

VITALITY LIVING COLLEGE

# BE IN FLOW

*UNLEASH MONEY*

*DAY 1: MONEY FLOW*

WITH DR RANGANA RUPAVI CHOUDHURI (PhD)





# MONEY FLOW PART 1

# CONTENTS

1. The secrets to having more money
2. Uncovering blocks to money flow
3. 3 strategies for wealth
4. Phases of abundance
5. Emotional blow out
6. Next steps

# THE SECRETS TO HAVING MORE MONEY

1. Money is energy
2. Healthy beliefs about money
3. Not treating money as a transaction
4. Save and not spend
5. Invest money and invest in your future
6. Give 10% of what you make
7. Uncover beliefs in the way of money flow
8. Have a strong enough WHY?

# 3 STRATEGIES FOR WEALTH

1. Buy and hold
2. Momentum
3. Tithing

# THE PHASES OF ABUNDANCE

1. Attracting
2. Growing
3. Letting go

# EMOTIONAL BLOWOUT

1. Give the emotion or beliefs an image
2. Make the image bigger
3. Even bigger, even bigger, even bigger, so big, so big, so big, so big
4. How small are you?
5. Make yourself even smaller, even smaller, even smaller, even smaller, so small, so small, so small, how small are you?
6. ...And pop

# NEXT STEPS

1. Share your limiting money beliefs in the Be in Flow WhatsApp chat support
2. See you tomorrow for Money Flow part 2.



# SUMMARY

1. The secrets to having more money
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