



Releasing 2013

*Popping*  
*in 2014*  
*Guidebook*

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

# RELEASING 2013



1. What were my intentions and goals for 2013? Where did I see myself by December 31, 2013?



3. How has my wealth consciousness transformed this year? What have I done to transform my wealth consciousness? What have been my biggest ah ha's about my wealth consciousness this year?

4. What seminars, books, programs and events have I learned from this year?

5. What has frustrated me the most about my biz this year?

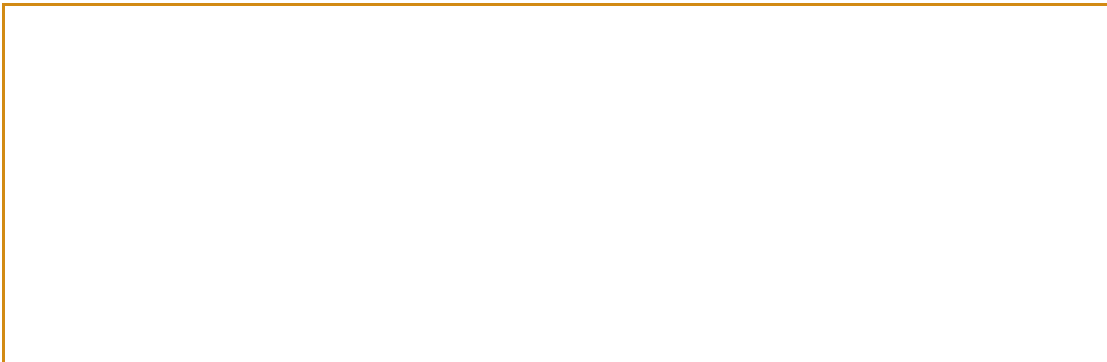
6. What has made my heart sing? When have I felt the most alive, connected and on fire in my biz?



7. What is my annual gross income for 2013? What is my net income for 2013?



8. Which month was my biggest month income wise? What was I promoting? How was I feeling this month? What was I excited about this month? What do you attribute the income high to?



9. Which month was my lowest month income wise? How was I feeling this month? What was going on for me this month? What do you attribute the income low to?

10. How many subscribers do I have on my list?

11. How many twitter followers do I have?

12. How many Facebook friends, likes and subscribers do I have?

13. How many YouTube subscribers do I have? What is the highest viewed video I have made on YouTube?

14. How have I received and felt supported in my biz this year?  
Ex...Support from friends, colleagues, coaches, teams members, programs etc.

15. How have I increased my visibility this year? What have I done specifically? Ex: new pics, videos, live networking, skiing naked 😊 etc.

16. Have I been persistent in following my plans through to completion?



17. Have I had my vision in the forefront of my mind at all times?




18. What has my schedule been like this year? Be specific. How has this schedule felt to me?

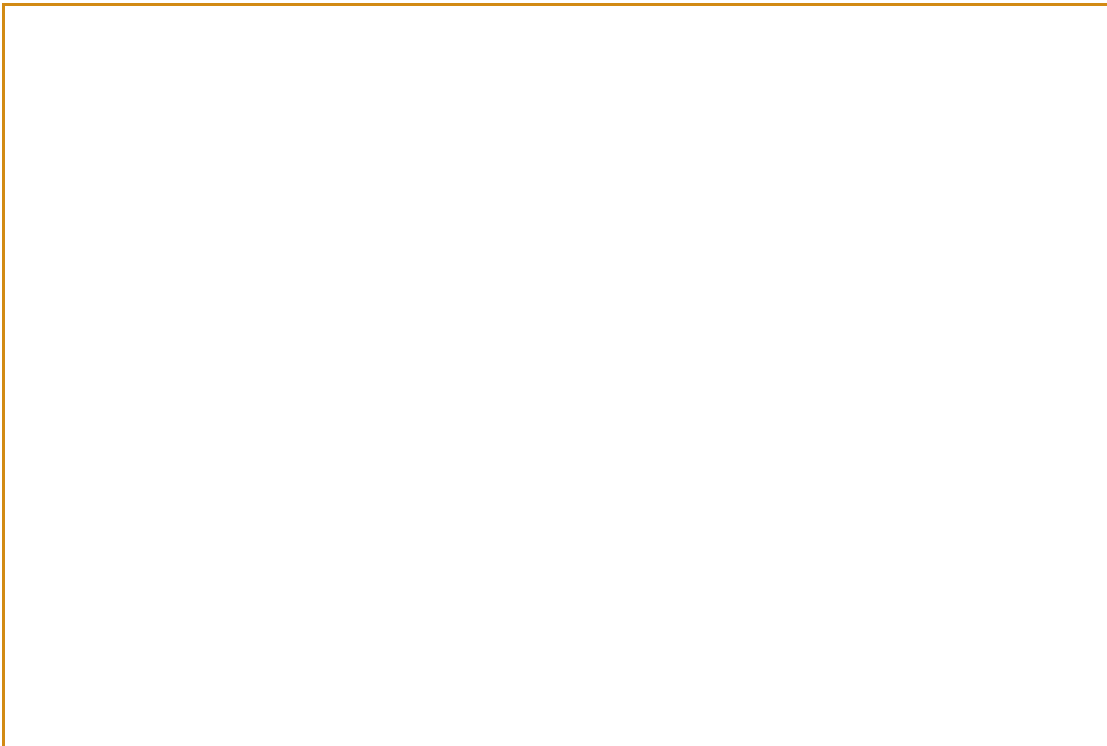




19. What have I learned about myself in 2013?



20. What am I going to do differently next year?



## *My 2014 Plan!*

1. I would like to grow my list size to \_\_\_\_\_ this amount by \_\_\_\_\_ date.

*Example:* I am joyfully and gratefully shining my light, dancing my dance and singing my song in front of \_\_\_\_\_ (number) amazingly wonderful beautiful peeps! I am so grateful!!

2. Describe how you will grow your community to your desired number. What will you do specifically to reach these peeps? Make these items specific.

3. I will get visible this year by: Media, speaking, videos, blogging, writing, live events, networking, speaking etc. (write out your visibility plan below)

4. What would you like to create this year? What would LIGHT you up like a *FIRE CRACKER* in July?

5. What kind of support would you like to receive in both your personal and biz life?

6. What boundaries are you going to put in place? What boundaries **MUST** you put in place in order to protect you energy and love yourself more?

7. What are your **SOUL MONEY GOALS FOR 2014**? Use the action steps below to support you in uncovering this beautiful and juicy number?

### *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.*

Outflows for the Year: \_\_\_\_\_

### *Monthly Expenses*

(Use the attached monthly money expenses tracking sheet to discover your number. 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. )

<b>Grand Total Monthly Expenses:</b>		<b>0.00</b>		
<b>Personal Expenses Total:</b>	<b>\$ -</b>		<b>Business Expenses Total:</b>	<b>\$ -</b>
Rent/Mortgage:			Taxes:	
Car:			Virtual Assistant:	
Car Insurance:			Google:	
Landline:			Web Hosting:	
Cell phone:			1ShoppingCart.com:	
Electric:			Constant Contact:	
Gas:			SpeakerMatch.com:	
Student Loans:			Networking Groups:	
Credit Card Minimums:			Audio Acrobat:	
Gas:			Audio Generator:	
Groceries/Toiletries:			AdImpact:	
Misc. Spending (i.e. dry cleaning etc.)			Business Development (coaching/ educational cds/ telecourses/ seminars):	
Health Insurance:			Merchant/Gateway fees:	
Personal Development (coaching/therapy/telecourse s/gym membership):			P.O. Box	
Cable/Internet:			Advertising:	
Housecleaning:			Web Maintenance:	
Spending Money (eating out, getting a massage/or nails done, shopping for clothes or home or kids):			New Projects (setting up website, getting headshots done, computer software, upgrades etc.):	

## *Soul Money Goal 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?

Think about the year ahead of you and everything that you would like to accomplish.

*Here are some examples:*

- 🌀 Up leveled- lingerie
- 🌀 New shoes
- 🌀 New dresses, clothes, make up, jewelry
- 🌀 Sports gear
- 🌀 Car, transportation
- 🌀 Fun trips- 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.
- 🌀 Savings for financial freedom accounts
- 🌀 Savings for your children
- 🌀 Self care- massages, hair, facials, pedicures, retreats
- 🌀 Giving

Keep going....

- 🌀 \_\_\_\_\_
- 🌀 \_\_\_\_\_
- 🌀 \_\_\_\_\_
- 🌀 \_\_\_\_\_
- 🌀 \_\_\_\_\_
- 🌀 \_\_\_\_\_
- 🌀 \_\_\_\_\_
- 🌀 \_\_\_\_\_
- 🌀 \_\_\_\_\_

### *Soul Money Goal 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!

🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_

### *Soul Money Goal Step 4*

Uncover your SOUL MONEY goal.

- 🌀 Total up your number: \_\_\_\_\_
- 🌀 Plus your yearly total biz and personal number: \_\_\_\_\_
- 🌀 *My total SOUL MONEY Goal is:* \_\_\_\_\_

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



8. What will your schedule look like in 2013? How many hours a week do you want to work? What days do you want to take off? When will you chilax?

When will you connect? When will you create?  
 Draft up a work schedule here.

# Journey To Paradise

## Weekly Schedule

Monday			Tuesday	
Number	Name		Name	Number
		8		
		9		
		10		
		11		
		12		
		1		
		2		
		3		
		4		
		5		

Wednesday			Thursday	
Number	Name		Name	Number
		8		
		9		
		10		
		11		
		12		
		1		
		2		
		3		
		4		
		5		

Friday			Saturday/Sunday	
Number	Name		Name	Number
		8		
		9		
		10		
		11		
		12		
		1		
		2		
		3		
		4		
		5		

9. Using a 2014 calendar either an online calendar or a wall calendar. Schedule in TIME OFF from working in your biz. Consider taking 2 weeks off for



the holidays, taking all the major holidays off, take your birthday off and a couple of weeks in the summer or whenever lights you up!

*Remember: The MORE FUN you have, the MORE MONEY you receive!*

10. How would you like to serve your peeps this year? Coaching programs, leveraged products, VIP days, retreats, in person, virtual etc? How would you like to make your SOUL money GOAL?

🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_

11. Create a goal or intention for how many 1:1 clients you desire to serve and support.

🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_

12. What do you want to say is true for you when the clock strikes midnight on December 31, 2015!! Reviewing everything we have created today, write up a heart script about what your life looks and feels like 12 months from today. Write and speak your life into existence!

🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_  
🌀 \_\_\_\_\_

