONEY EXPANDS DAY-BY-DAY.**

© T. Harv Eker 2003

VAKS EXERCISES

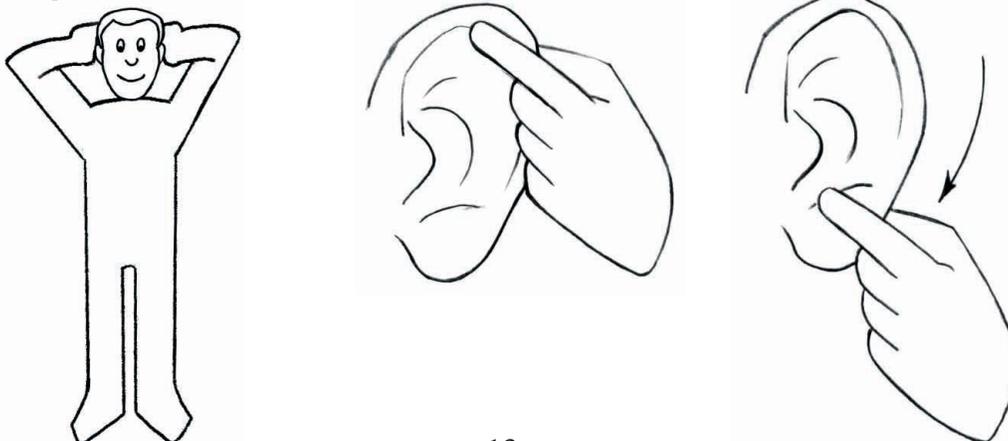
VAKS stands for **Visual, Auditory, Kinesthetic and Spirit**. What this exercise does is integrate the left brain and the right brain; your logical side with your creative side. It is the most effective way to change beliefs and drives the conditioning process deep into the subconscious.

1) Visual



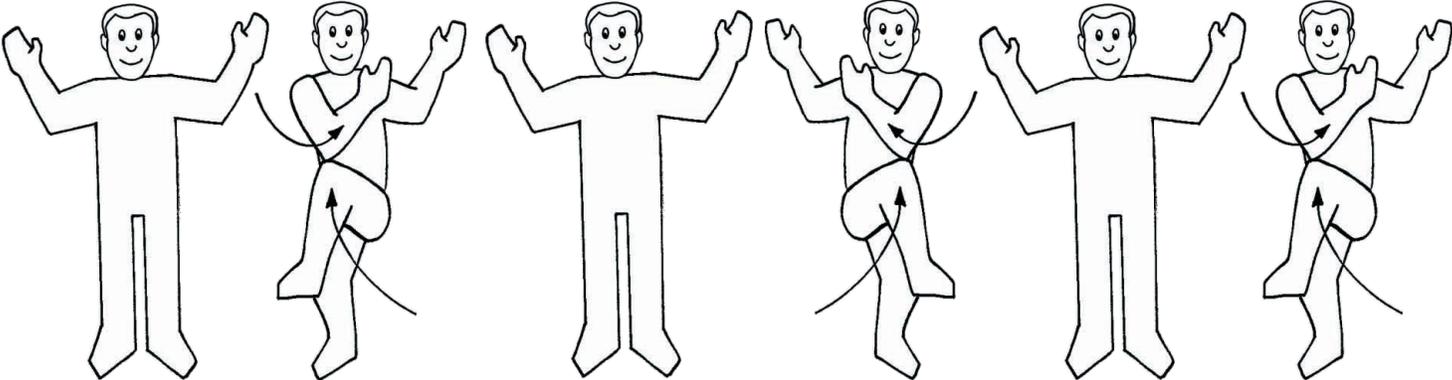
For this movement, extend your arms in front of you, clasp your hands together with interlocked fingers and your thumbs pointing up towards the ceiling. Move your arms first to the top left and continue in a sideways figure “8” motion. Make sure to come *upwards* through the *middle* of the “8”. As your arms move through the figure “8”, your eyes should follow your thumbs through the motion. Be sure to move only your eyes and not your head as you do this. At the same time, repeat aloud, your affirmation e.g. I am financially free, over and over again for 30 seconds.

2) Auditory



Massage the outer rim of both ears simultaneously with your thumb and index fingers. Start at the top of your ears and gently roll and pull outward and back all the way down to the bottom of your ears. Repeat this motion for 30 seconds while saying your affirmation.

3) Kinesthetic



From a standing position, arms raised and bent at the elbows, slowly raise your left knee off the ground, twisting your body to meet and touch your right elbow. Return to your original position and repeat with the opposite knee to opposite elbow. Alternate in a slow, flowing motion while repeating your affirmation for 30 seconds.

4) Spirit



Place one hand on top of the other over your heart, feeling the voice vibration. Close your eyes and repeat your affirmation aloud for 30 seconds.

The Wealth Conditioning Program

DAY 1

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$** _____
3. **VAKS for Financial Freedom.** “I am financially free.”
4. **Clarity of Intention:**

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. “I have a passive income of over \$10,000 per month.”

Describe how you would feel if this intention was your reality.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 2

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Purpose for Money:

List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 3

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$ _____**
3. **VAKS for current or short term desire.**
4. **Visualization:**

Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? What do you hear? What could you touch? What could you taste? What could you smell? How do you feel? To strengthen this exercise, you might want to write this description first and then go to the visualization.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 4

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Belief in Value:

Describe how you help people; the benefits your product, service or job has for others.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 5

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. References for Ability and Deservedness:

List 3 reasons why you believe you can be and deserve to be wealthy.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 6

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Act in Spite of...

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today, and at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 7

DATE: _____

* If today is payday, divide your income into your designated jars or accounts.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for current or short term desire.

4. Appreciation and Gratitude:

List at least 10 people/things you are grateful for in your life right now.

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 8

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Clarity of Intention:

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. “I have a passive income of over \$10,000 per month.”

Describe how you would feel if this intention was your reality.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 9

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Purpose for Money:

List 5-10 specific and important things for which you want more money.

Choose one item and describe why it’s important to you and how it would make you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 10

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Visualization:

Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? What do you hear? What could you touch? What could you taste? What could you smell? How do you feel? To strengthen this exercise, you might want to write this description first and then go to the visualization.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 11

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$** _____
3. **VAKS for current or short term desire.**
4. **Belief in Value:**

Describe how you help people; the benefits your product, service or job has for others.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 12

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. References for Ability and Deservedness:

List 3 reasons why you believe you can be and deserve to be wealthy.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 13

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Act in Spite of...

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today, and at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action “in spite of...”

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 14

DATE: _____

* If today is payday, divide your income into your designated jars or accounts.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Appreciation and Gratitude:

List at least 10 people/things you are grateful for in your life right now.

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 15

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$ _____**
3. **VAKS for current or short term desire.**
4. **Clarity of Intention:**

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. "I have a passive income of over \$10,000 per month."

Describe how you would feel if this intention was your reality.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 16

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Purpose for Money:

List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 17

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Visualization:

Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? What do you hear? What could you touch? What could you taste? What could you smell? How do you feel? To strengthen this exercise, you might want to write this description first and then go to the visualization.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 18

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Belief in Value:

Describe how you help people; the benefits your product, service or job has for others.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 19

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for current or short term desire.

4. References for Ability and Deservedness:

List 3 reasons why you believe you can be and deserve to be wealthy.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 20

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Act in Spite of...

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today, and at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 21

DATE: _____

* If today is payday, divide your income into your designated jars or accounts.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Appreciation and Gratitude:

List at least 10 people/things you are grateful for in your life right now.

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 22

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Clarity of Intention:

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. "I have a passive income of over \$10,000 per month."

Describe how you would feel if this intention was your reality.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 23

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$ _____**
3. **VAKS for current or short term desire.**
4. **Purpose for Money:**

List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 24

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Visualization:

Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? What do you hear? What could you touch? What could you taste? What could you smell? How do you feel? To strengthen this exercise, you might want to write this description first and then go to the visualization.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 25

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Belief in Value:

Describe how you help people; the benefits your product, service or job has for others.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 26

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. References for Ability and Deservedness:

List 3 reasons why you believe you can be and deserve to be wealthy.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 27

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$ _____**
3. **VAKS for current or short term desire.**
4. **Act in Spite of...**

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today, and at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 28

DATE: _____

* If today is payday, divide your income into your designated jars or accounts.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Appreciation and Gratitude:

List at least 10 people/things you are grateful for in your life right now.

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 29

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Clarity of Intention:

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. “I have a passive income of over \$10,000 per month.”

Describe how you would feel if this intention was your reality.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 30

DATE: _____

- * Remove your “play” money from its jar and make plans to nurture yourself with it, this week.
- * Mark your progress on your Financial Freedom Account “Tracking Chart”.
- * Move your “financial freedom” funds from your jar to an interest bearing investment account.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Purpose for Money:

List 5-10 specific and important things for which you want more money.

Choose one item and describe why it’s important to you and how it would make you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 31

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$ _____**
3. **VAKS for current or short term desire.**
4. **Visualization:**

Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? What do you hear? What could you touch? What could you taste? What could you smell? How do you feel? To strengthen this exercise, you might want to write this description first and then go to the visualization.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 32

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Belief in Value:

Describe how you help people; the benefits your product, service or job has for others.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 33

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. References for Ability and Deservedness:

List 3 reasons why you believe you can be and deserve to be wealthy.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 34

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Act in Spite of...

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today, and at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 35

DATE: _____

* If today is payday, divide your income into your designated jars or accounts.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for current or short term desire.

4. Appreciation and Gratitude:

List at least 10 people/things you are grateful for in your life right now.

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 36

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Clarity of Intention:

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. "I have a passive income of over \$10,000 per month."

Describe how you would feel if this intention was your reality.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 37

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Purpose for Money:

List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 38

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Visualization:

Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? What do you hear? What could you touch? What could you taste? What could you smell? How do you feel? To strengthen this exercise, you might want to write this description first and then go to the visualization.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 39

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$** _____
3. **VAKS for current or short term desire.**
4. **Belief in Value:**

Describe how you help people; the benefits your product, service or job has for others.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 40

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. References for Ability and Deservedness:

List 3 reasons why you believe you can be and deserve to be wealthy.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 41

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Act in Spite of...

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today, and at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action “in spite of...”

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 42

DATE: _____

* If today is payday, divide your income into your designated jars or accounts.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Appreciation and Gratitude:

List at least 10 people/things you are grateful for in your life right now.

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 43

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$ _____**
3. **VAKS for current or short term desire.**
4. **Clarity of Intention:**

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. "I have a passive income of over \$10,000 per month."

Describe how you would feel if this intention was your reality.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 44

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Purpose for Money:

List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 45

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Visualization:

Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? What do you hear? What could you touch? What could you taste? What could you smell? How do you feel? To strengthen this exercise, you might want to write this description first and then go to the visualization.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 46

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Belief in Value:

Describe how you help people; the benefits your product, service or job has for others.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 47

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$ _____**
3. **VAKS for current or short term desire.**
4. **References for Ability and Deservedness:**

List 3 reasons why you believe you can be and deserve to be wealthy.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 48

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Act in Spite of...

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today, and at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 49

DATE: _____

* If today is payday, divide your income into your designated jars or accounts.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Appreciation and Gratitude:

List at least 10 people/things you are grateful for in your life right now.

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 50

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Clarity of Intention:

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. "I have a passive income of over \$10,000 per month."

Describe how you would feel if this intention was your reality.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 51

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$** _____
3. **VAKS for current or short term desire.**
4. **Purpose for Money:**

List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 52

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Visualization:

Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? What do you hear? What could you touch? What could you taste? What could you smell? How do you feel? To strengthen this exercise, you might want to write this description first and then go to the visualization.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 53

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Belief in Value:

Describe how you help people; the benefits your product, service or job has for others.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 54

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. References for Ability and Deservedness:

List 3 reasons why you believe you can be and deserve to be wealthy.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 55

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$ _____**
3. **VAKS for current or short term desire.**
4. **Act in Spite of...**

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today, and at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 56

DATE: _____

* If today is payday, divide your income into your designated jars or accounts.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Appreciation and Gratitude:

List at least 10 people/things you are grateful for in your life right now.

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 57

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Clarity of Intention:

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. “I have a passive income of over \$10,000 per month.”

Describe how you would feel if this intention was your reality.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 58

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Purpose for Money:

List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 59

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$** _____
3. **VAKS for current or short term desire.**
4. **Visualization:**

Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? What do you hear? What could you touch? What could you taste? What could you smell? How do you feel? To strengthen this exercise, you might want to write this description first and then go to the visualization.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 60

DATE: _____

- * Remove your “play” money from its jar and make plans to nurture yourself with it, this week.
- * Mark your progress on your Financial Freedom Account “Tracking Chart”.
- * Move your “financial freedom” funds from your jar to an interest bearing investment account.

1. **Attitudes of Wealth Declarations**

2. **Deposit to FFA \$** _____

3. **VAKS for supportive belief around money and wealth** (opposite of primary non-supportive belief).

4. **Belief in Value:**

Describe how you help people; the benefits your product, service or job has for others.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 61

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. References for Ability and Deservedness:

List 3 reasons why you believe you can be and deserve to be wealthy.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 62

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Act in Spite of...

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today, and at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 63

DATE: _____

* If today is payday, divide your income into your designated jars or accounts.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for current or short term desire.

4. Appreciation and Gratitude:

List at least 10 people/things you are grateful for in your life right now.

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 64

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Clarity of Intention:

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. "I have a passive income of over \$10,000 per month."

Describe how you would feel if this intention was your reality.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 65

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Purpose for Money:

List 5-10 specific and important things for which you want more money.

Choose one item and describe why it’s important to you and how it would make you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 66

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Visualization:

Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? What do you hear? What could you touch? What could you taste? What could you smell? How do you feel? To strengthen this exercise, you might want to write this description first and then go to the visualization.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 67

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$** _____
3. **VAKS for current or short term desire.**
4. **Belief in Value:**

Describe how you help people; the benefits your product, service or job has for others.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 68

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. References for Ability and Deservedness:

List 3 reasons why you believe you can be and deserve to be wealthy.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 69

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Act in Spite of...

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today, and at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action “in spite of...”

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 70

DATE: _____

* If today is payday, divide your income into your designated jars or accounts.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Appreciation and Gratitude:

List at least 10 people/things you are grateful for in your life right now.

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 71

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$ _____**
3. **VAKS for current or short term desire.**
4. **Clarity of Intention:**

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. "I have a passive income of over \$10,000 per month."

Describe how you would feel if this intention was your reality.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 72

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Purpose for Money:

List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 73

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Visualization:

Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? What do you hear? What could you touch? What could you taste? What could you smell? How do you feel? To strengthen this exercise, you might want to write this description first and then go to the visualization.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 74

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Belief in Value:

Describe how you help people; the benefits your product, service or job has for others.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 75

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$ _____**
3. **VAKS for current or short term desire.**
4. **References for Ability and Deservedness:**

List 3 reasons why you believe you can be and deserve to be wealthy.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 76

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Act in Spite of...

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today, and at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 77

DATE: _____

* If today is payday, divide your income into your designated jars or accounts.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Appreciation and Gratitude:

List at least 10 people/things you are grateful for in your life right now.

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 78

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Clarity of Intention:

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. "I have a passive income of over \$10,000 per month."

Describe how you would feel if this intention was your reality.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 79

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$** _____
3. **VAKS for current or short term desire.**
4. **Purpose for Money:**

List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 80

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Visualization:

Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? What do you hear? What could you touch? What could you taste? What could you smell? How do you feel? To strengthen this exercise, you might want to write this description first and then go to the visualization.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 81

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Belief in Value:

Describe how you help people; the benefits your product, service or job has for others.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 82

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. References for Ability and Deservedness:

List 3 reasons why you believe you can be and deserve to be wealthy.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 83

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$ _____**
3. **VAKS for current or short term desire.**
4. **Act in Spite of...**

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today, and at the end of the day, describe the feelings you felt in completing the action and/or how you feel you've grown by taking action "in spite of..."

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 84

DATE: _____

* If today is payday, divide your income into your designated jars or accounts.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Appreciation and Gratitude:

List at least 10 people/things you are grateful for in your life right now.

Choose one item/person and describe “why” you are grateful for this. Describe how it makes you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 85

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. Clarity of Intention:

Write the actual amount of money or wealth you intend to create in the form of a declaration. Then read it aloud at least 3 times slowly.

i.e. “I have a passive income of over \$10,000 per month.”

Describe how you would feel if this intention was your reality.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 86

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Purpose for Money:

List 5-10 specific and important things for which you want more money.

Choose one item and describe why it's important to you and how it would make you feel.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 87

DATE: _____

1. **Attitudes of Wealth Declarations**
2. **Deposit to FFA \$ _____**
3. **VAKS for current or short term desire.**
4. **Visualization:**

Take 1 minute and visualize yourself being financially free. Look all around you, what do you see? What do you hear? What could you touch? What could you taste? What could you smell? How do you feel? To strengthen this exercise, you might want to write this description first and then go to the visualization.

5. **Acknowledge your successes.**

List at least 5 successes you enjoyed today.

DAY 88

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for supportive belief around money and wealth (opposite of primary non-supportive belief).

4. Belief in Value:

Describe how you help people; the benefits your product, service or job has for others.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 89

DATE: _____

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Financial Freedom. “I am financially free.”

4. References for Ability and Deservedness:

List 3 reasons why you believe you can be and deserve to be wealthy.

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

DAY 90

DATE: _____

- * Remove your “play” money from its jar and make plans to nurture yourself with it, this week.
- * Mark your progress on your Financial Freedom Account “Tracking Chart”.
- * Move your “financial freedom” funds from your jar to an interest bearing investment account.

1. Attitudes of Wealth Declarations

2. Deposit to FFA \$ _____

3. VAKS for Big Dream.

4. Act in Spite of...

Choose an action that challenges you and moves you forward. Take that action today, in spite of any negative feelings or what your mind may tell you.

Write down the action you will take today, and at the end of the day, describe the feelings you felt in completing the action and/or how you feel you’ve grown by taking action “in spite of...”

5. Acknowledge your successes.

List at least 5 successes you enjoyed today.

Day 91 and Beyond

Congratulations! You have successfully completed the “Millionaire Mind” 90 Day Wealth Conditioning Program. If you have done the exercises on a daily basis, there is no doubt you will have ingrained several positive new habits and ways of thinking and being into your life. Chances are you are happier, more peaceful and have already experienced significant results financially. This could be in the form of new opportunities, an increase in income, enhanced productivity, money management and funds coming in from unexpected sources.

The key now is to keep it up! Remember, the only difference between rich people and poor people is that rich people have better financial habits and more empowering ways of thinking about money and wealth. By completing the program, you now have a good start on both. But the game isn’t over until you are financially free. Therefore, it is imperative that you continue with the same habits and even the exercises until you have reached your goal.

To facilitate your process you may want to order another workbook. Otherwise, you can simply use blank sheets of paper and attempt to do it on your own.

Meanwhile, as you already know, it is important to acknowledge your progress and successes. It is also important that you consolidate your learning. Take a few moments to do the “completion exercise.” This will give you the momentum necessary to continue forward. Once again, congratulations and please let us know your results.

For Your Freedom,

T. Harv Eker

Completing Your 90 Day Program

Over the past 90 days or the duration of the program...

1. Describe your financial progress in terms of income, savings, investing, your job or business and managing your money.
2. Describe your progress in terms of opportunities that came your way or previous ones you now decided to take advantage of.
3. Describe your progress in terms of enjoying your “play” money.
4. Describe your progress in terms of “how you feel about yourself.”

5. Describe your progress in terms of “how you feel about life.”

6. Describe your progress in terms of “how you feel about others and the universe.”

7. What did you learn about yourself?

8. What will you do now to keep your momentum?

Well done! Give yourself a pat on the back, empty that “play” jar and GO REWARD YOURSELF. You deserve it!

Notes

Comment Form

We believe the “Millionaire Mind” Wealth Conditioning Program can truly enhance people’s lives. We would love to hear about your progress, success, or any comments you may have that might improve the program. Please complete this comment form and fax, mail, or e-mail us. Hopefully it’s all right with you if we use your statements for marketing purposes. If not, simply tell us otherwise.

Thank you.

Peak Potentials Training

1651 Welch Street North Vancouver, BC V7P 3G9 Canada

Phone: (604) 983-3344 Fax: (604) 983-3564 Email: details@peakpotentials.com

Website: www.peakpotentials.com

For further information on
Peak Potentials products and courses call:

(604) 983-3344

or visit our websites at:

www.peakpotentials.com

www.millionairemind.com

Peak Potentials Training

1651 Welch Street
North Vancouver, BC V7P 3G9
Canada

Phone: (604) 983-3344

Fax: (604) 983-3564

Email: details@peakpotentials.com

Website: www.peakpotentials.com
