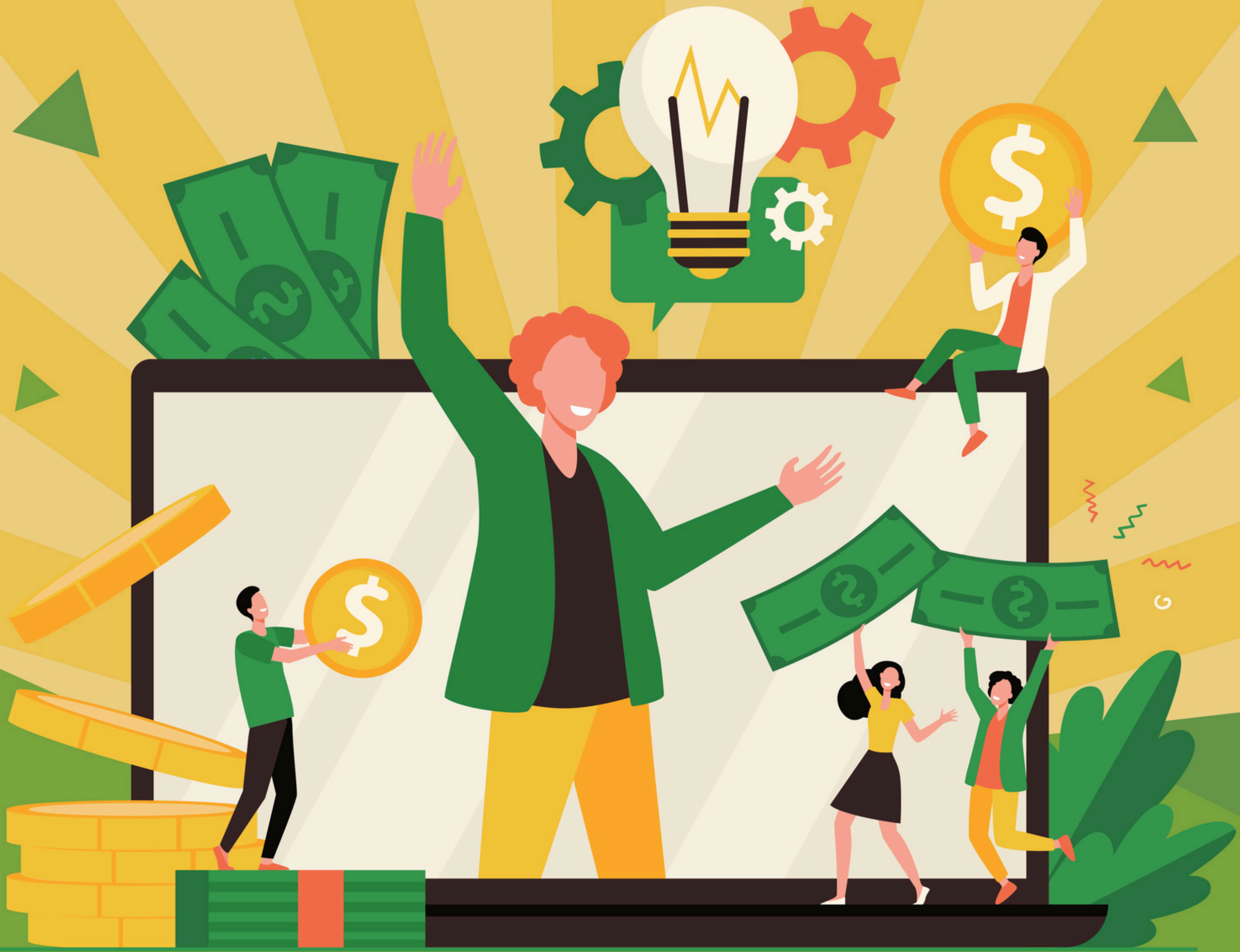
E-BOOK !

By Nehaa Goyal



MONEY MANUAL

How to improve your relationship with money

YOUR MONEY STORY AND HOW IT SHAPES YOUR WEALTH

Dear Friend,

As you can see, I have made this manual for you.
Why have I done this? Actually there are 2 reasons:

1. Your relationship with money decides how you're going to have(or not have) money in your life.
2. I want to tell you that a good relationship with money can attract abundance into your life!

You see...
Money is deeply connected with our emotions, beliefs, and self-worth.
The way you handle money often reflects how you view yourself and your potential.

This ebook talks about how healing your relationship with yourself can lead to better financial conditions, how money responds to our energy and practical tips to have an abundance mindset!

Ready?
Let's move on.

CHAPTER 1: MONEY REFLECTS YOUR RELATIONSHIP WITH YOURSELF

Money is deeply connected to how you view and treat yourself.
It's Simple If you don't value yourself and always put others first there's a high possibility your relationship with money will be the same.

And the best part is - for most people having no self worth is Normal. And its not even their fault!

I'll tell you why...

You see...
Your approach to handling money is often shaped by your relationship with your parents during your early years.

For Example: If you were raised in an environment that encouraged responsibility and confidence, you might have a healthy relationship with money... Conversely, if you grew up feeling insecure or unworthy, these feelings might manifest in your financial life.

Your sense of self-worth plays a crucial role in attracting and managing money. **If you don't value yourself, growing your wealth can be a challenge.**

CHAPTER 1: MONEY REFLECTS YOUR RELATIONSHIP WITH YOURSELF

By healing your relationship with yourself, you can improve your financial situation.

Here is my #1 Tip to heal your relationship with yourself:

1. Positive self-talk and self-care - Start by accepting yourself as you are and practiciing positive self-talk as well as focusing on self-care (journalling, exercising, mediation, skincare, body, haircare) whatever makes you happy start doing that for yourself.

These can directly influence your financial decisions.

1. Reflect on how your parents spoke about money – whether they displayed fear or confidence – as this can affect your financial habits today.

Remember, you are not confined to your parents' money mindset; you have the power to change it. Investing in yourself, such as learning new skills, can boost both your self-worth and your income.

Ultimately, money is a tool, and the way you use it reflects your inner beliefs about yourself.

CHAPTER 2: MONEY LIKES TO CIRCULATE AND SERVE

Money thrives when it moves with purpose. Holding onto it out of fear can cause it to slip away while spending it wisely on investments or experiences can encourage its return.

What I mean is - Don't hold onto money out of fear just like a child it will find other reasons to slip away (the ones you won't be able to control) leaving you saying things like "if i knew i was gonna spend I would have spent on that!"

Money needs to circulate in order to grow, whether through investing, learning or enjoying life.
It's important to remember being responsible while spending money and being too scared to spend money are 2 different things.

To Recap:

- **The Flow of Money:** Like a river, money needs to circulate to remain healthy.
- **Spending with Purpose:** Invest in yourself and your future to keep the energy of money flowing positively.

CHAPTER 2: MONEY LIKES TO CIRCULATE AND SERVE

- **Action Tip:** Identify areas where you can invest in yourself – whether through learning, health, or enjoyment.

Here is a list of activities you should invest in:

1. Taking care of your mental health
2. Taking care of your physical health
3. Flowing happiness into your life
4. Travel and Experiences

CHAPTER 3: THE FUTURE YOU FOCUS ON BECOMES STRONGER

What you believe about your future has a significant impact on your financial reality!
83% of people have experienced that if you believe in scarcity you are more likely to experience it than the one who believes in abundance.

It's important to avoid getting caught up in negative economic predictions which can lead your mind to fear.

Similarly, When you focus on abundance, you attract it. Money responds to the energy you give it - You have the POWER to create the financial future you desire by focusing on what you can achieve.

Healthy Practices that Help You Shift into an Abundance Mindset

1. Practicing Gratitude
2. Giving money positive energy
3. Believing there's more than enough for everybody.

CHAPTER 3: THE FUTURE YOU FOCUS ON BECOMES STRONGER

4.Money Affirmations

Quick Pointers:

- **The Power of Belief:** Money is neutral and responds to the energy you project.
- **Avoiding Scarcity Thinking:** Steer clear of negative financial narratives and focus on opportunities, even in challenging times.
- **Action Tip:** Create a daily gratitude practice around money to shift your energy towards abundance.

Pro Tip - Start Getting These Things into practice as we speak to increase the guide’s impact by 3x!

CHAPTER 4: MONEY IS NEUTRAL AND UNBIASED

Money doesn’t care about your background or family history. It’s available to anyone willing to develop a healthy relationship with it.

Meaning you can come from a poor background and still become wealthy. Your financial past doesn’t have to dictate your financial future.

Treat money with respect and love, and it will respond positively. Don’t let a negative family history hold you back – anyone can build wealth with the right mindset and actions.

Money isn’t loyal to your past; it’s all about what you do in the present and future.

You have to focus on building a positive relationship with money now, regardless of your background.

- **Breaking Family Money Patterns:** You are not confined by your parents' financial habits or history.

CHAPTER 4: MONEY IS NEUTRAL AND UNBIASED

- **A New Relationship with Money:** Treat money with respect and love, focusing on the present and future, rather than the past.
- **Action Tip:** Release any feelings of guilt or shame associated with money. Create affirmations that reflect a new, empowering relationship with money.

Here is a List Of Affirmations You Should Say For 10 Minutes Everyday while looking at yourself in the mirror!

1. "I am worthy of financial abundance, and I attract wealth effortlessly."
2. "Money flows to me easily and frequently, supporting my highest good."
3. "I am a powerful creator of wealth, and I use money to create positive change in my life and others'."

CHAPTER 4: MONEY IS NEUTRAL AND UNBIASED

4."I trust that the universe provides me with endless opportunities for prosperity."
5."I manage my money with confidence, and it grows consistently."
6."My financial success is a reflection of my self-worth and belief in abundance."
7."I release any limiting beliefs about money and welcome financial freedom."
8."I am open to receiving unlimited wealth and financial success."
9."Every day, I attract more money and new avenues for growth."
10."I use money as a tool to enhance my life and the lives of others."

CHAPTER 5: ABUNDANCE IS INFINITE

There is an endless supply of money in this world. Else how do you explain all the super-rich people who went from 0 ➡ Trillions in Literally a few years?

I'll tell you the reason:
They Believe in Unlimited possibilities and as a result, they end up creating them. That's it really.
Think of money as something that can flow freely to anyone who believes in its potential.

All you need to do then is focus on your own financial growth and know that the world is full of opportunities to create wealth.

Abundance is your birthright and It's Infinite.

- **The Ocean of Abundance:** Money is like water in an infinite ocean, available to anyone who believes in its abundance.

Action Tip: Identify limiting beliefs that make you feel there isn't enough to go around. Shift them by acknowledging the endless opportunities available.

CHAPTER 6: CREATE YOUR OWN PATH TO WEALTH

The path to wealth is yours to create.
Take the example of Dhirubhai Ambani Who created his own path to immense wealth by believing in his ability to achieve to greatness.

Did you know what contributed to the creation of this path?
Crucial Things Like

1. Self Worth
2. Knowing you deserve this
3. Being Capable
4. Confidence
5. Believing in abundance

Think of yourself as the creator of your financial destiny, and the more you dig your riverbed, the more water (wealth) will flow into it.

- **Carving Your Riverbed to Abundance:** You are responsible for building the mindset and actions that attract wealth.

Action Tip: Set specific financial goals and outline actionable steps to achieve them. Believe in your worth and ability to create wealth.

CHAPTER 7: MONEY DOESN'T DEFINE YOUR WORTH

You Can Measure your money but you can never measure your worth.
Simply meaning if you equate your self-worth with your bank account you're more likely to feel frustrated and unfulfilled.

Having a low bank balance DOES NOT MEAN that you are worthless.

Trust me when I say this - The real issue isn't the amount of money you have it is the sense of self-support and confidence.

Your financial situation doesn't determine your value as a person.

When you get the gist of this it's simply - The more you value yourself, the more wealth you'll attract.
Don't let a low bank account make you feel less important, as money is a tool and not a measure of your value.

Improve your relationship with yourself, and your financial situation will improve too.

CHAPTER 7: MONEY DOESN'T DEFINE YOUR WORTH

Action Tip: Engage in self-care practices that strengthen your self-worth, separate from financial success.

Self-Care Practices You Can Check Off ➡

- Daily affirmations
- Mindfulness meditation
- Journaling
- Exercise
- Set boundaries
- Creative activities
- Connect with nature
- Nurture relationships
- Celebrate wins
- Practice gratitude

CHAPTER 8: "I DON'T KNOW HOW TO MANAGE MONEY" IS NO LONGER AN EXCUSE

With the wealth of information available today, there is no reason to remain financially illiterate. Take responsibility for your financial education.
The internet is literally filled with resources from budgeting tools to financial planning guides leaving no room for your excuses.

It's really up to you to seek them out and apply them to your financial life.

The support you need is just a click away, so take the first step toward financial empowerment and start learning today.

Action Tip – Start small by reading books, watching videos, or enrolling in online courses on budgeting, saving, and investing.

CHAPTER 9: MONEY RESPONDS TO US, SO RESPOND TO IT RESPONSIBLY

How you handle money reflects how seriously you take your financial well-being.
When we ignore clear signs or neglect our financial well-being, it’s only a matter of time before we experience a drain on our resources.
This principle applies to various aspects of life, whether it’s staying in a relationship longer than we should or overtrusting someone despite seeing warning signs.

Show up for yourself by making informed decisions, addressing issues as they arise, and staying attuned to your money.
By being proactive and mindful, you can avoid unnecessary losses and build a stronger financial foundation.
Your money will reflect the care and responsibility you show it, so make sure your actions align with the financial outcomes you desire

CHAPTER 9: MONEY RESPONDS TO US, SO RESPOND TO IT RESPONSIBLY

- **Taking Responsibility for Your Money:** Money mirrors the attention and care you give it. When you neglect it, you lose it.

Action Tip: Review your finances regularly, set realistic goals, and make informed decisions to maintain financial health.

CASE STUDY – HOW SHAME AFFECTS ABUNDANCE

Shame can deeply influence your ability to attract abundance. In this case study, a client's sense of shame rooted in unmet familial expectations blocked their financial success.

Brief Case Study On The Cycle of Shame and How to Break It

Client: "I feel so ashamed of my career failure. I can't stop thinking about how I've let everyone down. It's like I'm stuck in a cycle of unworthiness and incapability."

Nehaa: "That sounds overwhelming. Let's explore this more. Have you experienced similar feelings of shame in your past or family?"

Unpacking the Roots of Shame

Client: "My parents had high expectations. If I didn't meet them, I felt their judgment, especially from my father. His harshness over mistakes stuck with me."

Nehaa: "It's important to recognize that this shame might be tied not only to your career setback but also to those early messages. How do you think your father's response shaped how you see yourself?"

CASE STUDY – HOW SHAME AFFECTS ABUNDANCE

Family Expectations and Pressure
Client: "My family was all about achievement and success, always aiming to be the best, with no room for mistakes."
Nehaa: "It seems like these high standards became part of your identity. Let's explore this further."

Somatic Awareness: Locating Shame in the Body
Nehaa: "Let's do a quick body scan to locate where you feel this shame. Can you describe any sensations?"
Client: "I feel it in my heart and back."
Nehaa: "What color, size, and texture do you associate with it?"
Client: "It feels like a large, heavy, dark weight—rough like coarse fabric."

Exploring the Purpose of Shame
Nehaa: "Let's ask this feeling of shame what it's protecting you from."
Client: "It's protecting me from my father's anger."
Nehaa: "What was his anger about, and how did it affect you?"
Client: "He always compared me to his successful nephew abroad, saying I wasn't measuring up."

CASE STUDY – HOW SHAME AFFECTS ABUNDANCE

Acknowledging the Impact of Parental Expectations
Nehaa: "Thank you for sharing that. It seems the comparisons and anger created a deep sense of shame that's been holding you back. How do you feel about addressing this?"
Client: "I feel relieved to understand it better, but I also see how it's affected me. I want to work on letting it go**."**

Building a New Self-Image
Nehaa: "That's a great step. We can start transforming this shame by acknowledging where it comes from, showing compassion to ourselves, and shifting our narrative. Your worth isn't tied to these comparisons or anyone's anger. Does that resonate with you?"
Client: "Yes, I'm ready to work on creating a healthier view of myself."

Moving Forward with Empowerment
Nehaa: "Excellent. We'll take this journey together, step by step, working through the shame and building a stronger, more empowering mindset. I'm here to support you."

FINAL THOUGHTS: BUILDING YOUR WEALTH MINDSET

Wealth begins with your mind and your relationship with yourself. By addressing limiting beliefs, taking responsibility for your financial life, and embracing an abundance mindset, you can create a fulfilling financial future.

This journey is not just about building wealth but about transforming your inner world to reflect the abundance available to you.

ABOUT NEHAA GOYAL ➡

Nehaa Goyal is an Empowerment Coach, Tarot Reader, the Only DNA astrologer in North India, and a Numerologist

In her 12+ Years of career, She has guided numerous people to Limitless Opportunities, showing the path to Break Negative Karmic patterns using Ancient tools and Divinities of
DNA Astrology, Tarot, Numerology, and Empowerment Coaching.

Nehaa also has one emotional regulation community and the "3% CLUB" where she shares daily empowerment affirmations providing a safe doubt-clearing space with individuals who are destined to be ahead in life.

If you're not a part of the community - Join With This Link

Yours Truly,
Nehaa Goyal

JOIN MY 1:1 SESSION