

WORKSHEET: 7 WAY TO MANIFEST MORE MONEY In YOUR LIFE And BUSINESS

**Presented By
Connie Ragen Green**



Connie Ragen Green - 7 Ways to Manifest More Money in Your Business

Use this Worksheet to find opportunities to manifest more money in your business.

Steps to take	Actions
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1. Write down all the things you want to do for your business that you frequently procrastinate about.
2. Check your list. Are there any items on there that you would like to take beyond wishes and turn into goals?
3. Use the Goal/Plan Mini Worksheet form in the right-hand column to brainstorm your top two wish-turned-goal final choices.

(You will find a larger, full page version you can use as a master at the end of this workbook.)

1. Identify your goals and make a plan for each.

G O A L	Who	
	What	
	Where	
	When	
	Why	
P L A N	HOW	

G O A L	Who	
	What	
	Where	
	When	
	Why	
P L A N	HOW	

Steps to take **Actions**

4. Make sure you have set deadlines in your plan.

- For each specific task or step
- For your final completion date

■ Identify your main motivators for your goal:

5. Start thinking about your financial “Story”. What excuses do you find yourself making for not moving financially ahead?

- Do you blame yourself... or someone else?
- Do you find yourself giving people the same excuse, when they pressure you to step out of your financial comfort zone?
- Are there stories/excuses you actually use on yourself?

(Remember: A big clue will be repetition—is this something you have said to yourself or others often? Is it your standard answer?)

■ Write down **repetitive thoughts** you often repeat to yourself about lack of money:

1. _____
2. _____
3. _____
4. _____
5. _____

■ Write down **repetitive actions** you take daily that bleed time and money from your business:

1. _____
2. _____
3. _____
4. _____
5. _____

Steps to take	Actions																
<p>6. Identify and write down your negative thoughts in the column below.</p> <table border="1"><thead><tr><th data-bbox="228 432 841 541">Negative Mantras or Self-Talk I repeat to myself</th></tr></thead><tbody><tr><td data-bbox="228 541 841 724"></td></tr><tr><td data-bbox="228 724 841 907"></td></tr><tr><td data-bbox="228 907 841 1089"></td></tr><tr><td data-bbox="228 1089 841 1272"></td></tr><tr><td data-bbox="228 1272 841 1455"></td></tr><tr><td data-bbox="228 1455 841 1638"></td></tr><tr><td data-bbox="228 1638 841 1810"></td></tr></tbody></table>	Negative Mantras or Self-Talk I repeat to myself								<p>1. Reframe your negative thoughts in the left-hand column into realism-based, positive and active thoughts, below.</p> <table border="1"><thead><tr><th data-bbox="894 432 1471 541">Reframed Thought</th></tr></thead><tbody><tr><td data-bbox="894 541 1471 724"></td></tr><tr><td data-bbox="894 724 1471 907"></td></tr><tr><td data-bbox="894 907 1471 1089"></td></tr><tr><td data-bbox="894 1089 1471 1272"></td></tr><tr><td data-bbox="894 1272 1471 1455"></td></tr><tr><td data-bbox="894 1455 1471 1638"></td></tr><tr><td data-bbox="894 1638 1471 1810"></td></tr></tbody></table>	Reframed Thought							
Negative Mantras or Self-Talk I repeat to myself																	
Reframed Thought																	

Steps to take	Actions
<p>7. Next, think of three things you are currently afraid to tackle. (The more relevant they are to your identified goal, the better.)</p> <p>Write them down, below:</p> <ul style="list-style-type: none">■ _____ _____ _____ _____ _____■ _____ _____ _____ _____ _____■ _____ _____ _____ _____ _____	<p>1. For each of your three fears identified in the left-hand column, ask yourself and answer the following questions:</p> <ul style="list-style-type: none">■ “Is this thought/belief realistic?”■ “Am I throwing up objections before exploring this properly?”■ “How can I reframe this thought more realistically?”■ “What’s the worst that can happen?”■ “So?”■ “What if...?” <p>2. Write down any resolution you have come to for any (or all) of these three fears:</p> <ul style="list-style-type: none">■ _____ _____ _____■ _____ _____ _____■ _____ _____ _____

Steps to take

Actions

8. Write out your old, familiar money story, below:

3. Write out a new money story, checking to make sure it's one you feel/are committed to believing from now on:

Old Story I No Longer Choose to Live by

My Money Story Today



Steps to take **Actions**

9. Identify where you have been using nickel-and-dime thinking, below:

A

B

C

D

4. What will you do differently from now on?

A

B

C

D

Steps to take	Actions
<p>10. Identify negative people who drain you. Write their names in the right-hand column; then decide how you will react differently from now on to each one.</p>	<p>Decide how you will react differently from now on to each one.</p>
<p>11. Use the following CHECKLIST:</p> <ul style="list-style-type: none">■ I have joined focused, positive Facebook Groups, Challenges or Membership sites■ I have researched and invested in the best coach for me—one that deals with the area I’m having the most trouble with■ I am using the best contractors my business level■ I have cut ties with toxic people—or plan to limit my contact with them, if cutting ties is not an option■ I have changed the way I respond to others■ I have acquired an accountability partner:<ul style="list-style-type: none">■ Coach■ Someone in a Group I belong to■ A reliable friend who cares■ A peer I trust	<hr/> <ul style="list-style-type: none">■ Cut ties with him/her■ Just say “no” when pestered to do something and REPEAT that “no”—without explanations■ Limit contact with him/her <hr/>
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Use this worksheet to thoroughly explore goals and plans in greater detail. PRINT OUT as many copies of this page as you need.

G O A L	What I want to do:	
	Who will it benefit?	
	Where?	(Online or physical location? Platform or website?)
	When?	Start date: __/__/2____ End/Launch date: __/__/2____
	My Big 'WHY'?	

P L A N	HOW	Steps to take:
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About the Author

Connie Ragen Green is a bestselling author, international speaker, and online marketing strategist who is dedicating her life to serving others as they build and grow successful and lucrative online businesses. Her background includes working as a classroom teacher for twenty years, while simultaneously working in real estate. In 2006 she left it all behind to come online, and the rest is history.

She makes her home in two cities in southern California; Santa Clarita in the desert and Santa Barbara at the beach. In addition to her writing and work online, Connie consults and strategizes with several major corporations and some non-profits, as well as volunteering with groups such as the international service organization Rotary, the Boys & Girls Clubs, the Benevolent Protective Order of Elks, the women's business organization Zonta, SEE International, and several other charitable groups.

As a recipient of the Merrill Hoffman Award, presented to Connie by the Santa Barbara Rotary Club, being honored with this award has strengthened her resolve to serve others around the world in any way she is able to by using her gifts, talents, and experiences in a positive and sincere manner.

Connie's [books on entrepreneurship and more](#) are at:

<http://ConnieRagenGreenBooks.com> - check out my most recent titles to see which is best for your goals. If you're not sure where to begin, email me at conniegreenhouse@yahoo.com and I will respond to your questions promptly.

