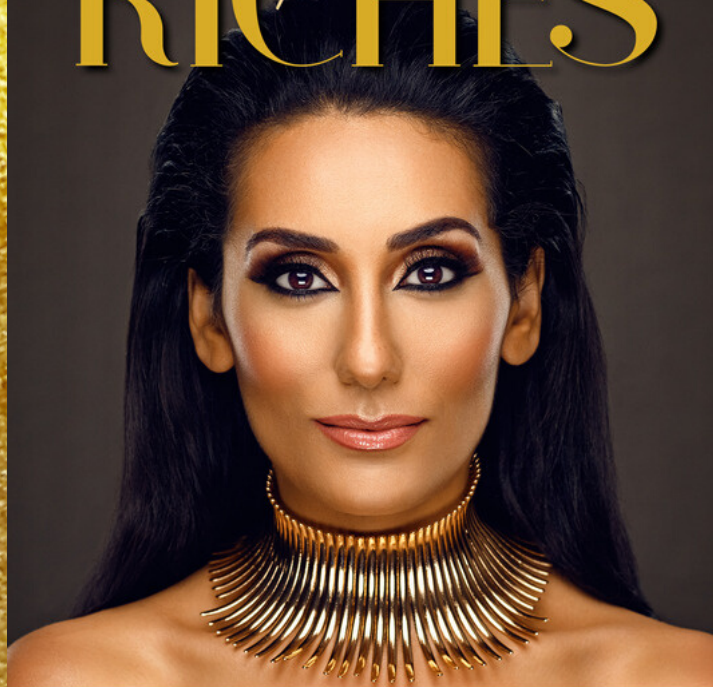


The  
*Positive Money Mindset*  
Companion Workbook

*"Here you will learn what less than 3% of the population truly understand...  
MONEY: How to earn it... how to grow it... and how to enjoy it."*

*-Bob Proctor, America's Greatest Prosperity Teacher, Star of The Secret*

*Cleopatra's*  
**RICHES**



**MARTHA ADAMS**



# Keep Going, Keep Growing

## 5 MANTRAS FOR A POSITIVE MONEY MINDSET

FROM *CLEOPATRA'S RICHES* BY MARTHA ADAMS

### ONE

"When I see myself,  
I can be myself."

Chapter 1: Origins & Upbringing

### TWO

"It's when I release my  
limiting beliefs that I'm  
able to choose my  
inner power and rise up  
to my true potential."

Chapter 5: Community

### THREE

"Financial  
Empowerment  
emanates from within.  
It comes from under-  
standing myself."

Chapter 11: How Society Affects  
Growing Money

### FOUR

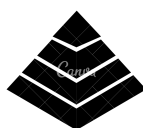
"With confrontation, we  
grow apart; with  
communication, we  
grow together."

Chapter 13: Relationships

### FIVE

"When I'm able to base my beliefs  
on positive feelings, my results  
become not only positive, but I'll  
discover my limitless potential."

Chapter 17: Emotions





# Checklist

## 1. CHANGE THE FEELING

Describe to yourself how you're feeling

- Is it a positive feeling or a negative feeling?
- Does this feeling serve you?
- Does this feeling uplift you?
- Does this feeling push you forward or hold you back?
- Why do you think you're feeling this way?
- Is it true? Why or why not?



# Checklist

## 2. CHANGE THE BELIEF

- Do you believe this feeling is limiting you?
- Do you believe you are bound to this negative feeling?
- List 5 positive things that you believe about yourself to be true

- 1.
- 2.
- 3.
- 4.
- 5.



# Checklist

## 3. CHANGE THE RESULT

- How do you want to feel?
- To feel that way, what would you believe about yourself?
- What is the result you want for yourself?
- Imagine that is the result in present day. How would you feel?
- Bring the future into the present! Describe your future self who has achieved that new result. How can you act today to help bring the future into the present?





# *Join the Conversation*



Martha Adams



The Positive Financial  
Conversation with Martha Adams



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