



Emerging Vibrant Woman

Empower ~ Embrace ~ Evolve

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[www.EmergingVibrantWoman.com](http://www.EmergingVibrantWoman.com)



# THE #1 THING THAT KEEPS WOMEN OVER 40 STUCK WORKBOOK

By: Kohava Howard

Women's Empowerment Coach, Intuitive Soul Mentor and Holistic Nurse

Right now, when I think about finances, money and budgeting (on a scale of 1-totally peaceful and calm to 10-extremely uncomfortable and stressed) I feel I am at a:

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**Money has a soul and its own energy.**

It naturally flows, just as a stream of water flows - naturally and without effort

Money is holistic, we deserve to earn it, we deserve to spend it, and we deserve to save it.

Flow is not present if:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Right now, I am feeling:**

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**Without those feelings I am:**

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When I hear phrases like, *“Buying what I want would be selfish,” “I don’t deserve that,” “I can’t trust myself to make the right decision,” “It’s too late...,” “I’m too old...,”* or *“There will be time for me later,”* I feel:

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Some of the Limiting Beliefs, Fears & Doubts I have about finances, money and budgeting are:

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In essence, these limiting beliefs are my way if telling myself:

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If I KNEW I could invest in ME, I would:

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The impact this would have on the people I love and care about would be:

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*If I am not free to make decisions, I am not free at all!*

My \_\_\_\_\_  
and \_\_\_\_\_  
matter!

*“Too many of us  
are not living our dreams  
because we are living our fears.”*

- Les Brown

Our bodies and our brains often react automatically to \_\_\_\_\_  
and \_\_\_\_\_ that are in some way similar to experiences from  
our past - often as far back as childhood.

Some automatic responses can be:

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Others can:

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**When I think about my finances, I'm afraid about/of:**

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**I can't make financial decisions on my own because:**

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**Negative messages I've heard about finances, money and budgeting are:**

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**Fears, doubts and limiting beliefs about finances, money and budgeting that I would like to release are:**

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**If I could wave a magic wand and create what I really want for my finances, money and budget, it would be:**

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**This new vision about my finances, money and budget makes me feel:**

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Now, when I think about finances, money and budgeting (on a scale of 1-totally peaceful and to 10-extremely uncomfortable and stressed) I am at a:

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Clarity is powerful. It helps me make purposeful choices and transform my life.

In order to make the lasting changes, it will be helpful to know/learn:

- How to retrain the old brain to release fears, doubts and limiting beliefs
- Mind-body techniques and Therapeutic Healing Movements that I teach my students to exponentially improve their results
- The ABCs of getting UN-stuck
- 7 tips to easily make BIG life changes
- 7 steps to make GOOD decisions FAST and
- How my students use the art of celebration to enjoy their journey as much as their destination

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I hope to see you in the Webinar!