



How to
Give Your
MONEY
a
Purpose

*Cindy
Taylor*

Welcome

This is a practical guide to help you give your money a purpose.

You will learn what money purpose is, why it is important to your business and how to discover yours. You will unearth your deepest desires and take stock of the life you are creating.

You can craft magic in your business and your life by giving your money meaning and direction.

Magic Money Purpose

Magic happens when you are aligned with your divine purpose. When you are on your true path in life you are gently supported in your world. Creativity, inspiration and abundance can flow easily. You also find the resilience to endure when the path becomes rocky.

Just as you flourish and grow when aligned with your divine purpose so does your money. Money is energy and requires a purpose to be fulfilled. By designing a purpose for your money you energise it to grow and meet your true desires.

This guide will help you to discover your money purpose. It is designed to map out your earning goals and give you money clarity.

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Preparation

When we reflect on ourselves we can stir our deeper emotions. Money is an emotional subject. Take note of what arises and be gentle with yourself. Let go of any self-judgement and try to quieten your inner voices.

You may feel drawn to explore these feelings further. There are a myriad of modalities available today and I encourage you to investigate. The path of self-exploration is a rewarding one.

Lets begin.

Take some time out for yourself. Find a quiet place where you won't be disturbed. Turn off outside distractions and hang the 'do not disturb' sign on your door.

Money is an emotional subject.

To bring your dreams into reality you must be centred and grounded in your physical body. If you can, take a moment to step outside and plant your bare feet on the Earth.

Essential oils such as earthy Patchouli or harmonising Elemi will assist with grounding. I like to place rice in a tiny bowl and sprinkle my oils on top. This radiates a gentle aroma which can last for days.

Crystals like Jasper or Carnelian are good grounding tools.

Utilise whatever is comfortable and right for you.

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When you are ready we will practice Pranayama. Prana is Sanskrit for breath or life force. Yama means control.

Practice 4 rounds of this gentle breath exercise.

Close your eyes.

Breathe in for the count of 4, hold for 4, breathe out for the count of 8. Don't push yourself. Do whatever is comfortable. 3 in, 3 hold and 5 out will work too.

The main goal is to lengthen the exhalation. The extension of the exhalation is calming and will bring your focus back to the present moment.

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What is Money Purpose

Your money purpose is the desire, aim or goal that you have for your money.

Remember, money is energy. Without a purpose, money is directionless and cannot serve your needs. If this is the case, rather than thriving in your business you are struggling and stressing about money.

The purpose of your money can be for many things or ultimately for one goal. The important thing is that you consciously direct the flow of your money knowing the end game. You know where it is coming from and where it is going.

Your money purpose is the desire, aim or goal that you have for your money.

Once you find direction for your money you are then able to turn your focus towards receiving.

As mentioned earlier, using this guide may bring awareness to your money mindset and how well you are equipped to receive.

Your money purpose is the foundation for your wealth attraction plan.

There are many concepts in the realm of money attraction and if you would like to learn more I would be thrilled to work with you. cindy@escbizsolutions.com.au

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Stay Specific

Being able to clearly communicate your financial needs is key. Vagueness doesn't work and won't help you create a workable plan to reach your goals.

Stay specific and detail your financial needs as accurately as possible. Use positive intentions to keep you focussed on your goals.

We will be looking at your money needs month by month and recording them in the Money Purpose Template.

This will give you a clear, concise plan and help you learn to focus on the money outcome you desire.

Being able to clearly communicate your financial needs is key.

The Money Purpose Equation

Don't be anxious about the word equation, this is simple. Embrace your inner Goddess of Numerals, be mindful of your breath and stay present.

The money purpose equation has 3 parts - Fixed Expenses, Variable Expenses and Your True Money Desire.

There is a list of examples for each part of the equation at the end of this chapter. The list will help you fill out your Money Purpose Template.

The money purpose equation has 3 parts - Fixed Expenses, Variable Expenses and Your True Money Purpose.

Fixed is Fixed

Fixed expenses are costs that remain the same month to month. These costs don't change for the year.

An example of a fixed cost is insurance. You pay an annual insurance premium which we will break down into monthly amounts.

Lets say your insurance premium is an annual expense of \$3,600. To work out your monthly insurance expense divide \$3,600 by 12. Your monthly fixed cost for insurance is \$300.

Fixed means the cost doesn't fluctuate for the year.

Fixed expenses are costs that remain the same month to month.

Variable Varies

Variable expenses are your monthly costs that fluctuate. They are your regular expenses like fuel for your car, electricity, telephone. These costs vary month to month.

To make it easy to complete the Variable section of the template use your bills from last year to estimate your needs for each month of this year.

As an example, your electricity bill may be higher in summer because you run an air conditioner in your office. Looking back at last year's pattern of bills will give you a guide as to what to estimate this year.

Variable expenses are your monthly costs that fluctuate.
These costs vary month to month.

True Money Desire

The third thing that you are going to consider is your true money desire. Where do you want to be focusing your money?

Will you donate to charity each month, or save for a holiday, or both? How much will you put away each month for your true money desires?

Be honest with yourself, there are no rules. Don't allow your inner critic to come forth with a list of should and should nots, or even worse - *I am not worthy* thoughts.

Gently put those thoughts aside and stay present.

Use your breathing exercise to centre yourself. Sit still and listen to your heart. What FEELS right?

How much will you put away each month for your true money desires?
Be honest with yourself, there are no rules.

Examples for your Money Purpose

Use this list of expenses as a guide to complete your Money Purpose Template. These examples are directed towards your business money purpose but you can also use the same template for your personal money purpose.

Listing your money requirements turns your focus to positive purpose. This is a great exercise to become conscious of the money in your business and your life. It will also bring awareness to your spending habits.

Listing your money requirements turns
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Fixed Expenses

Business loan payments
Car expenses
 Car Loan payments
 Registration and insurance
Insurance
Internet
Mobile phone contract
Rates
Rent
Salary expense

Variable Expenses

Advertising and marketing
Bank fees
Car expenses
 Fuel
 Repairs and maintenance
Casual wages
Computer expenses
Conferences and workshops
Contractors
Postage, printing and stationery
Staff amenities
Subscriptions
Telephone
Utilities
 Electricity
 Gas
 Water

Money Desires

Tything/Donations to charity
Holiday
Computer
Car
Up-level my business

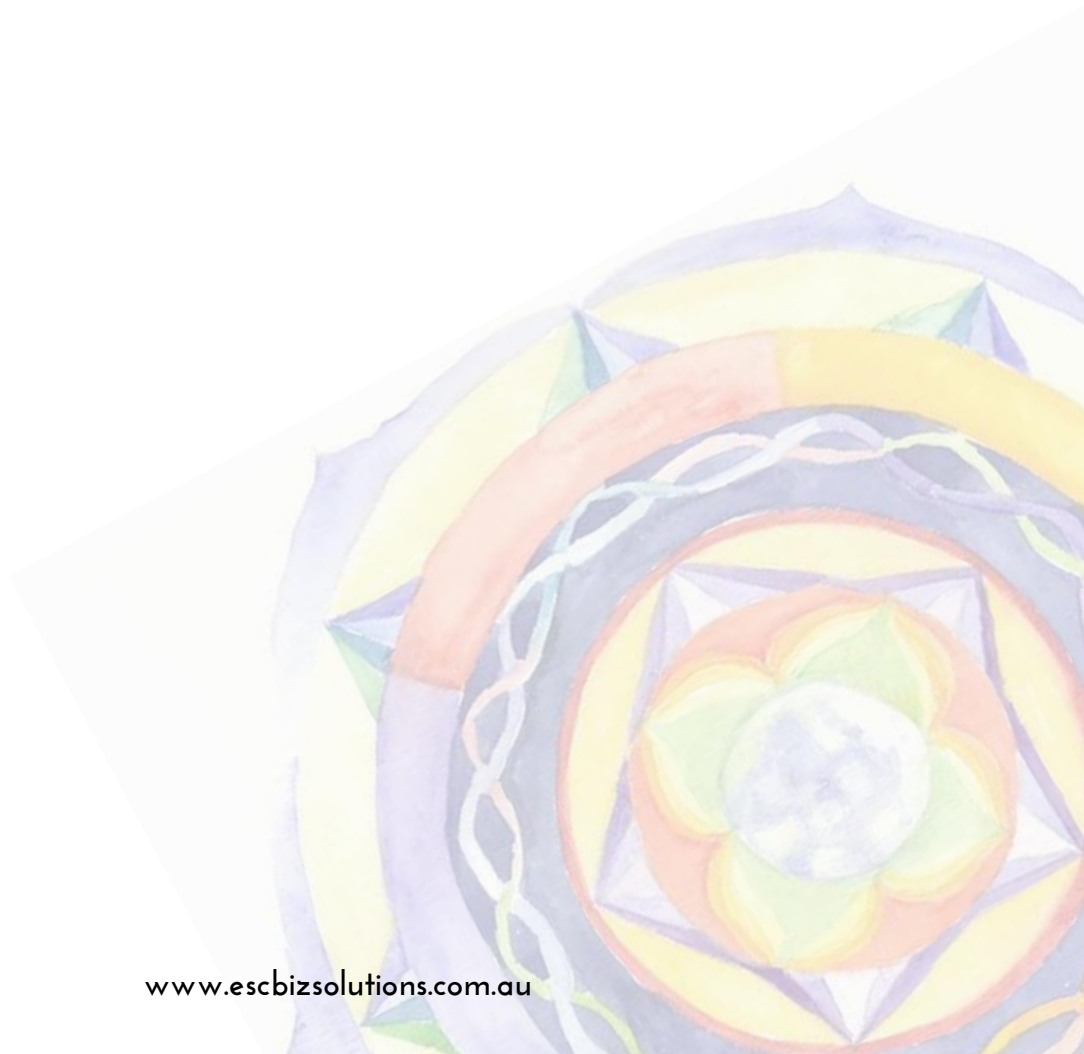
Money Purpose Template

The next step is to fill in the money purpose template with your actual monthly money needs. Remember, this is not a budget. Don't restrict yourself but try to be as accurate as possible with your financial expenses.

By breaking your money purpose into monthly chunks your purpose becomes do-able. Focussing on small steps each month provides small successes. Each success creates inspiration for more success.

The template will show you how much money you need to earn each month. Remember, what we focus on is what we attract. Having a clear, positive view of your money will help you begin to attract more of it into your life.

NOTES



Congratulations

You have done it! You have divined your money purpose.

You now have a monthly money goal aligned with the heart of your business. Visit your template regularly, review your numbers and stay focused.

I want you to stay true to your purpose and create more money, meaning and magic in your life.

I would love to hear your money story and how the Money Purpose Template helped. Share by emailing me at cindy@escbizsolutions.com.au and if you would like more information about the money in your life make sure you are subscribed at www.escbizsolutions.com.au

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