

## Checklist to ensure you stay on track after reading this book

### Daily reminders

- ♥ Visualise your day how you want it every day in the morning & evening
- ♥ Look at your vision board every day and update it with new images regularly
- ♥ Use the money tracker to ensure your habits become unconscious competent
- ♥ Use the Healing Tree meditation or another form of meditation twice daily
- ♥ Maintain a daily focus on what is important to you
- ♥ Say to yourself at least ten things that you are grateful for today
- ♥ Look at your six main goals in the morning and evening
- ♥ Ensure you do at least 20 minutes of exercise

### Being attractive to the Universe

- ♥ Love, respect and accept yourself
- ♥ Take time for yourself and to relax
- ♥ Enjoy what you do
- ♥ Be naturally generous
- ♥ Be happy and positive most of the time
- ♥ Share your happiness with others
- ♥ Take responsibility and ensure your language is positive
- ♥ Compliment others and receive compliments easily
- ♥ Believe in yourself
- ♥ Relax regularly to let go of negative thoughts and to clear your mind

# Are You Wo£th it?

## Specific money behaviours

- ♥ You respect money by spending it wisely
- ♥ You value what you offer in return for money
- ♥ You respect money by knowing how much you have. Track debt too
- ♥ You can comfortably talk about money without feeling anxious
- ♥ You are tracking your money on a daily basis and what you receive
- ♥ You sleep well at night knowing that you are financially secure
- ♥ You make a clear intention when you want something
- ♥ You have clarity of what you desire in the future
- ♥ You stay on top of your clutter - in your home, office, car and garden
- ♥ You focus on helping others and serving them
- ♥ You appreciate the riches already in your life - friends, family, home, nature
- ♥ You love being inspired and taking action
- ♥ You take regular holidays and cut off from technology fully
- ♥ You are eating healthily every day and drinking at least eight glasses of water
- ♥ You are exercising at least 20 minutes a day
- ♥ You enjoy a healthy work/life balance