

THE PLENTY WORKSHOP

APRIL 25, 2023
TRANSCRIPT

Officially gonna start. Okay, we're gonna officially start in two minutes, but I wanna know while we're kind of warming up, who is here for the second day and who is here for the first time? So who is here yesterday also, and who's new today? Okay, we got a lot of second days and then a few first days. So welcome whoever you are,

and if you're listening to the replay, welcome to you as well. We're gonna officially start in two minutes, but TaKisha, do you wanna just play a song? I just feel like dancing. Let's just start with dancing. I could talk, but I'm gonna talk for the next hour. So why don't we dance instead? Do you mind playing a song?

Let's see what we can do. Les Boogie. Yes, jazz. Les Boogie. It's good for all of us. It's good for our hearts, it's good for our bodies, it's good for our nervous systems. But are you? Ooh, ooh. You lose every time you Lose up. 5, 10, 20. It's a don't. All right, perfect. It's 12 o'clock.

Ooh, Portland, Maine In the house. I love it. I just was dancing in my, in my slippers. So my slippers from LL bean, even though I live in Miami, we have cold tile floors, so keep the feeds warm. I once interviewed a great writer who I love, and I asked her what she wears when she writes.

And she said she wears boots with fuzzy insides because she's more creative when her feet are warm. So that must be a nervous system regulating thing. I don't know. Hello, in Hollis, Maine. Hello to everybody everywhere. Go ahead and let us know in the chat where you're coming in from. And then I wanna know, for those who are here for day two,

who attended day one or who listened to the replay, what did you receive yesterday? What was your biggest take-away? My dms have been blowing up with your Money Miracles. We have one person who called in A BMW, so that was cool. She posted in the group that her yesterday in the chat that her desire was A BMW. And then she dmd me to inform me that she was able to have it by the end of the day.

Dr. Kim h on Instagram, Kim Howell, Kim Howell, I'm celebrating you and your BMW. Somebody else messaged me that she, they decided to waive the shipping on her wedding gown, which was a total money miracle. Somebody else received \$2,000 completely out of the blue. And so I just wanna know, what was your you if perhaps it was a money miracle and perhaps it was a takeaway from the content.

So Michelle says that you can relax about money and it still finds you. Yeah, Michelle, in fact, when you relax about money, it finds you more easily. How's that for a turnaround? Right? Like how many people were taught through modeling or speaking from authorities in their life that a certain amount of stress, sacrifice, struggle, hustle was required in order for money to come into our lives.

The corollary is actually what's true, which is that the more we relax, the more money comes in. Okay. I love that one. That one's a great one. Corrine says, the heart of the breakthrough is calming the nervous system. Oh, I love the way you said that. The heart of the breakthrough is calming the nervous system. I just need to create a relaxed state and train myself to have my homeostasis be relaxed.

That is in my control and totally possible. That's my takeaway. Yeah. Oh my god. Diane is, or Dion is saying I can have what I want. Yes, you can. What else do we have here? Yeah. Okay, so what else? Elizabeth got a mistake fixed on her credit report. I love that. So good. Gaia says,

my money miracle last night wasn't about me, but my very best guy friend, I helped him meditate on something big and he found out later he was getting \$16,000 way to pay it forward already. I love that. Mandy's takeaway was, oops, I lost it. Oh, signal Safety to our body with money and our bodies will attune to it and change how we respond.

I love it. I love it. Okay, this is so great. There's, there's more. And one of the things that's really powerful is to write down your key takeaway because when we write it down, we channel it through a different part of our brain that allows it to anchor in. And then we are reliving the joy of that takeaway in real time now,

emotionally speaking. And so since our bodies and our nervous systems can't tell the difference between time according to your body all time is now. And so therefore you are also anchoring it in as though you're experiencing it again, which is part of the integration process. So what we're doing right now is called digestion. And I learned about digestion from Mama Gina. And when we digest what we've already received,

we create space for more just like our physical digestive system. This is our emotional, energetic digestive system. So one of the other things we can do to digest, which we just did, is we danced. Dancing is really good for your nervous system because moving rhythmically is really beautiful for our nervous system. Let's do another nervous system healing technique so we can open up and signal safety.

One of the things that you'll find doing this work, oh by the way, I just wanna say you're in the right place. If you're looking for the Plenty Workshop, I'm Kate Northrop, if you're new to me and this world just, you can go listen to my story in day one on the replay. But what I wanna say is today the main takeaway is I'm gonna walk you through a six step process that you can then recycle and use any time you want.

And it'll only take you about three minutes to do in the future. So you can do it in the ladies' room, you can do it, do it on the, on the subway. You can do it pulled over to the side of the road and you can do it wherever you want to do it or you can do it in the men's room or in the gender neutral restroom.

But this process is an amalgamation of a variety of things that I have learned and studied over the past 25 years or so that I've been in the actively participating in the personal transformation world. And this process is going to help you by the end of today, you are going to have a way to know precisely what the next right financial action step is for you to take in any given moment in order to reach your goals.

So I wanna know right now in the chat, would it be helpful for you to have a formula that you can tap into at any time of the day, any place you are to know exactly what the next right financial move is for you to reach your financial goals? Great. Okay. The chat's going crazy. Here's what I want you to know.

A lot of people will want to come to a workshop like this and for me to tell them what the next right financial move is for them. There's a whole bunch of reasons why I can't do that. And I think once I say them, they're gonna be obvious to you. But any financial expert who's out there telling you I know exactly what you need to do first.

If they don't know anything about your background, your emotional status, your current life scenario, your per per, your financial picture, your desires, your dreams, your goals, maybe even your human design. If they don't know those things, how, and if certainly if they've not lived your life experience, how could they possibly tell you exactly what to do next?

They cannot. They're just blowing smoke up your skirt as it were. And so, while it is seductive to think that someone else is going to save us and fix it for us financially, that is the kiss of death. If you are waiting for somebody else to fix it for you, you will be waiting forever. The great news is you are,

you have everything you need to be able to be your own prince Charming when it comes to your finances. There's a

wonderful book by one of my mentors. Her name is Barbara Husson. She used to be named Barbara Stanley and it is called Prince Charming. Isn't Coming How Women Get Smart about Money. So knowing that no one is gonna save you, the government is not your boss,

is not the people at the Fed who kind of are in charge of the levers of the economy are not, the stock market is not gonna save you. Your spouse is not gonna save you. Your parents are not gonna save you your inheritance if that, if you think that's coming, none of those things are gonna save you. You know, no financial coach is gonna save you.

No book nothing. No one is gonna save you. But the great news is I am happy to share with you what I know to be true, which is that when you follow the follow the series of steps I'm going to lay out for you today, your soul and your mind and your nervous system will work together to gather all the information that they have about you and your unique situation and you and your unique goals and dreams and talents and imprints,

and be able to spit out for you exactly the next right step that is right for you. And each person on this session is gonna have a different next right financial step. So that's why I talk about whether you are a really high earner or whether you are an under earner or somewhere in between. This work is for everyone because even if you know how to make a lot of money,

or even if you are struggling financially, very likely no one before has taught you how to heal your relationship with money. So yeah, this works in every country as well. There's nothing I'm gonna teach you today that will not work in any country if you have a pulse. And if you are a human being, this will work for you. Okay,

great. So are we ready to go? I'm going to invite you to do something that's really helpful for digestion and creating o open space for new things to come in. And this is a really helpful technique when you're noticing that you're going into resistance. So resistance can show up in a lot of different ways. You might find yourself totally spacing out as you're listening today.

You might find yourself opening up new tabs on your computer or grabbing your phone and starting to scroll Instagram. You might notice that you kind of lo leave your body or you get super sleepy. Or you might find yourself getting really irritated with me. Or you might find your mind telling you things like, this doesn't apply to me. Or easy for her to say.

And giving you all these reasons why you need to stay. Why? Like advocating for your limitations to stay exactly where you are. All of that is the nervous system's way of bringing you back to the thermostat setting that is familiar. Re remember yesterday we talked about that your nervous system has a thermostat setting. Now my feet are getting hot, I gotta kick off my slippers.

We're warming up here. And that thermostat setting is based on what you experienced as a child in your environment and that thermostat setting as you grow older and your life experience expands, the nervous system registers anything that is unfamiliar as unsafe. And so here you are in this plenty workshop, you've signed up, some of you messaged me and were like, God,

I was so skeptical. And then I was, you know, that workshop was so life affirming. I got another message saying, you know, I've, I've, I've stopped paying attention to the manifesting world because it feels really gaslighting. 'cause no one ever talks about the very true systemic oppression that's out there and the fact that it's not an equal playing field for everyone.

But she was like, thank you for addressing that. Now I could actually listen to what you were saying. So you, you, you know, many people have been skeptical of this work, but here you are, you showed up and now your nervous system is gonna register. Oh, this is unfamiliar. We are now, the temperature is rising beyond what feels familiar,

therefore I'm gonna need to do something. Now to bring it back down to what feels familiar and what feels familiar for many of us is struggle is lack is limitation, is chaos, is stress. So we identified yesterday what that thermostat setting was for us based on the environment around money in our lives growing up. And I wanna remind you that you do not have to have grown up struggling financially in order to have a thermostat setting for stress around money.

I have a friend who grew up in a \$20 million home on the beaches of the Hamptons. It was a highly unusual upbringing with a lot of financial resources. There was so much financial stress in that household because the way his parents related to money was really painful. And I won't get into it, but his thermostat setting for financial stress would be a high like,

like it would be, the thermostat would be set to stress even though he grew up with vastly above average resources. So no matter what you grew up with, know that there may be a setting for stress that your body is trying to bring you back to because it feels familiar and therefore it feels safe. So that might show up as all the signs of resistance that I just gave you,

including arguing for your limitations. And one of the ways we argue for our limitations is by looking out in the world and looking at the people who have what we want and saying to ourselves, I can't have that because X, y, Z is different between me and that person. Versus looking out at the world and saying, I can have that because X,

Y, Z is similar between me and this person. Because approaching it that way would expand your thermostat setting. And you need to do something in order to signal to your body that it is safe to change the thermostat setting. So are you ready to do something right now that will signal to your body that it is safe to change the thermostat setting when it comes to your finances?

Okay, great. So what we're gonna do is a practice that's called Havening. So Havening is a practice where we simply do gentle touch on our bodies. I like Havening a lot because it's something that you can do at any time. And if you are someone whose nervous system thermostat is set on needing to not look weird in a public place as many of ours is havening,

like you could get some hand lotion and you could do havening because it just looks like you're moisturizing. So havening can be gently touching the backs of hands, gently touching your forearms, see if you can slow it down. And notice as you're doing this, notice the tactile sensation of your hand on your body. And then you can take it a little further and you can take,

I'll, I'll stand up on my tippy toes. So you can see, you can just cross your arms and rub from your shoulders to your elbows. I'm noticing for me that my breath just deepened automatically. That's a sign that your nervous system has moved from fight or flight into more of a rest and restore parasympathetic response. And I'm wondering how that's feeling for you.

Dina said she just had the deepest exhale. Tanya got chills. Yeah, my nervous system just relaxed. I just let out a big sigh. It's so soothing. I'm yawning. Yeah. So anytime you notice your brain wanting to argue for your limitations or you notice yourself spacing out or getting sleepy or feeling irritated or noticing that you wanna distract yourself, this is a tool.

This is a tool that you can tap into right here. So it's called Havening, which is also such a beautiful way to describe it. And this absolutely works for children, Chelsea. Yeah, for sure. You can do it on your children, but you can also teach them how to do it for themselves. Yeah. What a gift to give your kids.

If we can teach our kids how to regulate themselves, I mean their futures are gonna be fricking unbelievable. And one of the best ways we can do that is of course to regulate ourselves because our children are co-regulating with us at all times. And if we have a nervous system that feels safe, our children automatically here in their bodies, their bodies here,

it's safe. Okay, even your older children. Absolutely. Yeah. We co-regulate with with people all the time. I co-regulate with my husband. I'm co-regulating with people when I go out in public. You don't have to be a kid to be co-regulating. It's a whole other conversation. Okay, so here we are. It's time for our work today,

it's time for the framework. So I just wanna double check. So any time that you notice yourself, I really do wanna address beliefs and thoughts. I know yesterday I talked, I talked about how focusing exclusively on money mindset work is really leaving out a huge piece of the puzzle. And that's the body because we cannot talk our bodies out of feeling the way they feel.

Anyone who has struggled with panic attack, panic attacks knows this. If you feel like there's a huge emergency, you can't just tell your body there's not an emergency. I have a friend who runs off of airplanes when she gets on them, she just cannot fly because it just feels like she's gonna die and there's nothing. She, she knows logically that airplanes are relatively safe and safer than cars.

Like it is way less likely that you're gonna be harmed in a car, in a airplane crash than a car crash. But she can't just think her way into staying on that airplane. If she could, she wouldn't have a phobia of flying. So anyone who's dealt with phobias knows that you can't just think your way out of them. Our bodies are begging to be tended to,

begging to be tended to. And so when you notice yourself, I'm just curious, yes, positive thinking is not enough Juanita. Exactly. Without the action of tending to our bodies and our nervous system. So I'm curious, does anyone wanna share a thought that came up between the session yesterday and today that didn't feel super supportive to them? So is there a thought that didn't feel super supportive that you would share if you Yeah,

standby method acting studio says I, I'm not gonna have a financial miracle, right? Like I'm not gonna have a financial miracle. You know, Kim might have A-B-B-M-W show up by the end of the day, but that's not gonna happen to me. Okay? So I wanna explain kind of the anatomy of what happens there. First of all, as a reminder,

that's a sweet, precious part of ourselves and it's not bad, okay? So your resistance is not bad. Our tendency, our evolutionary strategy to keep ourselves unconsciously or consciously within the narrow bandwidth of what we've experienced prior to this moment because it feels familiar because what we know feels safe. That strategy is beautiful. It's kept human, kind, alive, right?

And now in our current modern times when we have so many possibilities and access to things that are outside, what might've been familiar, I mean, think about somebody who lived, you know, a hundred years ago, they would have very likely been born and raised and live their entire lives within the same several mile radius around people who also grew up there and were having a very similar lived experience.

And it would've been very insular. And anything outside of that lived experience outside of their village, outside of their very small community, would've registered as unsafe and unfamiliar. Unsafe because it's unfamiliar. And that strategy was effective to then be able to ward off enemies and keep us safe. But now that we are accessing so much more information, we know how all these people,

these billions of people live around the world because of the internet, because of the speed of communication, because of our ability to travel. We have such a wider access to information and experiences than we ever have before. Which is why nervous system regulation is the skill of our times is absolutely the most important skill of our times. If you wanna thrive and make your mark,

imagine if everyone who ran the world governments knew how to show up to meetings and decisions from a parasympathetic calm state where they were able to access all of their faculties and all the full spectrum of possibilities for decision making and communication. What would that world be like if our world leaders were not acting on knee jerk fight or flight out of fear impulses and they could access a calm nervous system?

So that's the world that I'm working on creating. And I know you're here with me because you're here today. So just shout it out in the chat. Are you here with me for that? Yeah. And one calm nervous system, one regulated nervous system, one nervous system that has expanded its range of resonance literally through energy and through co-regulation automatically makes that possible for other people in our environment.

There's a tip somebody taught me, my friend Sarah Tacy, and this is originating from Bridget Vixens who runs a school called Chemical Alignment. And Sarah taught me that we can either be a thermostat or we can be a thermometer. So in our lives we've talked about thermostat settings and thermostat settings are, you know, our nervous system and how much financial peace our nervous system will allow us to feel.

But there's also the thermostat of kind of the emotional energetic tone in a room. And we can either be the thermostat, meaning we are setting that emotional energetic temperature in a room or we can be a thermometer, meaning we are just taking a reading and changing our state to meet whatever state is going on in our environment. Let me ask you, would you like to be a thermostat or a thermometer?

Would you like to go through life as a thermostat or a thermometer? Yeah, thermostat. Thermostat. So that havening technique, the dancing, those are two techniques that we already have access to to become a thermostat and be a living, breathing, energetic tuning fork to heal the world. Okay? So when you notice a limiting thought coming up, like I'm not gonna have a financial miracle,

we come by that honestly because of the evolutionary strategy of our bodies to keep us safe. So first of all, we can practice what we did yesterday. So if you are having a limiting thought come up, you wanna just practice like, Hey, thanks for sharing. You know, like notice where in your body that part of you lives and then you can say,

Hey, thanks for sharing. Is there anything I can do? What do you need to hear? What do you need to know? Is there anything you need to experience so that I can love you a little more right now? How can I love you a little more right now? Because anytime we have a part of us that is arguing for our limitations,

it is actually simply a call for love. It's simply a call for love. So we don't need to argue with it, we don't need to try to cut it off, we don't need to get rid of that part, we just need to love it, okay? So we need to love it and understand that the reason it's there is because we are in a well-worn path of arguing for our limitations and we come by it.

Honestly, it is not our fault, but it is our responsibility if we wanna have a different lived experience. And I'm assuming because you're here in plenty, you wanna have a different lived experience. All right, so let's have everybody pause the chat for a minute. So please don't put anything in the chat and I'm gonna have our team drop our handout in there.

So if you pause the chat and then our team can go ahead and put the the handout in the chat, then everybody will be able to click on the link and access it and open it up. So if we can go ahead and do that, Mike just posted it. And so we're gonna walk through this process and we will do that together. So here is the first step we're gonna take.

And this is on the handout, but I'm gonna say it verbally so you don't need to be reading the handout at the same time. Just do your best to stay present with me. You're gonna be closing your eyes, so you're not gonna need to read the handout. I will walk you through the process. And if you're listening to the replay, I'm gonna walk you through this process so you can listen through it and experience it one time.

And then you're welcome to come back and take down notes so that you can walk through it again. Okay? And Mike went ahead and put it in the chat again. So you don't need to read the handout as I'm doing this, I will do it for you. You can just relax. Okay, so the first step, this is called the relaxed money activation process.

This is the process. When you go through this, when you get good at this, you will be able to at any given time, know what's your next right move. Okay? So this is a surefire way to know what your next right move is. Before we dive in, I'm gonna go ahead and drink some water hold. Okay, So step one is to identify a challenge that you're having right now that's related to your relationship with money.

So go ahead and type into the chat. What is the challenge right now that you're having as it relates to your relationship with money? And you can just hold it in your mind or you can put it in the chat. So being open to receive overspending, under earning, having a raise that got denied. I feel like it's not enough Credit card debt,

I never have enough. I feel really unrelaxed no matter how much I make, it disappears. Okay? So that's the challenge. Whatever the challenge was that you're gonna hold. And then what I want you to do is close your eyes and just notice where do you feel that challenge in your body? So we're fine tuning our somatic sensibilities right now. So when you think about that challenge and you close your eyes,

maybe you wanna feel your ground, your feet on the ground, notice gravity, just get yourself present. Where do you feel that challenge in your body? You don't need to put it in the chat. This is a personal experience, but I mean you're welcome to if you want, but I really want you to stay inside yourself and keep your eyes closed if at all possible.

Or at a soft gaze. If it doesn't feel good to close them. Where do you notice it in your body? Does it have a shape? Does it have a color? Does it have a texture? Does it have a temperature? What size is it? And then the next question is, what feels familiar about this challenge? What feels familiar about it?

What feels familiar about it? And anything that comes up to answer that question is the right answer. Could be, it feels like something you experienced when you were five. It could be something you experienced in a totally other area of your life. It could be any number of things. So what feels familiar about it? And see if you can get as specific as possible with that.

What feels familiar? And then the next step is to become aware of the thought that you're thinking over and over again related to this challenge. So the thought might be when it comes to money, I have to do everything. Or when I talk to my husband about spending money, he always gets upset. So whatever that thought is, notice, like what is the

actual thought?

What are you telling yourself? So there's the challenge and then there's the thing we tell ourselves about the challenge. So the challenge might be I'm not making enough to cover my, my living expenses each month. And then we might tell ourselves I'm never gonna have enough, right? So there's one part that is I just, my earnings are less than my income,

which is a challenge. But then we tell ourselves a story about the challenge. So what's the story that you tell yourself about that challenge? Now what we're gonna do as we are aware of the challenge, as we are aware of what feels familiar about it, as we are aware of the thought or the story that we're telling ourselves about that challenge, we are going to signal safety.

So we're gonna use that same tool we used before. So keep your eyes closed and use the havening tool. So slowly, as slowly as you can tolerate, keeping your attention on the sensation, rub your hands over your, your hands and your forearms. If you're wearing long sleeves, push them up so you can get skin to skin contact havening. This practice is a nervous system regulating tool.

It will also help release oxytocin, which is a beautiful hormone that is one of the precursors to decreasing stress and decreasing cortisol and adrenaline in our system. So you can practice this, just notice what's happening in your body. This is a way that we signal safety and see if you can put just your attention on the sensation. Okay? Now bring back the thought from the previous step that you are telling yourself.

So maybe that thought was, it's never gonna be enough, I'm never gonna have enough and C, now with this new-found sense of safety and you can keep doing the touching, you can keep activating that parasympathetic response. And C, if you can reframe that thought or that story into a new thought or story that is more supportive and one that's unequivocally true.

For example, if your thought was making money will always be up to me, your reframe could be, I'm surrounded by support both seen and unseen. Or your reframe might be instead of it's never gonna be enough or I'm never gonna have enough. Your reframe could be I am smart and resourceful. I know I can figure this out. I am open to receive.

Another one could be, there are opportunities everywhere. Yeah, you could touch any part of your body. Havening doesn't have to be your hands and your forearms. I'm just doing it there because you can see that. But you could touch your belly, you could touch your legs. Yeah, Mila is saying resourcefulness is your biggest resource. I do know how to manage more money comes to me so easily.

Yeah, I love it. If you're, if you're re re, if your thought is it's all my fault. An unequivocally true reframe would be, there are a number of factors that contribute to my financial reality. Some of them are outside my control. So do you see how I'm not trying to Pollyanna the situation? Like our nervous systems work incrementally.

So this is called titration. Your body will hear something that's like super way different than what you're telling it now. And it will say to itself, liar, right? Anybody who's seen the, the princess bride, Carol Cain's character, she's like liar. That's what happens in our bodies when we try to make some drastic leap. But instead, if you're telling yourself my everything in my financial situation is my fault a an unequivocally true reframe that that very likely your nervous system can get on board with is there are a lot of contributing factors to my financial situation.

'cause that's just true, right? Like that's just true. Yeah. Emma is saying, I am smart and resourceful. So you wanna pick

something that resonates as true things resonate because we are vibrational beings. We say it resonates because there's a frequency that feels true. We can tell that something is true because our body spontaneously takes a deep breath or we get a little sweaty or tears come to our eyes or we start to lean forward.

Our body will always give us a sign when something is resonating where we might get tingles or goosebumps. That's how you know you've got one because there's a resonance that you can feel physically. Okay, great. Yeah, tears are a beautiful thing. Tears are a beautiful thing. Okay, we're gonna talk about that. If you decide to join me in the program that I'm gonna talk about at the very end tomorrow,

relax money. You're gonna learn a whole new framework for alchemizing your emotions and you're gonna learn how useful and productive doing something like crying is, okay. So whatever your new thought is, say it to yourself out loud right now or say it inside your head. And so the new thought that I'm gonna practice right now as an example that'll help a lot of you is I am incredibly smart and resourceful and I can figure this out.

I am incredibly smart and resourceful and I can figure this out. And just notice how does that feel in your body? What physiologically happens? Do you get warmer? Where do you feel that statement in your body? What happens with your breath? What happens with your muscles? Is there more relaxation? Is there a sense of expansion somewhere? So notice how that thought supports you and how it feels different.

Yeah, Philippe is saying, I have a slight headache coming on. That is a good sign. That's what we call a healing crisis. Sometimes there's an energy that's in our body that needs to leave our experience. And when we are moving through something that is pressing up against the edge of our lived experience so far. So it's pressing up against the edge of what feels familiar.

You may have a, a small physical symptom come up, you might get dizzy, you might get a headache. That's another good sign to signal safety. So do something that will signal safety, a nervous system, healing tool. We'll talk about more of them tomorrow. And, and then of course like just go lie down, right? So don't,

don't freak out if some sort of physical thing happens in the next 24 hours. That usually is a normal way of the body clearing out an old way of being that's no longer serving you. And then step six is to act according to your new thought from step four. So thinking the thought out loud, saying the thought out loud, I am incredibly resourceful and really smart.

Ask yourself the question, how would the version of me that knows this new thought to be a hundred percent true and is living as this is being this, how would that version of me behave? So how would the version of me that knows that this new thought is a hundred percent true behave? And then ask, what is my next right step And see what comes.

So ask what is then my next right step? And then see what comes. So what would the part of my if, sorry, how would the version of me that knows this new thought to be a hundred percent true behave? And then ask yourself, what is the next specific right action step to take as that person, as the part of you with the part of you leading that knows a hundred percent unequivocally that you are really smart and super resourceful and you can figure this out.

What's the next right action step? Now of course that thought isn't the thought for everyone. You all came up with your own. But I am curious what would be the next right action step. So some of these are great. So Sage, hers is or his or theirs is mine is just to relax and know that it's on the way. I love that.

I love that lara is ldera is post a blog article once a week. I love that zn is be enjoy, Maria is to show up online. So Maria,

I'm gonna ask you to ask, is there something even more specific that you could show me about what it means to show up online? Because showing up online, you wouldn't be able to write that down on a to-do list and say like,

did you do it or did you not? So we're going to invite ourselves and invite our psyches and invite our higher guidance to give us specificity because money loves clarity and the more specific you can get, the more clear it is. Now you may not get a super clear answer and so you're just going to invite a clear invite, clear guidance to come to you over the next 24 hours.

So just ask for your internal world, for your higher guidance for God spirit, the universe, to deliver a clear answer for you of what is your definitive clear next financial action step and ask for that information to be received in the next 24 hours. It may come from any kind of place that is unexpected. You might get a random phone call, there might be a piece of mail,

you might see a billboard. It might be that your phone pops on a random clip from a random podcast, we don't know. But if you have not received a clear next right action step, simply ask that it be delivered to you unequivocally with clarity within the next 24 hours. And then when you receive it, send me a DMM or email into info@katenorthrop.com

or post about it in the Plenty Facebook group because we wanna hear what you're experiencing when we ask, we get, it's just the way it goes. But so many of us forget to ask or are afraid or didn't even know that we could in the first place. Alright, Sarah says, I've been stuck for months and it just showed up. I know exactly what to do.

Boom, Sarah, way to open yourself to receiving the guidance. I love that. I love that, I love that. I love that Kim is saying, I'm telling you folks, this is the truth you ask, you get Kim in her BMW. So good. So good. Okay, great. Ariana is sharing hers is to finish her course by May 31st just by writing and releasing the outcome that is so clear.

I love that, I love that, I love that. Okay, so this is wonderful. Create a pitch deck and pitch new clients. Beautiful. So beautiful. Okay, so what I wanna in invite us to do now, we have about 15 minutes left. And by the way, we are doing a giveaway at the end of today. I forgot to mention that at the beginning we're giving away three do less planners.

And then I got a text from my friend Kerry Montgomery this morning, and she also offered to give away a 45 minute online styling consults for one of our lucky winners. So for for four people are gonna win. Three people are gonna win, do less planners who are on live at the end. And then one person is gonna win a personal styling session with my incredible friend Carrie,

the founder of Somatic Styling. Okay, so one of the things, so, so use that activity, make it your own, adjusted in whatever you way you want. But I'll walk you through the six steps again now that we're kind of awake and aware and we are in the present moment here with each other. So number one is you wanna identify a financial challenge that you're currently experiencing.

Number two, you wanna ask yourself what feels familiar about this challenge? And notice if there's any part of your body in particular where you feel that challenge. So does it have a shape, a color, a texture, a, a temperature, a weight, a size. Then become aware of the thought that you're thinking over and over again related to this challenge.

So there's the challenge, there's the facts of the challenge, and then there's the story you're telling yourself about it, which are two separate things. So what is the thought that you're telling yourself about this challenge? That was step number three. Step number four is to signal safety. So very often, mindset work misses this step. And this is absolutely without a doubt the most important step for healing,

which is to signal to your body, it is safe. We're changing the thermostat setting. I know, baby, you can tell we're gonna change. The thermostat setting is gonna be a different temperature. This temperature is gonna feel different than what you have felt before. And what I want you to know is it might be unfamiliar, but it is safe.

So you're signaling to your body through havening or a different practice that you may have. So we're we're just lightly, gently touching our skin. Oh, I am safe. Okay, I've signaled safety. Oh, now I have more cerebral cerebrospinal fluid flowing between my brain and my body. Now I have access to more of the gray matter. Now different parts of my brain are lighting up.

Now I have access to more intuition. Now I have access to more possibilities. Now my peripheral vision, peripheral vision has widened. All of this is happening when we are signaling safety to our bodies. Now I have oxytocin running through my body. I have less cortisol. Now I can ask myself in step five what would be an unequivocally true reframe of the thought from step three.

So there's a typo in the handout under reframe, it says your thought from step two, but it should say your thought from step three. So I apologize for that. So what is the thought from step three reframe that you can say is unequivocally true? Such as I am incredibly resourceful and smart, I can figure this out. Or there are a lot of different factors that have created my financial situation or whatever your thought was.

The next is, so step six is to act according to your new thought from step five. So act according to your new thought from step five. There's another typo, I apologize. It should say, act according to your new thought from step five. Think the new thought or say it aloud and then ask yourself this question, how would the version of me that knows this thought to be a hundred percent true behave?

And what is the very specific action step that I need to take in this moment to move towards achieving my financial goals? What is the very specific next action step I need to take in this moment to move towards my financial goals? And then you can do this anytime you want. And if you don't get a clear action step, just keep practicing and just ask,

Hey, in the next 24 hours, please make it clear to me. Please make it specific. Please make it an action step that I could check off on a checklist of either yes, I did it, or no, I did not. Okay. So was that helpful for you? Let me know if that was helpful for you. Let's have everyone pause for a minute.

Start. Actually, I know I just said please tell me if that was helpful. Please pause because we still have folks who are not finding the link to the handout. So if we can pause the chat for just a minute. So just pause typing in the chat for just a minute. Team, can you post the handout one more time? Team,

can you post the handout one more time for anybody who missed it? Great, thank you Mike. Mike just posted the handout in the chat for everybody. I think we can pin that. Pin his, no, I don't, maybe we can't. Anyway, we can't pin it, but it is right there. So grab it now, grab that link and you will figure out the handout.

I don't need to say the corrections again. It's clear. You'll, you'll read it. It's, it's not that, it's, I promise you you'll, you'll figure it out. Okay. So that's the exercise. And I want you to practice it anytime you feel like you are experiencing a financial hurdle. Because what this will do is you will begin to rewire your brain and rewire your nervous system and your body will begin to feel safe as it expands.

And then you won't need to do unconscious things to go into contraction, which is so great. So your body will sense

like, oh, okay, like Kate's got me, or Rhoda's got me, or Jada's got me, like I, I am safe. I'm safe to expand because you are actively signaling safety as you begin to shift your financial paradigm and as you receive the action step.

Now you might go to take the action step and the action step might be to make a pitch deck and pitch to potential new clients. And that might feel scary. So what is that an opportunity to do? Tell me in the chat what what you could do to, if you are feeling scared, you could practice havening, you could signal safety in another way.

Yes, you could practice havening, you could practice a different nervous system healing tool. If you decide to join relaxed money with me, you are going to walk away with a treasure chest full of potential nervous system healing tools. So you have a toolbox to turn to 24/7. That is completely free. Okay? Yeah. So these are great. So that's what you will do if you're taking that financial action step and it's feeling scary to you.

Now, what I want you to do now, now that we've kind of like juiced it up and we're accessing our parasympathetic nervous system state and we're feeling safer and we're feeling more expansive, knowing that not everyone might be feeling that way. Some of you might be feeling more contracted and that's okay. That's beautiful too. It's just about continuing to practice and continuing to show up and continuing to signal safety.

If the havening is not a practice that works for you, you might wanna try lower back rib breathing. So just put your hands on your lower back ribs and breathe into that place. That's another great one that I love. So I want to have you now on this theme of resourcefulness. Write down just quick brain dump. What are the resources that you have at your fingertips that are going to serve you in expanding your financial reality?

So expanding your financial reality could mean a lot of things. It could be becoming a whip, smart, savvy investor. It could be paying off debt, it could be increasing your income, it could be creating financial systems that really work for you. It could be healing your nervous system around money. It could be a number of things. So make a list.

Yes, a lot of you are putting them in the chat, which I love 'cause it gives everyone else inspiration. But make a list like on a piece of paper. Because the other thing that having a list of resources will do is you can open it up anytime you're feeling freaked out and you can look at that list and immediately remember how much abundance you have access to.

So if you're not here live and you're listening to the replay, I'm gonna read some of these out. And so the re what you're going to do is you're going to make a list and do a brain dump of all the resources that you have access to at your fingertips or are one or two degrees of separation away from that can support you in expanding your financial reality.

So you shared a goal yesterday. You shared a financial desire yesterday. And so I want you to bring that financial desire back to mind and then make a brain dump list. Now that we are juiced up and expanded and more open, I want you to make a list of all the resources that you have at your fingertips. So it might be a certain amount of money that you have in the bank to invest.

It might be access to your friend Brian who understands this, that, and the other thing about whatever you need to know, it might be a library card and an unlimited amount of books that you can take out to learn about this thing. It might be an internet connection and the fact that you can listen to podcasts for free from people all over the world to learn freaking anything you wanna learn.

It could be access to YouTube, it could be this workshop, it could be your women's investing group, it could be your degree, it could be nervous system healing tools. It could be free classes at the library. It could be your membership to intro.com. You know, and the ability to book like a ver venture capital investor for 15 minutes and pick their brain about

whatever it is about your pitch deck,

skillshare.com, God, church, family, absolutely. All the rich Dad poor Dad books, money, A love story by me. It could be breath work, it could be my community. I have started, one of the things that I am really working on this year is, is learning more about investing and becoming a more active savvy investor. So when I hang out with my friends,

I've started asking them, what do you do about investing? Who invests your money? Do you do it? What do you invest in? Why do you invest in that? Do you do a certain percentage? How do you know? How did you learn about it? That one, that's one thing that I have. I have this community that I can ask questions.

That's a resource, it's a free resource, but it's right there. I love that. Okay, great. So that's your list. Anytime you're feeling downtrodden, hopeless, contracted, anytime you notice that you are trying to argue for your limitations, you can do the practice we just did. You can also open up this piece of paper and look at your list of resources and affirm,

I am resourceful, I am smart, and I can figure this out and look at this fricking abundant list of all the resources I have at my fingertips. Because that is true abundance. That is true abundance that is so much more valuable than any kind of numbers that you might have in your bank account. The lie is that abundance is money. The truth is that abundance is energetic.

And so all the ways that you can tap into the feeling of abundance that is energetic, that is beyond your bank account, is going to heal you. And also, ironically, it helps you have more money in your bank account because those who are tapped into infinite abundance, that is not part of our economic system, which is just completely invented. Those who have access to that live more abundant lives and are magnetic to resources,

financial and otherwise. Okay, our, so here's what's gonna happen. I'm about to do the giveaway, but I wanna say tomorrow I am going to lay out for you the 14 pillars of creating an environment of relaxed money in your life. So you are going to receive this as a checklist, and then we're gonna walk through what each of those things mean and how to and,

and what you need to get in place in order to create an environment of relaxed money. Is that gonna be helpful for you? Let me know. Okay, great. And let me know if you're coming tomorrow. So go ahead and commit now to be here, live tomorrow. I know some people woke up at 2:00 AM to be here. I know some people are up in the middle of the night,

they're up late, they're taking their lunch break, they're listening in the car. People are doing all sorts of things to be here live. So I wanna know, are you gonna commit to being here live? And then of course the second best would be, are you committing to watching the replay? Okay, so this is, the chat is exploding.

So what I'm gonna do is I'm gonna do what I did yesterday and I am going to pick our giveaway winners through my randomizer of my mouse, closing my eyes and just scrolling through the chat. So two R three, do less planner giveaway. Winners are Amanda Bryant. So Amanda Bryant, you are getting a do less planner. So just email info@katenorthrop.com and send us your address and we'll send that out to you.

So Amanda Bryant, go ahead and email us. Congratulations. You are the winner of a Do Less planner. That thing is such a work from my heart and it is gonna change your life. Okay, next winner of the Do Less Planner is going to be Carolyn. Oh, she went away. Oh no, the chat got away from me. Okay,

I am so sorry. That one, I can't find the last name. So, okay, it's going to be, oh, there, it's Carolyn DuArt, so C-A-R-O-L-Y-N, DuArt, D-U-A-R-T-E. So Carolyn, go ahead and email info@katenorthrop.com. We'll go ahead and send you a Do Less

planner. Congratulations. All right, our winner number three is, let me do my randomizer here.

Let's see what we get. Kara Brown. So Kara Brown, you are our third winner of the Do Less Planner for today. Kara Brown, email us. And then I'm going to do one final, one final. And I am scrolling way back in the chat, so this is as fair as I can possibly think to make it. I'm scrolling.

I'm scrolling for who's gonna get the personal styling consult virtually with Carrie Montgomery, the founder of Somatic Styling. I work with her whenever possible on my photo shoots. She's such an incredible friend and incredible stylist. It is Anna Ryder. So Anna, a NNA, Ryder, R-Y-D-E-R. You have won the styling session. So thank you all so much for being here.

This was such a joy. You are such a joy. Please keep coming in with the financial miracles. Please let me know when the clarity arrives. You'll get it within 24 hours. What is that clear financial action step? Open up to receiving that affirm that you will receive it and ask that that be so. And I will see you tomorrow for our third day of plenty.

I also wanna say we are having a bonus day and that bonus day is gonna be on Thursday at the same link, at the same time. I know there's a lot of questions that are coming up and since there's so many of you and the way we have this set up, I can't answer those. But we're gonna have a few people be able to receive some laser coaching and get your questions answered as many as I can on Thursday.

So you'll be able to come and, and maybe get some laser coaching. So just keep an eye out for that. And thank you so much for being here. I will see you tomorrow for day three, where we will lay out the 14 pillars of creating an environment of relaxed money in your life. Thank you. Thank you. Thank you. Tisha.

Can we have a song and we will go ahead and I'm gonna dance it out for a minute or two for anyone who wants to dance with me. Is this from my neighbor? JLo? JLo? Another One. My man. We stuck it up to the ceiling. More money. Finish. Finish more money. Every day I'm alive. I make a killer.

Less skinny. Yes. Where get ghetto. I just want Thank you everyone. We will see you Tomorrow. Bye. Thanks for being here.