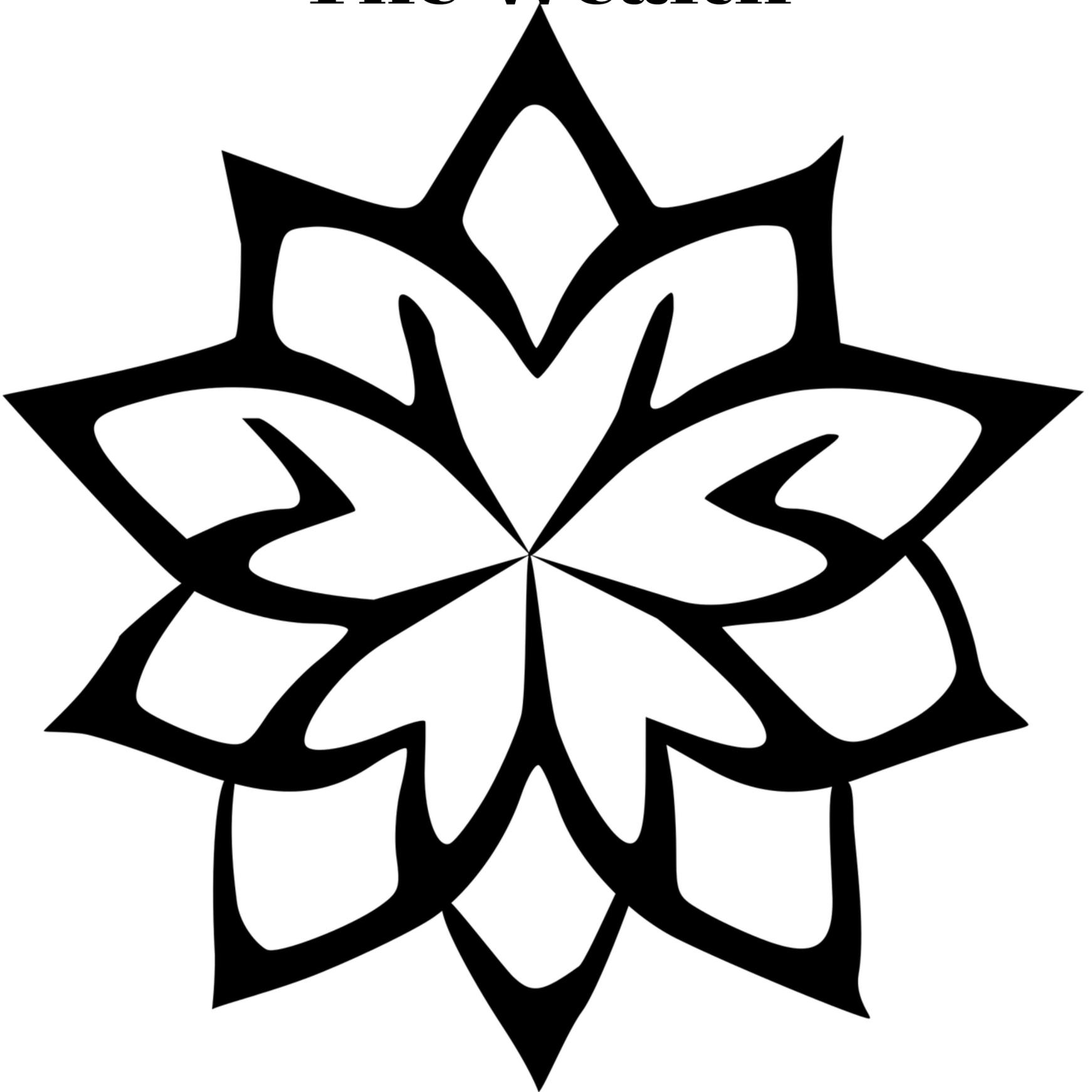


The Wealth



Workbook

Jillian Schleger

The Wealth Workbook

By Intuitive Coach Jillian Schleger

Creating Awareness Between Emotions, the Body, and Allowing Wealth Through Choice.

What goal do you want to actualize? _____

Find a goal that feels a little uncomfortable. _____

A goal that is just outside your zone of belief or confidence. Got it? _____

Visualize that you're acting out this goal.

How easy is it to visualize? _____

Turn 'up' this image as if you had a dial to increase the clarity.

How does it look now? _____

How does it feel? _____

When you turn the clarity up does it get more or less comfortable? _____

You want a goal that is SO big that it gets MORE uncomfortable when you turn it up. When you have this 10X or Next Level Goal check in with that.

Where in your body is this uncomfortable? _____

This discomfort is caused by emotional shadow aspects. Does it feel:

heavy sticky stuck anchored does it have roots

is it a rubber band

Does this Resistance belong to someone else? No Yes

Check the next page to see how strongly you resonate with the emotion attached to the resistance, as it relates to the trigger you have in your body.

Between 0 and 10 - how strong is this emotion? _____

Between 0 and 10 - how much of this emotion is blocking your goal from manifesting? _____

Are you ready to let that emotion go? _____

Use the dial and turn down the emotion. Does it decrease?

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Body Sync

Emotional Shadow Aspect

Blocks to Wealth

Migraine, tightness in head or disconnection

Invalidation or Spiritual Beliefs

"I Can't Be Wealthy and Spiritual"

Headache, band around head, eye or ear trouble

Concealed Truth

"It's Not Safe for Me to Manifest My Vision."

Tightness in jaw, neck pain, trouble finding words

Criticism

"I Shouldn't be Seen or Speak My Truth."

Shoulder pain, ache in chest, heavy arms

Unworthiness

"I Don't Deserve to Thrive, Prosper or Accept Wealth."

Band around diaphragm, high stomach in knots

Shame

"I Need Permission From an Outside Source to Accept My Wealth."

Pit in stomach, indigestion, uneasy feeling in gut

Guilt

"If I am Wealthy I'm Taking Too Much."

Sciatic pain, heavy legs, low back tightness or pain

Fear

"Engaging My Inner Wealth Would Separate Me too Much from My Tribe."

Flip your Blocks to wealth and write them in the positive to use as your Mantra.

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Check in with your goal now or step away from this exercise and come back to it after you move your body and drink some water.

How do you feel?

How is your alignment with your goal or desire?

If you resonate with this process and want to go deeper I'd love to guide you through my healing system to create a clear channel to your Wealth and Abundance.

Connect with me on my website www.jillianschleger.com

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3 Steps to Create Without Resistance

