

She Creates Money

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Module 4 : Chapter 3

Daily Defaults - The System That Shapes Your
Money



ENGLISH



DAILY RITUAL FRAMEWORK

How to Sustain Manifestation Without Forcing It

YOUR DAILY RITUAL SYSTEM

(Pick 2-3. Not all. Make it yours.)

RITUAL 1: NIGHT PROGRAMMING

“What you sleep with... you become.”

Why This Matters

Your night is not free time.

It is **subconscious programming time**

What you consume before sleep:

- Stays in your mind
- Shapes your emotional state
- Influences your next day

How to Do It (3-5 mins)

Before sleeping:

1. Put your phone away
2. Sit or lie down calmly
3. Choose **ONE money affirmation**

Examples:

- “Money comes to me multiplied and I am ready for it.”
- “I handle money calmly and confidently.”
- “Money flows to me consistently.”

Then do this:

Repeat it slowly

Feel it as normal

Ask: “What if this is already my life?”

Go deeper:

Imagine:

- Money already in your account
- Problems already solved
- Life already stable



RITUAL 2: MORNING MIRROR PRACTICE

“You don’t attract what you want. You attract what you feel worthy of.”

Why This Matters

Most women don’t lack opportunity.

They lack **self-worth alignment**

How to Do It (2-3 mins)

Stand in front of a mirror (full-length if possible)

Take a **power pose**:

- Shoulders open
- Chin up
- Slight smile

Now do this:

Think of your **money number**

(The amount that feels believable but expansive)

Then say (in your mind):

“I am worthy of ₹_____.”

Repeat **3 times**



RITUAL 3: YOUR NATURAL STYLE PRACTICE

“Stop copying. Start aligning.”

Why This Matters

Not every method works for everyone.
Your power comes from your dominant style

Choose YOUR style:

If you are a Writing Person:

Write 4-5 lines daily:

- “Today I handled money with ease.”
- “I showed up confidently.”

If you are an Audio Person:

- Record your voice
- Speak your affirmations naturally
- Listen while walking / resting

If you are a Visual Person:

- Look at your vision board
- Focus on **details**
- Train your brain to see it clearly



If you are an Energy Person:

- Sit quietly (2-3 mins)
- Feel abundance
- Do meditation / chanting / prayer

Rule:

Pick ONE primary + ONE optional support style
Repeat daily

RITUAL 4: IDENTITY SHIFT IN ACTION

“Your life changes when your behavior changes.”

Why This Matters

Manifestation is not what you say.
It's who you become in small moments.

Step 1: Observe Your Current Self

Without judgment, notice:

- Where do you shrink?
- Where do you undercharge?
- Where do you avoid?
- Where do you over-adjust?



Step 2: Define Your Next Identity

Ask:

“Who is the woman who already has money?”

She is:

- Clear
- Decisive
- Calm with money
- Not seeking validation

Step 3: Act Like Her (Daily Micro Shifts)

In real life:

- Say your price clearly
- Follow up confidently
- Stop over-explaining
- Make decisions faster



BONUS: 3 POWER RULES FOR IDENTITY LOCK-IN

1. Upgrade Your Environment

Be around:

- People who earn more
- People who think bigger

Exposure expands your standards.

2. Eliminate Negative Money Language

Stop saying:

- “I can’t afford this”
- “Money is hard”
- “I’m bad with money”

Even neutral is better than negative

3. Build Money-Linked Skills

Understand:

- Earning
- Managing
- Receiving

Money stays where capability exists



YOUR SIMPLE DAILY FLOW (FINAL)

Morning (2 mins)

- ✓ Mirror practice (worth + identity)

Day (Real Life)

- ✓ One aligned action

Optional

- ✓ Your manifestation style practice

Night (3-5 mins)

- ✓ Affirmation + emotional imprint