

ATTRACT **ABUNDANCE** NOW!

Rewire Your
Subconscious Mind,
Release Scarcity
and Attract
Financial Prosperity
in Only
5 Minutes a Day



Welcome!

If you are here, it means that deep down you KNOW that you are meant for MORE.

Perhaps you feel that there's something missing in your life – and even though you can't point your finger at what it could be, you can't seem to shake off this constant yearning in your heart…

Maybe you already know exactly what you want, but no matter how much work you put into making it a reality, it's still always out of your reach…

Or perhaps you have a good life, but you can't ignore the thoughts in the back of your head that keep telling you that you're *settling*…

Whatever it is you experience, I want to reassure you that right now you are in the right place.

It's NO coincidence that you're reading this. Because you're about to embark on a journey where you'll unlock new levels of abundance that you've never experienced before.

With the powerful help of affirmations, you'll release the real culprits of your current financial situation: scarcity mindset, limiting beliefs and negative programming about money…

And usher in a NEW stage of your life – where you can stop looking at price tags, support your family without working yourself to the ground, and check "impossible" wishes off your bucket list.

Say hello to a new chapter of unlimited abundance, financial freedom and endless possibilities!

How to Use This Guide

Affirmations are a simple, yet effective tool to let go of the limiting beliefs that block you from attracting your desires – in a free, convenient way.

All you need to incorporate this practice into your routine is a couple of minutes a day, or a pen and a journal if you want to try one of the alternative methods we're providing here.

If you've never used affirmations before, this guide is the perfect place to start…

And if you have used affirmations in the past, you're going to love what's coming up next!

You'll be able to choose from **50 different, powerful affirmations** to rewire your limiting beliefs – **plus 3 techniques to use them**, so you can supercharge your manifestation practice.

Ready?

Let's dive deeper into each of these 3 affirmation techniques, and empower you to make the most out of this transformative practice…

1. Speaking Abundance Into Existence



This is the most basic method to use affirmations, but don't let its simplicity fool you.

By ***voicing affirmations*** you shift your energy in an instant – disrupting old patterns and tapping into the frequency of wealth with *nothing other than your voice*.

To use this technique, set some time aside and read these affirmations aloud, multiple times, as part of your routine. You may choose one affirmation and repeat it or pick multiple ones.

While you say them, make sure to connect with the feeling of prosperity, and let the sensation of an "abundant you" well up in your heart, or your belly. Allow it to expand to each and every cell of your body.

Feel free to do this with your eyes opened or closed, or in front of a mirror – any way that feels right to you is the way to go.

At first, the affirmations may sound silly or downright false to you. That's completely normal, and it's part of the process of switching from a frequency of scarcity to one of abundance.

So even if it doesn't feel right in the beginning, keep going! Because underneath the surface, the affirmations are working on a deep subconscious level – and when you least expect it, you'll have released stubborn blocks and tapped into the abundance of the Universe.

Trust the process!

2. Rewiring Journaling



Another way to harness the power of these affirmations is through ***"rewiring journaling."***

This technique helps you harness the power of writing to rewire deep-rooted brain patterns, since it's an activity that automatically connects the two hemispheres of your brain – enhancing your brain's capacity to adopt new, empowering beliefs.

Choose one affirmation everyday, reflect on how this statement is true in your life and then journal the ideas that spark in your mind.

For example, if the affirmation states "Opportunities come to me easily", take a moment to journal on all the opportunities that have flowed into your life. It doesn't matter whether it was a "big" opportunity (such as getting a job interview for a dream position) or if it was "small" (such as manifesting a table at a packed restaurant).

As you connect both brain hemispheres through writing, and provide proof of your abundance to your mind, you are reprogramming it on a deep level to focus its attention on prosperity…

And manifest more of it!

3. Abundant Future You



A variation of the previous technique consists of journaling on how life will look like for the ***"abundant future you."***

Take each affirmation as a starting point to write down how this statement manifests in the reality of the ***future, more abundant you***. Be as detailed as possible when describing what you want to manifest, and write down how it makes you feel.

So if the affirmation you chose is "I have abundance in all areas of my life" then you'll write down how the "abundant future you" experiences this abundance: the house you live in, the income you generate, the vibrant health you enjoy, and so on.

If this feels too abstract, just think of all the things you desire to manifest in the future, and write them down as if they were already part of your reality.

Write all of these descriptions in present tense, and feel prosperity filling up your body.

This is your moment to daydream… so let yourself dream BIG!

Let’s Get Started!

These are 3 of the most powerful affirmation techniques to release blocks, get unstuck and tap into the frequency of abundance. You can use one of these methods, or a combination of all three. Or even come up with your own personalized practice – it’s okay to get creative!

Let your intuition guide you, and connect as much as possible with the frequency of abundance. Consistency is key. Just 5 minutes a day will shift your life far more than you might think is possible.

And most importantly, have fun with it!

Let the joy of a new, abundant YOU sink deep into your soul… and step into your day uplifted with this expansive energy!

I have a **great impact** on the world around me and **give freely** to every charity I love.

I love money, and money loves me.



Opportunities come to me easily.

I attract money
and the
good things
I can do with it.



I have
abundance
in all areas
of my life.



I am worthy
of
abundance
and
success.





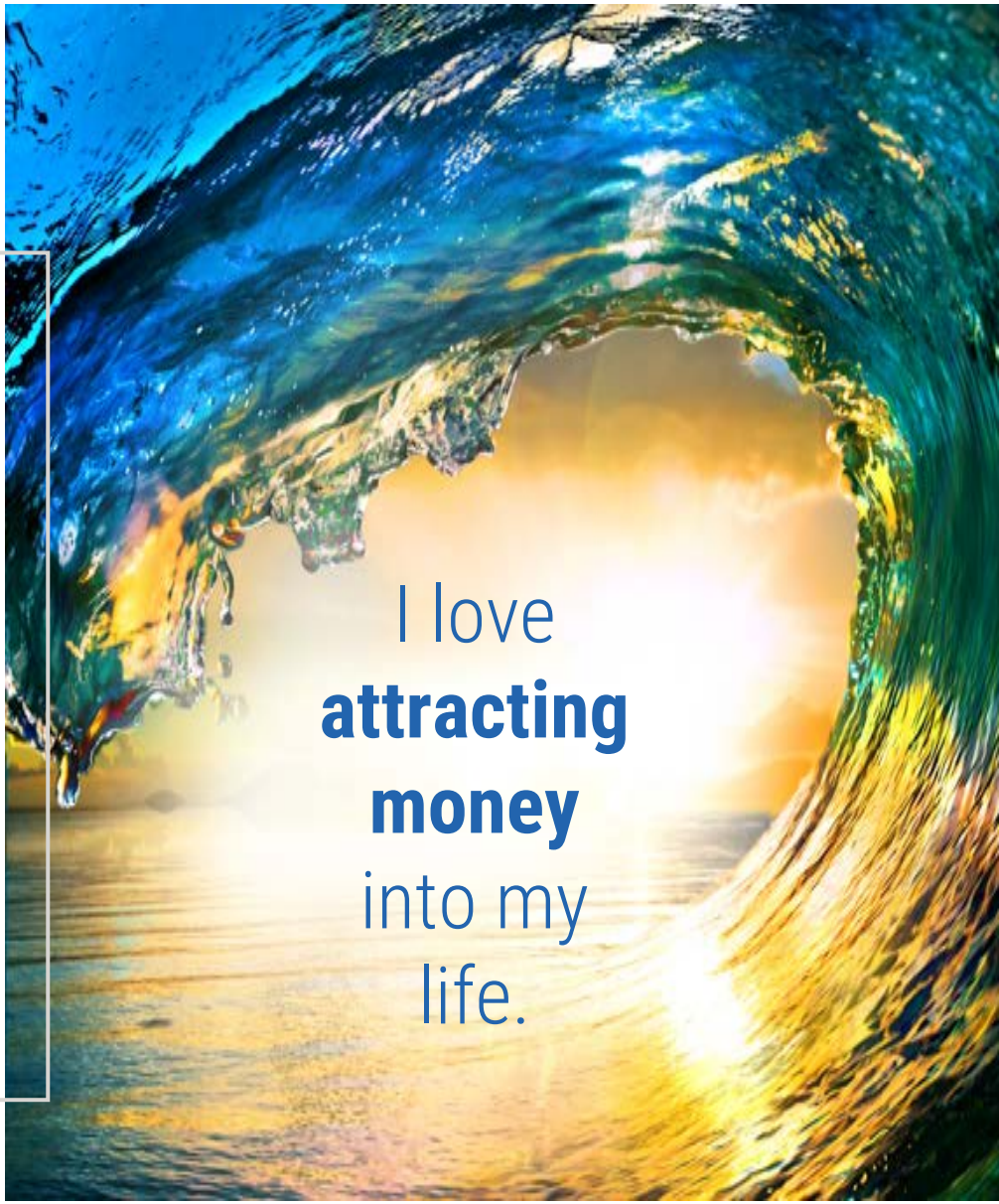
I create wealth
with every
thought, word
and deed.

I can buy
all of the things my
family wants or needs
with ease.

There is
more than enough
time and money
for me to do anything
I dream of.

I am grateful for all of the **financial blessings** in my life.

My bank account **increases every day.** My bank account is **overflowing**.





I attract great wealth
and I use it to improve my life
and the lives of others.

Everything
I desire
is on its way
to me.

I'm aligned with the energy
of money, and
welcome it freely.



I am wealthy
and filled
with joy and
gratitude
every day.

I'm grateful for
all the abundance
in my life,
and the abundance
that is
coming my way.



I am deserving of money, just by being who I am.

Money **takes care of me** and my family.

I give and receive money easily.
Money
returns to me
easily as well.

I believe
there is
more than
enough money
for everyone.



I am aligned
with the energy
of abundance.

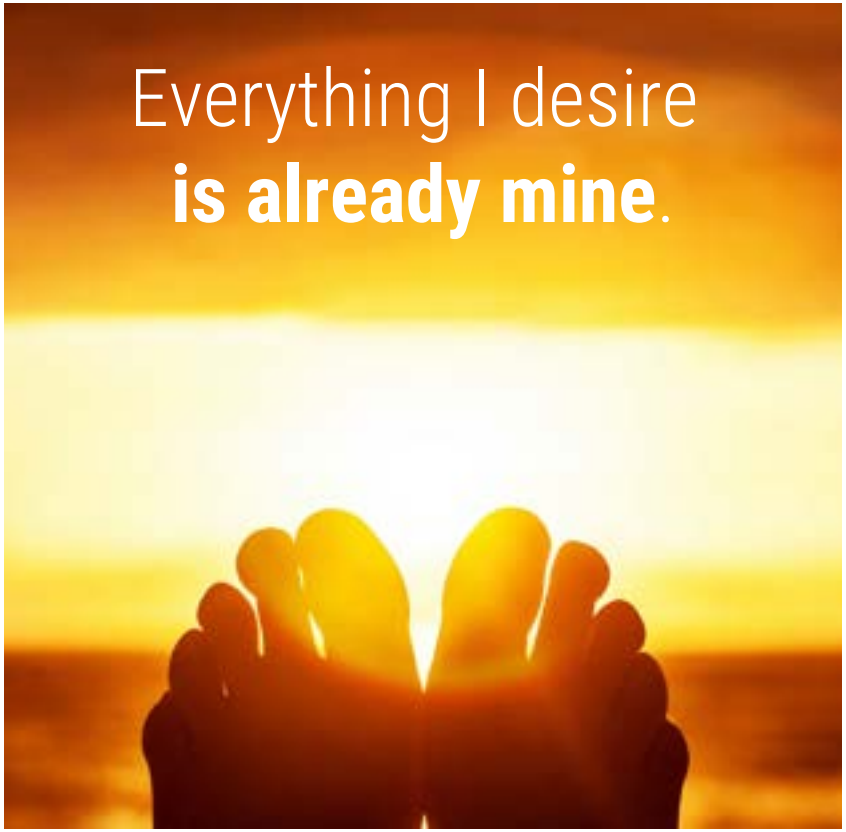
Money brings joy
into my life,
and the lives of the
people I love.

I am
financially free.



I appreciate all the gifts I enjoy in my life.
Every day brings new blessings.

I am grateful for my financial abundance and freedom.



Wealth comes to me just by **following my purpose**.

There is **more than enough** to go around.

My life is full and happy and I want for nothing.



Money empowers me to make the world a better place.



More money than I can ever spend pours into my bank account.



I live in the home of my dreams and have **more than enough money**.



Wealth is all around me and I easily obtain all I want and need.



All the paths of life are open to me, and I have infinite possibilities to manifest wealth, love and abundance.

I attract positive things and people in my life.

I deserve to be rich in every area of my life.

I am grateful for the **beautiful, effortless life I am living** and the abundance I enjoy.



I am rich.

I am worthy and deserving
of all the things
I would love
in my life.

I share my wealth with others
and my cup
always overflows.

I am a being of light and the Universe gives me **everything I desire**.



The Universe takes care of me **in every possible way**. I am provided for.

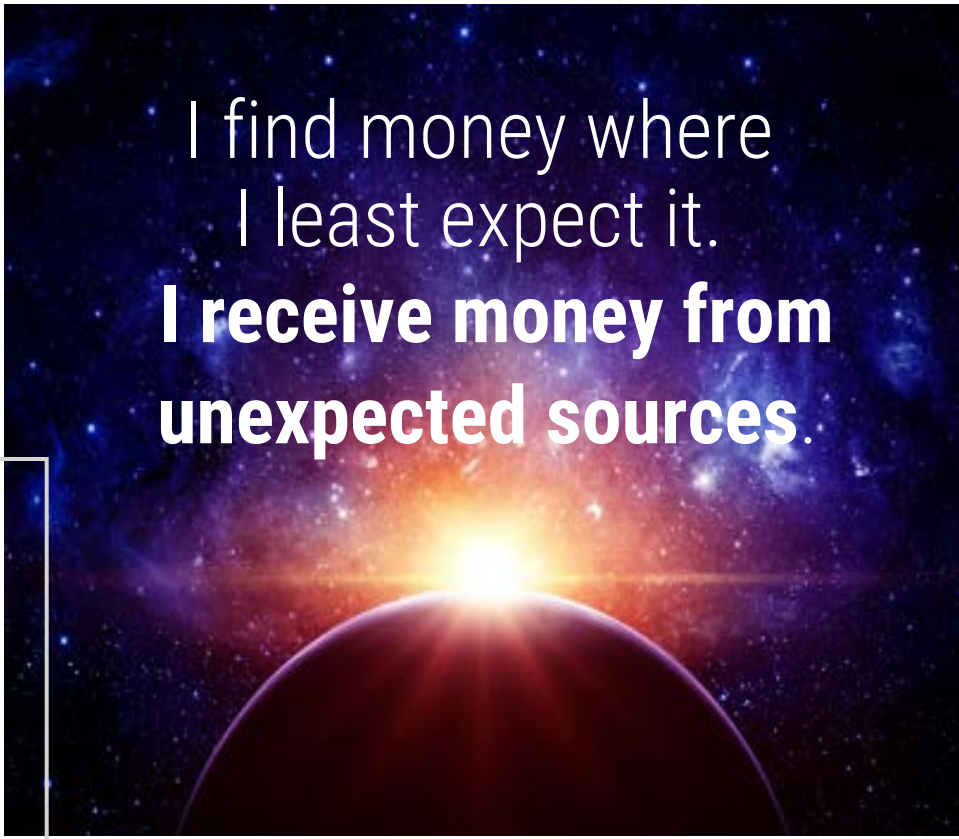


As I share my gifts with others, **I am rewarded with limitless abundance**.



Every time I spend money, **it returns to me multiplied**.

Money is everywhere, and it **comes to me easily**.



Your New, More Abundant Life Has Already Begun…

Congratulations on stepping onto a path of greater abundance!

Just by being here, reading through these affirmations, you're already on the path to greater prosperity. You're signaling the universe that you're serious about making your dreams come true.

After you incorporate a regular affirmations practice into your life, you'll soon notice how your mindset starts to shift, and how your limiting beliefs no longer hold such a tight grip on you…

As a result, your reality will change as well!

However, even though affirmations are incredibly effective at releasing your unconscious blocks, sometimes that's not enough to achieve your financial goals and unlock the abundance you desire.

Why is that? Simple…

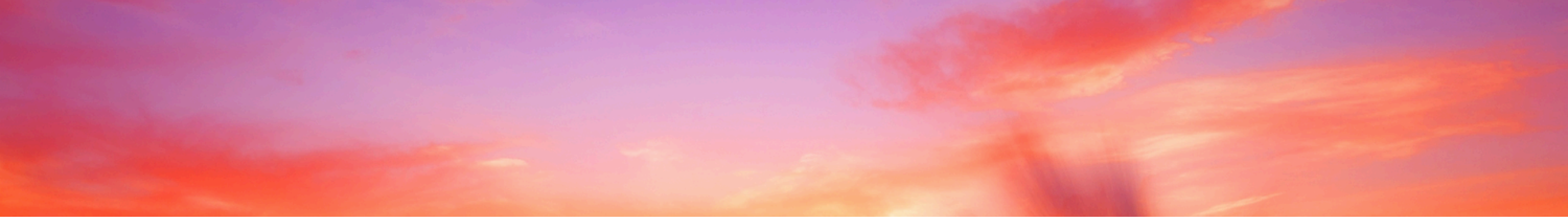
Shifting your limiting beliefs and reprogramming scarcity mindset is ONLY <u>Step One</u> in manifesting the unlimited prosperity you dream of.

In order to transform your life, you *also* need to **get clarity on your unique dreams, take spiritually *aligned* actions, and know how to avoid falling back into old patterns…**

Which can be challenging to try to do all alone, without the right strategies, guidance and proven methods to change your life.

(That's why most people fail to transform their lives, by the way… they try to figure it out on their own and become overwhelmed, quitting right before their BIG breakthrough!)

But you don't have to go at it alone.



If you want to take it one step further, and you're absolutely clear you want to embody your most abundant self and start living your best life, I have a special gift for you…

A FREE Strategy Session to help you find clarity and set you up for success.

This is a free call where I'll help you determine the right path for you and provide you with options that will support you in achieving your dreams faster than you ever imagined.

On the call I'll help you get clear on where you are in your journey, where you want to go, and the steps you can take to bridge the gap in between.

During the first part of our time together, I'll ask you questions to understand your current situation, your aspirations and dreams.

Next, I'll provide guidance about the options available to you to make your vision a reality.

You'll get personalized assistance in achieving your goals and if it's the right fit, you'll be presented with the opportunity to work with me at a higher level to manifest your ideal life.

Rest assured: this is a high-value call!

My goal is to empower you with clarity and tools that can move you along your journey – but you're 100% in control of the steps you decide to take.

Even if you choose not to work together, you'll still walk away feeling reinvigorated to pursue your dreams – with clarity about the next steps in your journey and empowered to take action *right away*.

Booking your Strategy Session is easy:

- When you click on the link below, you'll be taken to a short form where you'll be able to schedule your call.
- Fill in the form and pick a slot in my calendar that works for you.
- Once you do, you'll receive a confirmation email and you're all set up!

So, if you'd love to step into a new, wealthier you (without struggling in the process) this is the most life-changing step you can take right now…

Click the link below and I'll see you soon!

Book Your FREE Strategy Session Here



Lastly, I've included an affirmation page with three blank boxes for you to write three abundance affirmations that you would love to impress upon your mind on a daily basis.

Simply print out this last page and tape it to your bathroom mirror. This way you'll be sure to read your affirmations multiple times a day, impressing these powerful ideas into your subconscious mind.

Happy Manifesting!



About Kathleen Coleman

Kathleen Coleman is a highly sought-after success consultant, speaker and life coach who has inspired and helped thousands around the world start dreaming again – and then achieve those dreams.

As a certified Life Mastery Consultant with the Brave Thinking Institute – the premier training center for transformational coaching – Kathleen Coleman can help you create and live a life that echoes your soul's purpose.

Best known for her coaching, motivational and mentoring skills, Kathleen taps into her ability to serve as a catalyst, propelling others to action. She is a results expert, helping people to move from a point of just hoping to a point of achieving the success they desire.

Her coaching methodology is based on a system backed by more than 50 years of research, application, and success. Kathleen helps clients live lives that align with their true North Star, causing them to grow as they honor their own longing and discontent.

Kathleen coaches a wide clientele. She helps them design their dreams, fast track breakthrough results and create richer, more empowering, meaningful, and fulfilling lives professionally and personally. Kathleen stands 100% committed to helping her clients live their true potential.



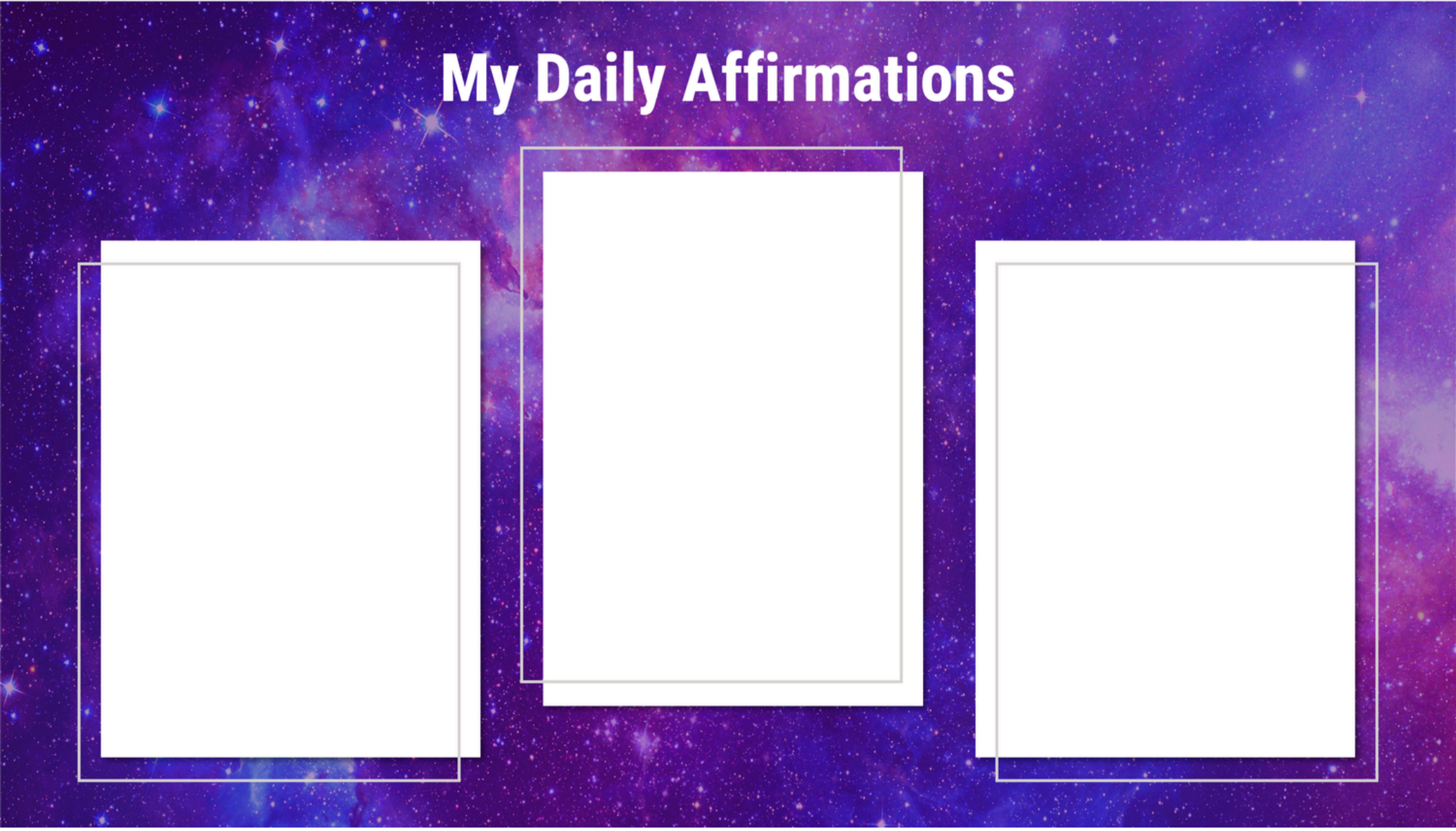
About Kathleen Coleman (continued)

As a firmly grounded, motivated, supportive visionary and coach, Kathleen offers transformational one-on-one coaching, group seminars and workshops that help clients reach new levels of success, meaning and aliveness.

If you're looking to increase clarity, live your potential, amplify confidence, and attain a higher level of success, Kathleen has a coaching program that is right for you.

> "Kathleen has a strong sense of intuition from which her poignant questions and guidance hit their mark in helping me create a vision for the life I love...

My Daily Affirmations



Kathleen Coleman • Certified Life Mastery Consultant

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