



# THE MONEY WORKBOOK

Write Your Way to Wealth

BY DONNESHIA MARRS

# The money Workbook

## **What is your relationship with money?**

Write it down in as much detail as possible. How do you feel about it. What are your thoughts, fears, ideas, emotions, feelings. And also write what you were taught about money. How were you raised with money from a young age.

## **What fears do you have surrounding money?**

Do you feel like money is hard to get? Do you believe there is not enough to go around?

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**Where do these fears come from?**

Did these fears come from your upbringing?

**Do you feel worthy of large sums of money? Why or Why not?**

**Do you feel worthy and deserving money?**

**What beliefs or fears do I hold about money that might be limiting my financial abundance and prosperity?**

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Were you told you cant afford things growing up? Does you partner worry about money which causes you to worry about ?

**Do you feel like you can let these beliefs go?**

**Write out 7 new beliefs you can starting working on to attract more money?**

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## Money Manifest Affirmation

Saying positive affirmation every day will help you overcome any negative thought and limiting beliefs you have surrounding money. The brain is very powerful because your thoughts become your reality. Say at least 3 of these affirmations every single day to train your brain... This is very powerful.

- **Money come to easily**
- **I am a money magnet**
- **I naturally attract good fortune**
- **I am creating constant wealth and abundance**
- **I deserve to be paid for my time, skills and my talents**
- **I am grateful for the wealth I have now and the wealth coming to me**
- **I am able to check my bank account without anxiety**
- **I am a wealth entrepreneur**
- **I am rich**
- **I am a good luck generator**
- **I always receive what i want or better**
- **I am so happy and grateful money flows to me with ease**
- **I am finically free**
- **I attract money and prosperity with ease**
- **I am worthy of having large sums of money**
- **making money is easy**
- **My income increase every day**
- **I am a powerful money magnet**
- **I love money and money loves me**
- **making money is easy**
- **I am blessed**
- **I am excited about receiving more money**
- **I welcome an unlimited supply of money into my life**
- **Money is attracted to me**
- **My bank balance increases every day**
- **Money come to me in expected unexpected ways**
- **I am a millionaire**
- **My bank account is in a overflow**
- **I am deserving of abundance in my life**

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## The 3/6/9 Method

The 3-6-9 method is a way to manifest something you want through written affirmations. You write the same affirmation 3 times in the morning right when you wake up, 6 times in the afternoon, and 9 times at night for 33 days straight.

This method combines theories derived from Nikola Tesla and Abraham-Hicks. Tesla was a famous inventor who believed that the numbers 3, 6, and 9 were divine numbers. He felt these numbers held great meaning in nature, humans, and the universe.

You will write an affirmation that is 17 seconds long, or about 2 sentences. The teachings of Abraham-Hicks shares that it is very powerful to have your brain focusing on that thought for 17 seconds. You want to sit in the energy of your thoughts so you can align even more with that energy.

### *Writing your manifestation*

When writing your manifestation, start with gratitude, add in the emotions/things your desired outcome will provide, and end it with "into my life"

i.e. I am so thankful to the universe for aligning my energy to attract \$20,000 into my bank account and giving me financial security, excitement, and happiness in my life.

### *Things to Remember*

You can't just want your manifestation to come true, you have to believe it will come true and that it is only a matter of when. You should be focusing on how you will feel when your manifestation comes true. Imagine how you will feel when that 20k hits your accounts so you can align with that energy.

Stay consistent with writing your manifestation for it to actually come true. If you are constantly doubting or worrying that your manifestation will come true, it won't! You need to match your energy to what you seek to attract. If you are experiencing a lot of self-doubt, try starting over with a goal that is more realistic to you. For instance, manifest 5k instead of 20k.

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## 3/6/9/Manifestation

Write the same manifestations 3 times in the morning, 6 times in the afternoon and 9 times at night

Morning

Afternoon

Night

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## 5x55 Method

The 5x55 manifestation technique is a popular method used to amplify the power of intention and manifest desired outcomes by harnessing the repetition of affirmations. Here's a detailed explanation of how it works:

The 5x55 technique involves writing down a specific affirmation 55 times for five consecutive days. The number "5" represents the repetition of the affirmation, while "55" refers to the total number of times the affirmation is written over the course of the practice.

Start by selecting a specific affirmation that reflects the desired outcome or reality you want to manifest. The affirmation should be stated in the present tense, as if it's already happening, and be positively framed. For example, if you want to manifest financial abundance, your affirmation could be: "I am attracting unlimited abundance and prosperity into my life."

Before beginning the 5x55 practice, take a moment to set clear intentions for what you want to manifest. Visualize your desired outcome with clarity and focus, and infuse your affirmation with genuine emotion and belief.

Each day, set aside a dedicated time and space for your 5x55 practice. Write down your chosen affirmation 55 times in a notebook or journal, focusing on each word and repeating it with intention and conviction. You can write the affirmation by hand or type it out, whichever feels more comfortable for you.

The repetition of the affirmation helps to imprint it into your subconscious mind and reinforce the belief that your desired outcome is already happening. By writing the affirmation repeatedly over five days, you're consistently programming your subconscious with the desired reality, making it more likely to manifest in your life.

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## **5x55 Method**

**After completing the 5x55 practice, release any attachment to the outcome and surrender to the universe's timing and process. Trust that your intentions have been heard and that the manifestation is unfolding according to divine timing and alignment.**

**While the 5x55 technique is a powerful tool for manifestation, it's essential to complement it with inspired action and alignment with your goals. Take practical steps towards your desires, remain open to opportunities, and follow your intuition as you navigate the manifestation process.**

# **5X55**

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Handwriting practice lines consisting of 20 horizontal dotted lines.

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## MONEY MANIFESTING EXERCISE VISUALIZATION

Now that you have some clarity on your money mindset, let's try an exercise to tap into the energy of money, and get into a state of receiving.

1. For this visualization, close your eyes, and sit in the feeling of having more than enough money. More than you could ever spend. (This should feel good, and should not feel like something you have to force or try to do. If you notice feelings like that coming up, take a break and come back to this exercise later)
2. Fully and deeply feel this feeling as much as possible, using all of your senses (smell, touch, taste, feel, etc.). Really living in it and having a deep knowing that it's yours and it's certain.
3. Once you feel that you have experienced and tapped into this energy of feeling it fully and knowing that it's yours without a doubt- say the following affirmation:  
“(Angels/God/Universe/Whatever higher power you believe in), work your magic. I am open and ready to receive immediate financial abundance.”
4. Let it go and be in the energy of receiving. The energy of receiving feels GOOD, and relaxed, and easy. Almost like you are leaning back and allowing it to be worked out for you.  
Let it go and EXPECT it to show up.

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## Checks From The Universe

Write out a check to yourself for the amount you wish to manifest. Imagine what you feel like when the money hits you bank account!

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Date \_\_\_\_\_ 20\_\_\_\_

PAY TO THE ORDER OF \_\_\_\_\_ \$

\_\_\_\_\_ DOLLARS 


For \_\_\_\_\_

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Date \_\_\_\_\_ 20\_\_\_\_

PAY TO THE ORDER OF \_\_\_\_\_ \$

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Let's plug in the manifestation Formula!

**THOUGHT + FEELINGS+ INSPIRED ACTION = MANIFESTION**

## THOUGHT:

(What do you want? If money was not an issue? If you had a magic wand and could wave it and make anything that want to appear, what would that be? ) It all starts with a thought.

Napoleon Hill once quoted: Whatever the mind can conceive and BELIEVE the mind can achieve. Now remember the only limitations are the ones you set up in your own mind or permit others to set up for you.

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## FEELINGS:

(What feeling can you infuse with that thought with?) How would you feel if you had that desire right now. Ex: Relief, Freedom, Excitement, Happy, Joyful.

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## INSPIRED ACTION:

Listen to your intuition. This may not come right away, but trust me it always come. Notice what small instincts come up or where you feel guided. Let this come naturally! This is supposed to feel good. If you feel any fear or doubt come up then that's not the right action to take.

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*Manifestaion*



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THOUGHT:

FEELINGS:

INSPIRED ACTION:

MANIFESTAION:

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## LEADERS ARE READERS

These are some books I recommend you read the following books:

**Think and Grow Rich By: Napoleon Hill**

**The Power of Positive Thinking By: Norman Peale**

**The Untethered Soul By Michael A Singer**

**The Science of Getting Rich By: Wallace Watles  
It works By: RHJ**

**The Awesome Science of Luck By: Peter Ragnar**

