

Live Your Fully

P R E M I È R

MODULE 5 TEMPLATE



Reflection Time

REVIEW OF MODULE 4

Did you take the time to complete Module 4 and answer the questions?

Did you allow yourself to complete the Daily Requirements?

How are you relating to yourself this week?

Reflection Time

REVIEW OF MODULE 4

What has begun to shift for you?

What do you now know about your Frenchie? Any patterns or themes showing up for you?

What relationship in your life are you the most aware of?

Prosperity + Power

MODULE 5

HOW TO CONFIDENTLY CREATE & POWERFULLY IMPLEMENT. AWAKEN YOUR POWER WITH
YOUR NEW YORKER FEMMETYPE™

YOUR CURRENT LEVEL OF PROSPERITY

How do you relate to your money?

How do you relate to your thoughts about money? Are they prosperous thoughts?

When you think about money, where do you feel it in your body?

What does it feel like?

Where in your life do you seek out opportunities to apologize?

THINK ABOUT THIS...

Are you often late? Not on time for appointments or with bills? Lying to a spouse or friend (even just a little bit)?

Exaggerating or stretching the truth? Hiding things you have purchased?

THE DEEPEST INNER TRUTH

Which woman in your life still needs your forgiveness?

FORGIVENESS

Which women in your life (past or present) do you need to forgive?

Who else?

Who else?

Underneath our inability to forgive other women is our distrust of the feminine. We were raised to second-guess the feminine.

THE FEMININE

Think of some female relationships you have.

How many times have you compared yourself to other women?

How many times have you been jealous of other women?

How many times have you felt you were being manipulated in some way?
Didn't trust her?

How many times have you thought she was weak?

What aspect of the feminine do you need to forgive?

THE NEW YORKER

When you establish a sense of routine and are not truly taking care of yourself on a daily basis, the New Yorker will go on frenzy. She will feel frustrated, unheard and become resentful, and will lash out in a number of ways, including:

Impulsive Buying

Rage

Hiding Items

Over-Working

Martyr Syndrome

Over-Eating

SO, LET'S ANSWER THIS RIGHT AWAY.

BE SPECIFIC.

EMOTIONS AROUND SPENDING

Think about a time you spent money (perhaps even a large amount) and you knew in your HEART it was the right thing to do. What emotions surfaced for you when you spent money from this place?

Pride

Power

Peace

Control

Excitement

Love

Embarrassment

Guilt

In the future, I want to feel the following emotions when I spend and receive money...

Who do you want to be with your money?

EMOTIONS AROUND SPENDING

What emotions do you feel when you spend money and then hide your purchases? **Circle in your template.**

Guilt

Shame

Misunderstood

Controlled

Pride

Pity

Hurt

Embarrassment

How can you honor your **New Yorker**?

Create a financial agenda that *works for you*.

RESOURCES

www.Mint.com

An online system easier than QuickBooks to support you in your financial agenda. (They have a good free version)

www.Roboform.com

An online password system

YOUR SPENDING PLAN

What % of money do you want to set aside to treat yourself?

This is to avoid any feelings of deprivation.

**EVEN A SMALL PERCENTAGE CAN BE
AMAZING.**

EXAMPLE

If you bring in \$2,000, are you going to set aside 10%, or just \$20.00 towards your treat fund?

What feels right to you?

Make a Date

What night are you going to designate as your date night with your New Yorker?

How will it look?

How do you want to set it up?

My date night is...

Organization

What ONE thing will you accomplish for your New Yorker every month?

JANUARY	_____
FEBRUARY	_____
MARCH	_____
APRIL	_____
MAY	_____
JUNE	_____
JULY	_____
AUGUST	_____
SEPTEMBER	_____
OCTOBER	_____
NOVEMBER	_____
DECEMBER	_____

JUST ONE THING.

What are your financial priorities?

MONTHLY EXPENSES

What are your true monthly expenses? Don't guess. Right down all your monthly expenses.

My monthly expenses are...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

NOTES TO RICHES TECHNIQUE

Name the amount of money you want to call into your life

\$ _____

\$500?

\$5,000?

\$15,000?

\$1,000,000?

Now list exactly what you are going to do with it when it comes in.

Where will you spend it? Exactly down to the penny.

Use your FemmeTypes™ as you write this out.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Who do you want to **BE** with this money?

What do you want to be **DOING** and how will you be **ENJOYING** it?

ACTION STEPS

- Complete the module and your template
- Daily Requirements
- Which woman did you forgive? Write her a letter
- Connect with the women and girls in your life in an authentic way
- Genuinely celebrate another woman's success
- Know your monthly expenses
- Unleash your Financial Treasure with "Notes To Riches"
- Share your experience in our Facebook Community
- Make sure you submit your homework to: homework@elegantfemme.com

EXAMPLE

If you spent X amount on a shopping spree, and you went into it with a sense of New Yorker purpose and power.

You felt good (and I mean you really felt good about it, not the talking yourself into it kind of good) would the situation with your spouse be different?

STEPPING INTO POWER

Can you see why it is so important for you to be clear on what you really want in every area of your life?

And why this is crucial to truly allow yourself to step into your purpose and your power?

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