

THE RICH LIFE GUIDE

from money management to
manifestation & why you
need to know it all.

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YOUR RICH LIFE GUIDE

What we'll cover:



money management simplified



money loves a purpose



money management & manifesting



secrets to a rich life

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Money Management Simplified

Have you been avoiding your finances? Trying to learn everything about manifestation, but not addressing your current money situation?

Don't worry, you're not alone. And you're also not staying there if I have anything to do with it. I firmly believe in manifestation, but I also believe if you want to manifest, you need to manage what you already have in your life to the best of your ability.

This is why you see people trying to manifest so much money, it's not that they really need that much money, it's that they either:

1. have no idea how much they really need to live their dream lifestyle, and/or
2. are not managing the money that IS in their life intentionally so they always feel like they need more.

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Money Management Simplified

Let's be honest with each other...

Has your head been in the sand when it comes to your finances?

Do you know exactly what you spent money on over the past 3 months?

Would you be nervous to look at your past 3 months bank statements?

Have you spent more than you're earning?

Do you have any debts that you're only paying the minimum payments on?

If you cringed when I asked you any of these things...you're in the right place, and you're in good company, I've been there, believe me I have sooooo been there.

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Money Management Simplified

First things first. I need you to make a decision. A decision to commit to this process, make a decision that this is important to you and that you want to take control of your finances again. Put yourself back in the drivers seat.

Okay, so now that you're either on board or you've left the building, let's dig in.

You need a budget.

Eeek. Don't hate me. It's just true.

I use a zero-based budget, that means I give every single dollar a place to go, I don't let dollars sit around unaccounted for - a place to go might mean putting them into savings, or investing, etc. You don't need to SPEND every single dollar, that would be counterproductive of what I'm going for here. I'm also sharing my own PERSONAL budget excel sheet with you. And Dave Ramsey has a great free site for zero-based budgeting as well - **everydollar.com**.

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Zero Based Budget

Start with your income.

Now, subtract your what I like to call **survival expenses** for this month (giving, mortgage, utilities, groceries, insurance, the list goes on...).

After you've done this, ideally you have money left over, if you do not, then you will need to find ways to increase your income and cut back on your expenses temporarily until you do increase the income.

If you DO have money left over - you need to **be intentional** about where you want to spend it. I am **NOT ANTI-SPENDING** like some money mentors, I want you to spend money, but I want you to be intentional about where you spend it and make certain you **VALUE the things you're spending money on.**

Personal Note: I found myself spending aimlessly at Target and PetsMart and didn't want this to go on any longer, so I became very intentional.

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Know Your Numbers

You need to know what you need and what you want.

I always suggest creating a current budget for your situation right now and then creating an IDEAL budget that includes all the extras you desire.

When you create the IDEAL budget, I actually want you to go look things up - the price of that plane ticket to France, the hotels, the monthly massage, the photographer for your next photo shoot, the housecleaner, etc.

I mean seriously look everything up and write down how much this IDEAL life you're creating is going to cost you. It might not be as much as you think, and even if it is, we need to know what we're aiming for.

Many people are just randomly choosing an amount they want to make each month, which leads me to our next topic...

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Money Loves A Purpose

It's important to know exactly what this IDEAL life is going to cost you for two reasons:

1. because we need to create a plan in your business to actually make that much money
2. you need to have a WHY behind your money to create the motivation and plan to earn it

Take a few moments and get really specific about what your ideal monthly income needs to be to create the real life you crave.

\$_____ ideal monthly income

\$_____ current lifestyle monthly income

KNOWING what you want and need and WHY you want and need it is crucial to money management AND manifestation, and it's the part that most people aren't getting specific enough on. Creating a real WHY behind your financial goals helps you turn and external (money) motivator into and internal one and internal motivators are much stronger and long lasting than external motivators.

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Money Management & Manifestation

You're having trouble manifesting...I get it and I know why. I can help.

You're too focused on the money.

Too focused on not having it.

Not feeling what it would be like to actually have it.

Not properly managing and appreciating what you do have.

And you're thinking about it but not taking real action after that.

Now, this is a very blanket statement, but with most people I see working on "manifesting" this is what's going wrong.

Let's fix all this.

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Money Management & Manifestation

Manifestation isn't all about sitting and thinking about what you desire. That's actually the smallest piece of it actually, but because it's the simplest piece it gets the most airtime.

Properly managing and appreciating the money and things that you currently have in your life is the first step to welcoming more. That's why we start with managing your money in this guide and then move into how they are connected.

If you're not properly managing the money you have, you'll never be able to manifest enough and you'll always feel like you need more.

It's time for you to master both your money management and your manifestation, because they are deeply connected.

How you treat your money now is in direct relationship to manifesting and receiving more, this is the part that no one is talking about. I'm on it.

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Money Stories

Answer these first:

1. What is your first money memory?
2. How was money talked about and treated when you were growing up?
3. What type of relationship did your parents have with money?
4. What beliefs do you have around money?
5. List 10 statements that you've previously believed or currently believe about money .

After each statement ask your self if it's true, and if you don't believe it's true, then remove it from your money story and decision making, and if you do still believe it's true - let's search for evidence of why it's not, and create a different belief around money that you can believe.

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Money Stories

Now answer these:

1. How are you currently treating your money? Do you ignore it? Avoid it? Take it for granted?
2. Are you tracking your spending and making sure each dollar is spent with real intention?
3. Are you showing real gratitude for the money and things in your life every day?
4. Have you given each dollar a real purpose?
5. Do you FEEL in control of your money?
6. Are you confident in your ability to earn limitless money?

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Simple Tips to Getting Rich NOW.

- 1. Know what you have and where it's going.** Know what you need and what you want it for specifically. Know what you need to sell to make that possible.
- 2. Be aware and understand your money story.** Create new money mantras that support the real truth about your beliefs around money. For example one of my money mantras is: I am able to earn as much money as I desire.
- 3. View life through your gratitude and abundance lens.** Create a daily practice to help you cultivate this in a natural, second nature state. This is the key to living a rich life right NOW. Abundance is already all around you, it's your job to be aware of it.
- 4. Get clear and confident.** It's impossible to earn if you aren't confident with your money conversations and the product or service you offer. Your confidence (or lack of) will shine through in your sales conversations, know your offer and be confident in what you provide!

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*You Can Afford Anything,
Not Everything.*

**A RICH LIFE IS ABOUT CHOICES. AND YOU HAVE ALL
THE CHOICES WITHIN YOUR POWER.**