



MONEY RELATIONSHIP

BUSINESS OWNERS GUIDE

by **JULIE GOETZINGER**, Abundant Life Coach + Author + Speaker

Alright

, it's time for a little bit of tough love here. Have you been trying ALL THE THINGS, doing everything that other successful business owners are doing and still aren't getting the results that you want? Well I hate to break it to you, but it's time to stop blaming the Facebook algorithm and to look at yourself instead. Particularly the stories you're telling yourself about money and why you don't have as much of it as you'd like.

Let me introduce myself. My name is Julie Goetzinger and I am an Abundant Life Coach + Author + Speaker with seven years' experience in business. I help creative entrepreneurs to break through to that next level of success.

I am the host of Abundance Breakthrough Retreats, the Free to Fly mastermind program, host of the podcast, "Absolutely Abundant: A Podcast for Soul Aligned Creatives," host of the "Unleash Your Abundance Summit", and author of "Free to Fly: Manifest the Life of Your Dreams," where I share my story of how I became a multi-6 figure business owner during a pandemic as a single mom using the process I share in my book.

As a former boudoir portrait photographer I am particularly passionate about helping other boudoir photography business owners to attract the resources they desire so that they can make the bigger impact their souls came here to make. We share the same mission which is to heal unworthiness in women.

OK, let's start at the very beginning, like Julie Andrews says in *The Sound of Music*. Let's go back to when you were a little kid, yes I'm going to go there.... What did you hear your parents saying about money? Do any of these phrases sound familiar?

Money doesn't grow on trees.

Time is money.

You have to work hard for your money.

Money comes and money goes.

There's more to life than money.

Money is the root of all evil.

Who needs money when you have love?

Chances are one or more of these rings true for you and it's likely that this phrase or phrases are still a part of your money story whether your conscious mind wants to admit it or not.

Now I'm going to share exercises you can complete over the next 5 days to shift your energy around money and your business. You will need a journal and a pen to complete the following activities.

DAY 1

Pull out your journal so we can do some writing to our higher selves. At the top of your page in your journal, write:

Dear (insert your name),

“Why don’t you want to be successful?”

Take some deep breaths until you feel connected to the light above and then let your pen flow in response to this question. Let come out whatever needs to come out and don’t judge it as it does. Don’t read what you wrote until you’re completely finished writing.

Chances are that what has come out is surprising to you or even feels completely ridiculous. Because doesn’t everyone WANT to be successful? I will tell you that if you thought it was safe to be successful then you already would be. If you’re not, there’s a reason why and getting to the bottom of that is the way you can heal and release that once it comes to light.

One way to release these limiting beliefs is to close your eyes, take some deep breaths and notice what form they take and then visualize them floating out of your body. Thank them for trying to protect you but let them know that you no longer need them and forgive yourself for holding onto them for so long. Continue taking deep breaths until you feel lighter and then gently open your eyes.

Now I want you to write a letter to money as if money is a person. Ask it whatever you want. If you get emotional doing this, let the emotions come out and know that you are healing your relationship with money as you have this honest conversation back and forth with money.

Read back your letter you wrote to money and identify any anger, resentment or frustrations you have with money. Ask money to forgive you for being so harsh with it and let it know the kind of relationship you are committed to having with it going forward.



Photograph by Susannah Dowell

DAY 2

Write out in your journal everything you're grateful for today and all the ways you are already abundant. Celebrate each and every piece of evidence you have that you are already abundant and write out a gratitude list too for all the ways money has helped to support you, brought greater joy and fun into your life and enhanced your life. This will change your vibration around money and will make more of it want to come into your experience when it feels loved and valued by you just like a person would. Throughout the day look for evidence to remind yourself how abundant you are and add it to your gratitude and abundance list.



Photograph by Susannah Dowell

DAY 3

Write out in your journal everything you're grateful for today and all the ways you are already abundant. Next, we're going to do some more energy work around your business and on your bank account.

For those of you saying that your posts are never seen, ask yourself, how safe do you feel being seen? Do you make live videos in your group? If you do, are you comfortable and confident when you do? Are you talking about your business every chance you get when you are in public? If not, then you are putting the energy out to the Universe that you don't WANT to be seen and therefore you are not being seen. If this feels like you, try doing the following journaling activity:

Dear (insert your name),

"Why don't I feel safe to be seen?"

"What will happen if I am seen?"

"Who made me feel like it was unsafe to be seen?"

"How can I release this fear of being seen?"

After your pen finishes flowing with these responses, read back what you wrote and breathe out these fears and negative emotions. Now write the affirmation, "It is safe to be seen" 20 times in your journal. Repeat this exercise as often as you need to in order to start believing that it is in fact safe to be seen.



Photograph by Susannah Dowell

DAY 4

Write out in your journal everything you're grateful for today and all the ways you are already abundant. Next, we're going to practice sending loving energy to a post or email that you'd like a large number of your audience to see.

Compose a message you'd like a number of people to see and to act on. Before you send out this message, close your eyes and rub your hands together creating passionate, loving energy.

Hold your hands up to your computer screen before you click on "send" and imagine that all of this loving energy is flowing from your hands and going right to the people who will be reading your message.

Set the intention for how you want your audience to feel when they receive your message and visualize them being excited and moved by your post or email and being inspired to take action on it right away. Visualize the number of people you'd like to respond to it and feel into how good it's going to feel when all of those people receive your message and are so inspired that they reach out to you to learn more.



DAY 5

Write out in your journal everything you're grateful for today and all the ways you are already abundant. Next, we're going to map out the release of a new project you've wanted to work on or when to release a promotion by taking into consideration the cycles of the moon.

Everything goes through a cycle from the first seeds being planted, to things slowly starting to bloom after being nurtured and then to fully blossoming and being ready to be picked. Then winter comes and everything dies and the cycle begins again.

How does this have anything to do with your business? Well your business has a cycle too. You can't always be in a state of growth and the times when you are slower are gifts from the Universe to give yourself permission to slow down and reflect and change the things that are no longer working for you. You can also use the cycles of the moon to help you have the best possible chance of being seen by keeping the following cycles into consideration:





WAXING CRESCENT

Waxing means growing so things will be picking up momentum now. This is a good time for growth in your business!



FIRST QUARTER

This is a good time to make decisions .



WAXING GIBBOUS

This is a time for growth and a good time* to refine those decisions that you are making.



FULL MOON

This is a great time to release that which is no longer energy rich for you and to start setting those new intentions.



WANING GIBBOUS

Waning means decreasing so this is a great time to declutter your physical space and mental chatter through meditation. It is also a good time to simplify your offerings.



THIRD QUARTER

This is a good time for forgiveness and being ok with what didn't go as planned and forgiving yourself for not showing up the way you may have wanted to.



WANING CRESCENT

This is a good time to surrender and to let go of the things that haven't been running smoothly in your business.



NEW MOON

This time is all about new beginnings so is a great time to launch a new program or product!



MOON PHASES & HOW THEY AFFECT YOUR BUSINESS



MORE ABUNDANCE TIPS

Something important to understand about abundance is that it comes to those who are open and willing to receive it, those who are grateful for it when it arrives and trust that it will continue to come because they believe that what they have to offer is worth being paid well for and they know that they will always be supported. If you don't feel this way, try doing one of my abundance meditations shared on the following page.

In the end, simply focusing on abundance and your desire for more of it isn't going to be what calls it into your experience. Go within and focus on who you really are first. If you're not being authentic to who you really are, there will be a disconnect and clients will feel like something is off.

For me, I am a spiritual being first and foremost so when I started showing up as this version of myself, that's when things really shifted for me. People could feel my authenticity and were and are drawn to me like magnets because they too are on a spiritual path and want to follow someone who is where they want to be and has already been where they currently are.

Take an honest look at yourself. What parts are you hiding? How can you show who you really are to the world? Remember that what you have to offer could be exactly what someone else needs so it's time to stop hiding and start showing who you really are to the world and then watch as the abundance comes flooding into your experience too...

Want to learn more tips and tricks to show up as the best possible version of yourself and to call in more abundance for yourself? [Check out my free online community, Unleash Your Abundance that you can join here.](#) To find out what may be blocking you from the abundance you seek, you're welcome to [set up a free Abundance Breakthrough Call with Julie here.](#)

XOXO,

Julie



JULIE'S ABUNDANCE MEDITATIONS



How to Meditate

<https://www.youtube.com/watch?v=8F6-7efx9sk&t=247s>



Meditation for Presence

<https://www.youtube.com/watch?v=UDnpK-rL-ug&t=41s>



Forgiveness Meditation

<https://www.youtube.com/watch?v=0HWMzz76VeQ&t=24s>



Money Manifestation Meditation

<https://www.youtube.com/watch?v=7iZLUL2LO-E&t=34s>



Abundance Activation Meditation

<https://www.youtube.com/watch?v=aZkaG1m8Bes&t=24s>

To learn more about how Julie can support you in opening up to more abundance through her retreats and programs, [set up a free discovery call](#).



References

Moon phases and their meanings were from the article, "Your Quick Guide to Moon Phases and How they Impact You" by Jillian Grabarczyk: <https://www.yogiapproved.com/life/moon-phases-meanings-impact/>

Limiting beliefs around money were found in the book, *The Abundance Code: How to Bust the 7 Money Myths for a Rich Life Now* by Julie Ann Cairns