



*Amanda Moxley's*

Rock Your  
**SOUL MONEY**  
Goal

# Rock Your *Soul Money* Goal

*Step 1:* What is the cost of your monthly outflows for both your personal and business?

Personal: \_\_\_\_\_  
Business: \_\_\_\_\_  
Total: \_\_\_\_\_

Multiply that number by 12 months to get your outflows for the year: \_\_\_\_\_

Here's a helpful hint: **please do not shrink or play small with your numbers.** Be honest with your number and give yourself some breathing room. We're all about expansion not contraction here. If your number is "big" that's a good sign that you are ready for a BIG life.

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*Step 2:* Write out everything that you desire this year. If you really could be, do and have anything this year what would that be?

Here are some examples. Think about the year ahead of you and everything that you would like to accomplish.

- ♥ Up-leveled lingerie
- ♥ New shoes
- ♥ New dresses, clothes, makeup, jewelry
- ♥ Sports gear
- ♥ Car, transportation
- ♥ Fun short trips or a long trip
- ♥ Short weekend trips
- ♥ Events you want to attend
- ♥ Support you want to hire for your home and personal life
- ♥ Support you want to hire for your business and professional development (*coach, coaching programs, assistants, copy writer, photographer, graphic designer, image stylist, social media experts, videographer media etc*)
- ♥ New technology- like a computer or a camera
- ♥ New home, house furnishings
- ♥ A big event such as a wedding, a child, a new home, your own workshop or event

- ♥ 3 month adventure in Hawaii
  - ♥ Savings for financial freedom accounts
  - ♥ Savings for your children
  - ♥ Self-care: massages, hair, facials, pedicures, retreats
  - ♥ Giving
  - ♥ Keep going....
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*Step 3:* Now that you have your list...

Write a number representing how much money (energetic exchange) each desire will cost. You may have to do some fun and significant research to find out how much all of your desires will be. Look online or go out and GO window shopping!

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*Step 4:* Uncover your SOUL MONEY goal.

Total up your desires number: \_\_\_\_\_  
Plus your yearly total biz and personal number: \_\_\_\_\_

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**My SOUL MONEY Goal is:**

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**This SOUL MONEY Goal is your money goal for the next 12 months.**

**My 2015 SOUL MONEY Goal is:** \_\_\_\_\_