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# Welcome, beautiful.



Thank you for downloading the Affirmative Money Practice. It's a game-changer for raising your money vibration and creating an abundant life.

For years I struggled with wealth consciousness; I believed I had to '*work hard to get by*' and that there was '*never enough to go around*'. I felt competitive and had overwhelming jealousy for other women's success, mainly because I worked so hard and wasn't getting results I knew I was capable of.

Well, about four years ago, that changed for me. I started to combine subconscious mind programming with spiritual practices and neuroplasticity (the science of rewiring your brain)! And it helped me go from £2k month's to £5k and then £10k (and more).

It's safe to say, the Universe is taking your order 24/7. It's listening to you all the time through your energy and vibration. So, if you want to change your life, particularly your money situation, you need to change your vibration, and raise your vibes!

My wish is that you use this tool to shift your power and vibration and create the abundance you truly desire. This money tool, if you choose to use it, will empower you.

*Maxine xx*

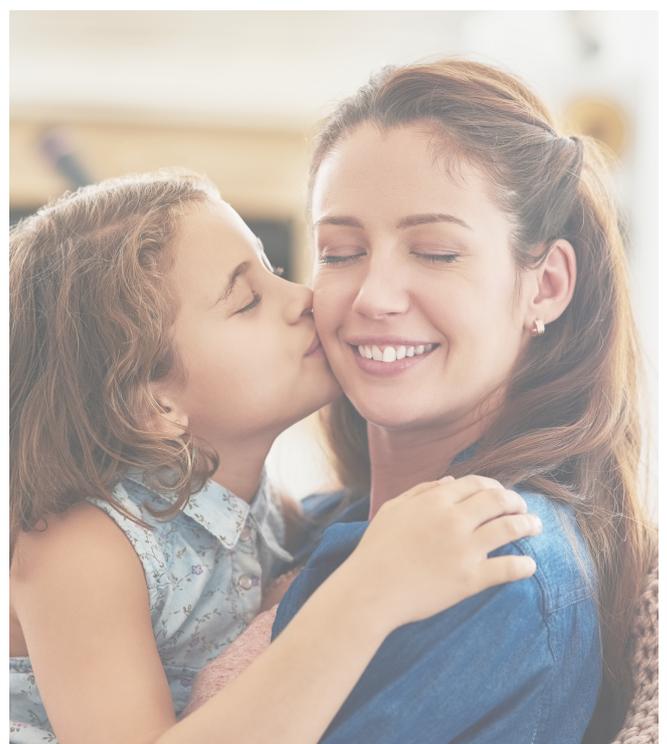


# *How to use this tool*

You have the ability to re-wire your brain and change your consciousness. Science has proven that the brain is constantly changing. Did you know that our brains are 'plastic' and with 'intentional' acts we can create neurons and new pathways.

Over years, we have created conditioned habitual patterns of thinking & feeling and behaving. We can change these patterns by using mental rehearsal, repetition and vibrational frequency.

Now, there is a lot to teach in all of these areas and more of this is covered in my Rise Up, Be Free, Be You transformational program. For now, all you need to know is by using this 30 day money tool, you will have a breakthrough in your money habits. (woohoo, celebrate) !!





# STEP ONE

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## *Set A Powerful Intention*

Did you know the average body has 100 billion nerve cells? 37 trillion cells each with specific function and genetic coding.... You are powerful. You are creative and filled with cosmic energy.

And I want you to start with the end in mind.

What do you want?

If you could change your vibration and money story to one of abundance, what is it that you truly desire to have and feel? And when you have this, what will be your sense of self?

WHO will you become?

**ACTION:** Light a candle, play some uplifting music and journal on this.

What's your money intention?

Who will you become?

What will your vibration be?

What can you let go of to become this?

Be Specific.





# STEP TWO

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## *Let's Raise Your Vibration*

I want you to start to embody the life you desire, and embrace your inherent abundance. So let's choose to step into that, to become your TRUE SELF.

Print out the **Affirmative Money Practice (AMP)** and then go to the recording ([access here](#)).

Every day for the next 30 days, listen to the AMP and read the words out loud. Put as much loving energy into the reading as you can summon. If you feel silly, don't worry about it, abundance comes to people who aren't worried about what other people think.

If you feel called; light a candle or set up an abundance alter in your office/bedroom. Fill this sacred space with items that represent abundance. I have crystals, a golden buddha and flowers.

Use the **Affirmative Money Practice tracker** to tick off your days, and start to observe the small things that come your way. This week, I had money come unexpectedly from three sources, I was given a free piece of cake (woohoo), and had some wonderful opportunities present themselves to me. That's what happens when life is abundant!



## AFFIRMATIVE MONEY PRACTICE

CHOOSE TO FEEL GOOD AS YOU READ THIS...

I say yes to a beautiful day, I say yes to wealth and abundance, I say yes to a healthy relationship with money. I say yes to choosing to know the truth of who I am, a beautiful, divine, powerful spiritual being. I say yes to money abundance, I say yes to wealth, I say yes to creating money that I love, I say yes to a healthy relationship with money. I say yes to a beautiful day, I say yes to remembering. The extent to which I hand my power over to a substance, person or anything, is the extent to which I will experience being powerless.

I say yes, to awaken to the truth, that I am a divine spiritual, being filled with an abundance of everything that I need, and able to connect to a source of love, abundance and joy within. I say yes to a beautiful day, I say yes to remembering the truth, that the ultimate relationship is within and that all other relationships are a projection, a reflection of my ability or inability to love and I say yes to remembering that my ultimate relationship with money and abundance is a direct reflection of my ability or inability to create money and abundance.

I say yes to a beautiful day I say yes to taking 100% responsibility, atoning and making amends for any discord and creating a thriving, healthy relationship with money. I say yes to responding harmoniously to money as it comes and flows in my life.



## AFFIRMATIVE MONEY PRACTICE

I say yes to abundance. I say yes to avalanches of money coming my way. I say yes to choosing to be in a healthy loving relationship with myself. I say yes to healthy loving relationships with my work colleagues. I say yes to healthy loving relationships with money and my bills and my debts. I say yes. to taking responsibility for all the money that shows up in my world. I say yes to having a powerful relationship with money. I say yes to avalanches of abundance, people, opportunities, and places opening up for me today.

I say thank you, thank you, thank you for all the money in my bank account. I say thank you, thank you, thank you for all the money and the ability to pay my bills, I say thank you, thank you, thank you to all the opportunities that come my way. I say thank you, thank you, thank you for my healthy relationship with money. And I say thank you, thank you, thank you for the opportunities that are awakening within me, I say thank you, thank you, thank you. For all the talent I say thank you, thank you, thank you to the trees and the universe and that every time I look at a tree I am reminded of the abundance that every leaf I see reminds me of the abundance that exists in the world. And every time I see a grain of sand I'm reminded of abundance.



## AFFIRMATIVE MONEY PRACTICE

And every time I see ants and spiders, I'm reminded of an abundance that there is so much abundance in the universe and so I say thank you, thank you thank you for the roof over my head. And I say thank you, thank you thank you for the warm, central heating in my home.

I say thank you. Thank you. Thank you for my cozy warm bed. I say thank you, thank you. Thank you for the food on my plate. I say thank you, thank you, thank you for the clothes I wear I say thank you, thank you, thank you for the freedom of choice. And I say yes to a powerful relationship with money. I say yes to growing my bank accounts. I say yes to clearing all debts. I say yes to growing my bank account.

I say yes, yes, yes to wealth, abundance and prosperity.  
And so it is.

# STEP THREE

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## *Reflection & Gratitude*

Take the time each day to reflect and observe what you are creating.

Notice the small blessings, whether it is a free cup of tea, a parking space, saying hello to a stranger, a new client or money in the bank. Take the time to witness and acknowledge these things and express gratitude and appreciation.

Remember you are shifting a lifetime of habitual thinking.

Use the following journal sheet to track your results. If you don't see anything happening straight away, don't worry. Keep up with the affirmative money practice.

One of the biggest problems I see is that people stop too soon, because they don't get the results they want straight away.

*"Life is easy for me" - is one of my favourite mantras.*



# Day

Date:

S/M/T/W/T/F/S

- Set Intentions
- Journaling
- Affirmative Money
- Stopped Complaining
- Practiced kindness
- Appreciated nature
- Moved My Body
- Expressed Gratitude
- Reflected on the day

DAILY REFLECTION
What I noticed today
_____
_____
_____
What good things happened today?
_____
_____
_____
_____

REFINEMENT
What can I focus on tomorrow to raise my vibration?
_____
_____
_____
What good things am I wishing for?
_____
_____
_____
_____

GRATITUDE JOURNAL
1.
2.
3.

SELF-COMMITMENT

POWER STATEMENT







# THANK YOU

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Thank you, thank you, thank you for using this practice. I love to empower women to fulfil their destiny and rise up into their most authentic empowered self.

Having worked with hundreds of people over the past 20 years, one of my key observations is that we have a false sense of self that limits us, and that false self will STOP you from doing the healthy actions to create change. So make a commitment to yourself to use this practice and journal to create sustainable change. Commit to 30 days and see what a difference it makes.

If you want to find out about working with me to change any area of your life then please go to the About Me page of this download for further information.

Wishing you much love and abundance!

Maxine xx





## MEET MAXINE

Maxine Clancy  
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I have 20 years of experience of helping women (and men) move from being stuck and unhappy to reclaiming their power and happiness.

I have a background in spiritual psychotherapy, bereavement counselling, and Neuro Associative Conditioning. I am a certified Calling In The One Coach, and HearthMath Coach, and spent six years facilitating fire-walking events in South Africa.

I am founder of The Divorce Detox Method, Radiant Woman Academy and Rise Up, Be Free, Be You.



DIVORCEDETOXCOACH



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AFFIRMATIVE MONEY PRACTICE

*30 Day Tracker*

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30