



MONEY **WORKBOOK**



Clear your money blocks and
manifest money with ease.

Inside this workbook you'll find my magic manifesting formula, visualization exercises, journal prompts, and more, all designed to help you change the way you manifest money

MKMAGICMINDSET.COM

Hi there

WELCOME TO THE WORKBOOK THAT EVERYONE IS TALKING ABOUT!

I'm Mary Kate, founder of MK Magic Mindset, and I approach manifestation a bit differently. With over a decade plus of expertise and practice in manifestation, meditation, and the Law of Attraction, I've developed systems and tools that get real and lasting results. To put it simply, I take the confusion out of manifesting, giving you the tools you need to get the results you want. I combine both the practical and spiritual elements necessary for manifestation using both brain based/science based/quantum physics based tools along with the frequencies and energetics.

My approach is extremely effective as you will see from my free trainings and meditations over on Youtube (just search 'Mary Kate Law of Attraction' on Youtube to get instant access to hundreds of free trainings and meditations). Just a special gift from me to you, because I want you to experience the magic of the power you have within. I am so excited to share this money workbook with you, and inside you will find my magic manifesting formula, visualization exercises, journal prompts, and more, all designed to help you change the way you manifest money. Tens of thousands of people have gone through this workbook with transformational results, and now it's your turn.

Xo, *Mary Kate*

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THE MONEY WORKBOOK

Feel free to write in the spaces below, or if you need additional space to write you can use a journal. I recommend answering each question as thoroughly as possible, seeing if there is anything deeper before moving on to the next question.

What is your relationship to money?

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

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What fears do you have surrounding money?

Where did those fears come from?

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Sometimes money blocks come in the form of self doubt and self worth.

Do you feel worthy and deserving of money? If not, why? Do you feel like you are the type of person who can earn a lot of money? If not, why?

List 10 reasons WHY you deserve and get to have wealth and abundance.

It's possible for other people, and plenty of other people have money- therefore you can too. What's possible for others is PROOF it's possible for you

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Sometimes you unconsciously absorb other peoples' money mindset. Were you told you couldn't afford things growing up? Does your significant other worry about money, causing you to worry too? Etc. Write down WHAT has influenced your money mindset.

(List whatever experiences, conversations, thoughts, situations- go deep on this one....)

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What programming or money thoughts that you've received from other people, can you let go of?

(Trust me, it no longer serves you.)

What are 5 new beliefs you can begin to start working on to attract more money?

You can use affirmations that cause an emotion within to create a new core belief about what is possible.

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How can you surrender more and release any fear or worry you have around money?

It's not about pretending it isn't there. It's about realizing your feelings are a choice and what you focus on is a choice. How can you regulate your feelings and emotions?

What is the ESSENCE (or feeling) that money would provide for you? What would it make you feel overall?

(Ex: relief, freedom, etc...)

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Write down 2 money goals for yourself.

1 goal that seems very easy and possible. And 1 goal that seems a little bigger and harder to manifest.

Goal 1:

Goal 2:

What is the difference between the first goal and the second goal?

Your subconscious doesn't understand the difference between these goals. There are no rules when it comes to manifest "big" things. How can you work through your beliefs so that you can manifest your Goal 2 just as easily as Goal 1?

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Let's plug it all into my magic manifesting formula!

THOUGHT + FEELING + INSPIRED ACTION = MANIFESTING!

THOUGHT:

(What do you want? Write down a money amount):

+

FEELING:

(What feeling can you infuse that thought with? Write down and describe how you would feel if you received that money amount)

+

INSPIRED ACTION:

DON'T RUSH THIS PART! Listen to your intuition This one might not come right away, but it always comes! Notice what small instincts come up or where you feel guided. What is an action you can take to get closer to getting that amount or MORE? Let this come to you naturally!

= MANIFESTING

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Now that you are more clear on your money mindset and have the steps, it's time to get creative and have some fun raising your vibration to start attracting money faster!

If you had \$1 million today in your account now, what would you do? What would you purchase? How would you feel? Do you notice any conflicting feelings coming up (ex: guilt/fear/self doubt)

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Now that you are more clear on your money mindset and have the steps, it's time to get creative and have some fun raising your vibration to start attracting money faster!

If you had a superpower to receive ANYTHING you wanted, how would you use this power. How would you help yourself, how would you help others, and the world?

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Now that you are more clear on your money mindset and have the steps, it's time to get creative and have some fun raising your vibration to start attracting money faster!

You have an endless supply of money. How would this affect your life? What would it provide for you and for others?



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.

And if you want to enhance this visualization with a meditation or a wealth subliminal to boost your results- just search "Mary Kate Money Series Playlist" on Youtube for a whole list of free money manifestation resources.

Ready to go even deeper?

Here are my world renowned manifestation programs, designed to get you specific results.

01

ABUNDANCE ACADEMY

My signature program where I show you how to automate your manifestation through rewiring your subconscious programming. This program will turn your manifesting on autopilot! Inside Abundance Academy, you will learn specific manifesting methods that work for you based on your learning type and you as an individual, you'll uncover the three pillars of manifesting, learn manifesting trouble shooting, preventing subconscious sabotage, how to program a specific part of your brain for manifestation, and so much more! I even share my exact 7 step manifestation process and how to tailor it to you! For more information visit mkmagicmindset.com/abundanceacademy.

02

CREATE

The monthly mindset and manifesting membership that includes a live Q+A with me every single month! CREATE is your on demand manifestation library filled with every tool you need to get the specific results you are looking for. There are over 56 meditations, training videos, workbooks, affirmations, mantras, and more- all organized into categories so you can get straight to the result or outcome you are looking for. It's like a gym membership for manifestation. Inside CREATE you not only get a live Q+A with me to ask me your questions, but you also have access to an entire private Facebook community for support, guidance, and questions! For more information visit mkmagicmindset.com/joincreate.

03

MANIFESTING ACTIVATION SYSTEM

Welcome to the revolutionary step by step system designed to activate the 6 powerful principles that make manifestation and the Law of Attraction work every single time. When you use these 6 principles, in this specific order, it creates an activation that allows your desire to happen in your reality. The Manifesting Activation System uses a combination of quantum physics, energy work, subconscious programming, and mindset work designed to clear resistance, shift your energy, and create new beliefs and expectations about what you get to have. This is perfect for you if you like to have an exact, proven process to follow. For more information visit mkmagicmindset.com/themas.

Congratulations!

ON COMPLETING THE MONEY WORKBOOK

Use this workbook anytime you feel that you are struggling to manifest money. This is your free resource to keep and use as often as you need!

By working through your beliefs, your programming surrounding money, raising your vibration, and feeling the freedom that money provides, you will start to manifest money at record speed!

Don't forget the magic formula:

Thought + Feeling + Inspired Action = Manifesting.

Be sure to access all of the free trainings and meditations that go along with this workbook over at youtube.com/marykate88! Or you can search "Mary Kate manifesting" on Youtube.

Connect With Me

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