



12 Days to a Millionaire Mind



Directions to Get Rich:

1. *Add this document to your desktop on your computer or print it out and put it somewhere you will see every single day.*
2. *Complete one set of questions every single day for the next 12 days.*



Day 1

Allow Money into Your Life.

Say the following statement aloud all day long.

Write it down multiple times today.

“[your first name] loves money because [your first name] loves him/herself.”

1. Make a List of all the reasons why you deserve money.
2. Make a list of some beautiful things that have happened in this world because of money.
3. Make a list of all the awesome experiences money will add to your life
4. Make a list of how you being rich will benefit others.
5. Look into the mirror, touch your head and say, “I allow good things to flow into my life, including large amounts of money.”
6. Please fill in the blank: I’m grateful to money because _____.



Day 2

Releasing Your Past Relationship with Money.

Say the following statement aloud all day long.

Write it down multiple times today.

“[your first name] LOVES MONEY AND MONEY LOVES [your first name]!”

1. List the 5 main things you remember your parents or friends telling you about money
2. Take any negative thoughts that come up for you in the first step above and break them down as shown in this chapter earlier.
3. Rewrite your new truths about money.
4. Feel your new truths in your bones. Repeat them in your head as often as possible. Say them outloud. Keep hammering yourself with them until they sink in.
5. Notice how you've been clinging to security in a way that has been holding you back. Never letting yourself do something fun. Doing something that bores you to tears cuz it makes you feel liked, you'll be shunned if you don't, etc. Find something that's not serving you that you've been scared to let go of because of the security it provides and take the first step in letting it go! This is super important and can make a gigantic shift in all areas in your life!
6. Tonight, look in the mirror before you go to bed and say, “I release all negative money experiences and replace them with a new, RICH future.”
7. Please fill in the blank : I'm grateful to money because _____.



Day 3

Why Money Is Awesome

Say it aloud all day.

Write it down multiple times per day.

“MONEY: IT’S THE ROOT OF SO MUCH AWESOME!”

1. Write down 5 positive words to describe money!
2. Practice saying thank you every time you receive money! Think to yourself, “see! Money loves me. It just can’t stay away!” Celebrate, run around the house and dance! Get super duper excited :) Relish the feeling of gratitude of being in the flow of money.
3. Spend at least 5 minutes every day connecting with the energy of money. Imagine money flowing all around you. Filling you up. Moving into and out of your heart. Walk around feeling into this as much as possible.
4. Leave money around the house so you get used to seeing it all the time. Like an easter egg hunt.
5. Please fill in the blank. I am grateful to money because _____



Day 4

Enhancing Money Habits

Say it aloud all day.

Write it down multiple times per day.

“[your first name] LOVES MONEY BECAUSE MONEY IS ALWAYS THERE
WHEN [your first name] NEEDS IT!”

1. Write down the 5 most common limiting words you and the people you hangout with most use to take up about money.
2. Shut up and stop using them!
3. Meditate for at least 5 minutes every day. Before sitting down, what belief is blocking me from making money? Write down any insights you get, question them, come up with a new story and repeat it to yourself as described in the previous chapter.
4. Come up with one super exciting reason that you want to make money and spend 5-10 minutes visualizing it. Notice if any limiting beliefs come up and follow steps in number 3.
5. Write a letter to money. Notice limiting beliefs and do the rewrite drill for them to.
6. Listen to your intuition, during meditation, visualization, or just running around being you. The moment you get a brilliant intuition that would move you in the direction of your dreams. GO FOR IT like you've never gone for anything before. Leap for it. Notice any crappy thoughts while in mid air, rewrite them. But keep moving toward your dream. The successful completion of this one exercise could put you in full on badassery!

I'm grateful to money because _____



Day 5

Wealthy at Your Core

Say the following statement aloud all day long.

Write it down multiple times today.

“[your first name] loves money because he/she loves living an awesome life!”

1. Write a fantasy day in the life. What would a typical day in the as the richest, happiest and most successful version of yourself look like. We can talk all day what we don't want but being very clear about what we do want usually takes a bit more doing especially since you're looking to radically change your life. You've never experienced some of the things you're seeking, so how the hell can you know? This is why it's so important when you're writing this to come more from feeling than from your analytical brain. Give yourself time while you write it. Do it stream of consciousness and see what you come up with! Write it in the present tense as if money weren't an issue, think what would be so fun not just reasonable, what would make you most successful to give back or leave as a legacy, Go to town!
2. Once you've written your day in the life, write down the five strongest emotions you feel when you read it.
3. Do the numbers around your day in the life. Get an idea on the page of how much this life of yours is going to cost.
4. Boil down your day in the life, taking the most exciting details of it and combining them with the cost and the feelings they bring up so you can create a mantra. Don't worry about fitting everything in, just the most compelling parts. Then, write a 5-10 sentence mantra.... Something like, I love making \$300,000 a year as an interior designer. It's so exciting working with clients who are smart and appreciate me, traveling the world, and discovering new ways to be creative. It makes me feel happy and invigorated and like my heart could explode! I am so grateful that this affords me the opportunity to live by



the beach in san diego with my soul mate and that we go surfing every day...
etc.

5. Read your mantra every night before going to bed and feel it.
6. If you're not sure what you want to do, make a list of the things you do know, be as specific as possible and write down 5 action steps you will take right now to move yourself in that direction.
7. Please fill in the blank: I am grateful to money because_____.



Day 6

Magnetize Mind to Money

Say the following statement aloud all day long.

Write it down multiple times today.

“[your first name] love money because it comes when he/she calls.”

1. Write down what your whys are for getting rich and give three reasons that each one is stronger than your fear.
2. Come up with 3 ways that you can fall more deeply in love with your whys and do them every day. Example... If your why is “to take care of my family” you could look at a picture of them every day, repeat the affirmation “my family is happy, healthy, and living abundantly because I'm a machine at making money!”... cut out pictures of the specific things you'll buy to take care of them with and look at them every day.
3. Notice three things about your financial life that you're focusing on in a negative light and make the conscious choice to shift your focus. Example: My bank account is a cavernous pit of emptiness and sorrow -> my bank account is wide open and ready to receive!
4. Please fill in the blank: I'm grateful to money because _____



Day 7

Developing Faith

Say the following statement aloud all day long.

Write it down multiple times today.

“[your first name] *loves money and is grateful that its surrounding him/her with goodness*”

1. Take 5 things in your life that frighten you, bum you out, irritate you, find reasons to be grateful for them and write them down and FEEL this gratitude! Feel this gratitude don't just give it lip service!
2. Make a list every evening before bed of 10 things that you're grateful for.
3. List 5 reasons you have faith in yourself!
4. List 5 reasons you have faith in the universe!
5. Give comes from abundance, get from from lack. Place your focus on abundance and strengthen your faith by giving away money for 29 days. Give as little as a nickle or as much as you can in whatever way you can. Do it secretly whenever possible.
6. Faith requires patience! All seeds have a gestation period and it's up to the universe not us how long that period is! Getting all up tight and freaked out doesn't make it go any faster... Put three things in place to help yourself stay patient while keeping your place strong... Here are some options: Practicing deep breathing any time you feel yourself starting to freak out. Soaking in the feelings once it arrives. Get super specific and have these tools at the ready! What you focus on you create more of so focusing on impatience = lack = pushing it away. Choose what to focus on to strengthen your faith and patience and you will be victorious!
7. Please fill in the blank: I am grateful to money because
_____.



Day 8

Becoming A Master of Action

Say the following statement aloud all day long.

Write it down multiple times today.

“[your first name] loves money because he/she is a fearless money making machine.”

1. Anticipate your obstacles. Doubt is like the little thing you tug on that unravels the whole sweater. Get clear on the top three things that you would bring doubt to your resolve. Prepare yourself to meet them head on so they are powerless over you.
2. Raise your bottom line. So often our decision muscle only really kicks in when our backs are against a wall and we have to make the money. We do nothing to achieve our goals but fight like hell not to breach your standards. Decide on an amount that's going to be your new bottom line so it's no longer zero. Let's say \$50,000. The second you get near that amount you sound the rallying cry to rake in more money so you don't go below that amount. Then keep raising your bottom line every month or so and soon you'll no longer be in a struggle.
3. Spend money in new ways. Buy something extravagant to raise your frequency! Remind yourself that you're in the flow and that money is a renewable resource! Something expensive, exciting, something that won't break the bank but that feels decadent, has great meaning to you and inspires you to kick some ass!
4. Make one **BIG HAIRY SCARY NON-NEGOTIABLE** decision **RIGHT NOW** that will move you toward your financial goal and **DO IT!!!** I mean it... right now... something you've had in the back of your mind that you know would totally change your world but have been too scared to do.
5. Please fill in the blank. I'm grateful to money because _____.



Day 9

Raise your Financial Vibration

Say the following statement aloud all day long.

Write it down multiple times today.

“[first name] loves money because it makes him/her more of who he/she truly is.”

1. Make a vision board. Cut out pictures of places, things, experiences, types of people you're excited to experience in your new richer life and hang it somewhere where you'll see it often. Pinterest helps too.
2. Make a list of all the things you might have to give up on your road to riches! Think of People, items, old identities, etc. IF they don't bring you joy and inspiration either get rid of them or pull back from them, instead of fighting to keep them. With the people in your life, start slowly and release them gently. Maybe it's about not sharing your dreams and victories with them if they can't handle it. Or maybe it's about letting go of the need to see things your way and trying to change them or maybe it's about hanging out with them less! Notice the specifics of what's not working between you and them and make some changes. This will give everyone room to be who they need to be as well as free up room for high frequency things to come into your life!
3. Improve your environment. Pay attention to the way the things you surround yourself with make you feel. Pick at least one thing in all the following areas and upgrade in a way that brings you more joy and energy! Your home, your car, your clothes, your general appearance, your exercise routine, the food you eat, the music you listen to, the news you pay attention to.
4. Make 2 new high vibe friends. Get clear on the specifics of what they're like and how they make you feel and write these things down. Then, using the suggestions in this chapter, make a conscious effort to find high frequency wealth conscious people to surround yourself with! Have faith and gratitude



that they exist. Do everything you can think of to find them and know that they are out there looking for you to!

5. Start a mastermind group with one or two people! Meet over the phone once a week, give each person a specific goals for getting rich. 15 or 30 minutes usually before moving on to the other person. Do this only with high vibe ass kicking people! Please fill in the blank. I'm grateful to money because

_____.



Day 10

Getting Financially Specific

Say the following statement aloud all day long.

Write it down multiple times today.

“[first name] loves money because it gives him/her freedom and options and that's how he/she loves living life. With a whole lot of freedom and options.”

1. Do your numbers. Get clear on how much money you desire to make and by when. Be specific about what the money is for and don't forget to include your monthly nut of bare necessity costs. Make sure this number is real and connect4ed to specific things that bring up specific emotions, then chunk it back. If your goal is 5 years away, chunk it back to how much you will make it 4 years, 2 years, this year, in 6 months, etc. all the way back to this month. Then, put a definite plan in place with clear actions steps that go toward your goal! Always stay attached to your why so when things go tough, you keep going! Always pay attention to your numbers if you don't make your financial goal one week, add it onto the next. Your numbers must be non-negotiable or else you'll never get rich! Get organized. Put it all on the schedule instead of just hoping it gets done. Keep your eyes open for new, scary, opportunities that may lead to the riches you're seeking!
2. Get educated. Learn as much as you can about how to make more money in whatever business you're in! Investigate what other people in your industry are doing. People who are more financially successful than you are and follow suit.
3. Hire a coach! Olympic athletes at the top of their games have coaches. Broke people at the bottom of their games insist they can get rich without any help. Just sayin. Start by writing down all the specific attributes you want in your coach for example: has been through the financial ringer themselves and emerged notorious, lives nearby and can meet in person, is a little scary, works 1v1 etc. Get clear on what you're looking for and what's important to you and



stay open to everyone who presents themselves. Put the word out that you're looking to hire a coach. Tell everyone you know and don't know. Search for who you know and don't know and if someone looks interesting, attend her seminars, read her books, testimonials. Do everything you can think of to find the perfect coach and trust that when the student is ready, the teacher appears!

4. Open up a new savings account. Open a money market account. Build the nest and welcome in all the money that is coming your way!
5. Please fill in the blank: I'm grateful to money because... _____



Day 11

Raising Vibrational Wealth

Say the following statement aloud all day long.

Write it down multiple times today.

[first name] loves money because it lets him/her be the most he/she can be!

1. Meditate for at least 5 minutes a day. No need to ask any questions before hand. Just sit in silence and connect!
2. Use the affirmations in this chapter or your favorites that you've come up with while doing the work in this book and commit to 3 that specifically speak to raising your appreciation of yourself and of money. Write them every morning and every night. Say them all day long. Take them with you wherever you go. Feel into them!
3. Go out of your way every day to do at least 3 nice things for people! Also when you're about to be not nice, breathe, pause, and make a different choice.
4. Practice patience. Notice when you're getting up tight or grouchy and remember. You can't rush the universe! Don't try to pull open the flower! It all blooms according to plan :) Breathe, relax, stay the course and lighten up!
5. Walk tall, sit up straight, practice using your body to become MORE confident.
6. Go on the internet and do a search for the following text: Our Deepest Fear, by Marion Williamson. Print it out, tape it to your refrigerator and read it as often as possible.
7. Please fill in the blank: I'm grateful to money because... _____



Day 12

Determination

Say the following statement aloud all day long.

Write it down multiple times today.

“[first name] loves money and will not give up until he/she is surrounded by all the wealth [first name] desires.”

1. Read the biography of someone who is rich and inspiring to you!
2. Notice 3 not so great habits that you've got and put together a plan to change them to good habits.
3. Go to the spiritual gym every day. What will you do everyday to keep your frequency high, your faith strong, your mindset solid, and your tenacity unshakable? What self help book will you read? What music will you listen to to pump yourself up! What affirmations will you write? Will you meditate? Listen to meditations? Journal? Exercise? Put together some sort of spiritual practice that you will do every single solitary day to stay in shape! Even if it's just 15 minutes a day, this is critical to your success! Mindset is a muscle and just like your other muscles, once you get in shape, you don't get to stop working out. You have to stay on it if you want to stay mighty.
4. Please fill in the blank: I'm grateful to money because _____.

Continue on...



Bonus

Business Idea Generation

Journal on the following 2 questions for 90 minutes:

- What product do I wish existed for myself?
- What would it look like if I created it?

Congratulations,

You have completed 12 Days to a Millionaire Mind.

I now welcome you to take your new mindset and add any amount of new truths or beliefs into your Master Vision. Feel free to revisit this 12 day mindset reset once per quarter for optimal results.

Always do your best,

- Arlin

