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Intentionally Wealthy

Women ACTION SQUAD



WORKBOOK

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,
and I am my ultimate guru and I will own that.

signed,



Very Very Very Important!

Please 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.)**



**10. How can you create more intention in your life?
(Explore all the possibilities)**

11. How confident do you feel about your money...



12. What's stopped you before?

13. WHY is it different now?



14. What does the end result feel like to you?
(List what you see and feel when thinking about a new intention)

15. What commitment will you adopt to bring about change?

**16. What other areas of your life will be affected by this new intention?
(Don't overthink it. Let it flow naturally)**

17. Do you commit to picking yourself up when you falter?



18. Do you commit to FORGIVE yourself?

19. Do you see your self-worth & net-worth increasing?

20. Do you commit to log even small investment wins and then build on that?

21. Do you commit to being present, writing down goals, committing, and being accountable?



Reach me here

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