

Intentionally Wealthy Women

WORKBOOK



Making way for enhanced Wealth through
Intentionality, starting NOW.



INTENTIONALLY
Wealthy Women

Meet the Author

Since 1978, Debra L. Morrison has been featured on CNN, ABC & TEDx stages, deciphering complex financial concepts with heartfelt empathy, wit & wisdom to the delight and insight of audiences worldwide.

Her CFP®, Retirement Planning Masters, Grief Coach Certification & Best-Selling Authorship of My Husband Died, Now What? equip her to coach women to best ensure their financial & personal successes.



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Declare Your Intentions

I honor all of my emotions and feelings

Emotions are information from my body.
I intend to pay attention and feel them out.

I take personal responsibility for my life and actions

I release all negative events which happened to me in the past,
knowing that I cannot change them.
I open myself to new possibilities in the future.

I strive to focus on the best in myself & the world

I have the power to create my own reality which means that
my thoughts DO matter.

I believe in myself.

Only I know what is best for me

This workbook may help me see things from a different perspective,
but I am my ultimate guru and I will own that.

signed,



Very Very Very Important!

**You must answer all workbook questions from your
heart/gut/intuition**

**Usually, it's the first thing that pops into your mind
and not from your "thinking" brain.**

**Remember, there's no right or wrong here.
It's not school.**

**The purpose of this workbook is to help you re-connect to
that deeper truer part of yourself.**

(The part that knew how to make everything a game)

Go ahead. Take a deep breath.

**Clear your mind of any preconceived "shoulds" and
judgments.**

Allow yourself to be free.

Be playful. Be silly. Be creative.

Have fun.



Part One

Assessing our Present

**1. Which area of life feels the most painful right now?
(It could be anything: physical, emotional, mental, financial, digital, spiritual,
business, personal, etc. Go with your first instinct.)**

**2. How does it feel painful? In what ways does this pain manifest?
(Identify the feelings around it.)**



3. Describe your biggest financial mis-step.

4. How much money did you invest _____, &

What % of your net worth did that represent ___?



**5. Why is it painful? How did it get to this state?
(Be honest with yourself.)**

**6. Why do you feel that the pain is necessary or serves your needs?
(There's always a reason. List everything that comes to mind.)**



**7. In what way is this pain holding you back?
(Get specific. Write everything.)**

**8. On a scale of 1 to 10, how ready do you feel to let the pain go?
(10 = super ready, 1 = not ready at all)**

1 2 3 4 5 6 7 8 9 10

**9. What obstacles are standing in the way?
(List everything that's been stopping you from moving through the pain.)**



Reach me here

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