



## HOW TO PROGRAM A BELIEF REGARDING YOUR FINANCES:

Note: Use the worksheet for the tutorial to identify, define, and program your beliefs.

It is important that you use your own words and expressions! Write the way you think!

1. Go to a quiet place, relax, and activate your I-frequency. Think of someone you love or something you love.
2. Think about your finances in general, your future perspectives, your current income, etc. Observe how you feel, e.g. when you think about these topics. How does your I-frequency react?

### YOUR I-FREQUENCY BECOMES STRONGER



3. If you feel good because your I-frequency is getting stronger, analyze the content of your thoughts. How do you feel about your finances and money in general? What words do you use? Why do you feel good when you think about it?

Write down a few key points under ① in the worksheet.

This section describes how you have thought up until now.

4. Consider if you want to continue thinking this way or if you want to optimize your thoughts a little more so that you express even more security and abundance when you think about your finances or anything related to money.

Once you are clear about how you want to think, write down your thoughts under ⑤.

This section describes how you want to think now.

Continue here at point 5.

### YOUR I-FREQUENCY BECOMES WEAKER



3. If you don't feel well or your I-frequency weakens, you have identified an unfavorable belief. This belief relates to a specific area or topic of your finances. Identify which area/aspect this is and analyze the thoughts behind your belief. How do you express absence, separation, lack, wanting, or other derivatives of fear? Identify the words you use to express worry, uncertainty, insecurity, mistrust, lack etc.

Write down these thoughts under ① in the worksheet.

This section describes how you have thought up until now.

4. Now define thoughts for your new belief that express the presence of abundance or the advantages of having a lot of money. How can you think about your finances and money in general in a way that makes you feel good and gives you a strong I-frequency? Formulate thoughts that suit your level: statements that you can think and feel without resistance, i.e., your I-frequency remains constant or improves. Don't go straight to the top!

Write down this content (keywords) under ⑤.

This area describes how you want to think now.

Continue here at point 5.



**5.** Next, formulate how you want to feel when you think about your finances or when you engaging in any form of financial transaction and write it down under ②.

**6.** Then formulate what you would like to perceive when you think about your finances and when you experience them and write it down under ③.

**7.** Now combine points ② and ③ into a single statement (can be several sentences!) and write it down under ④.

**8.** Combine the statement under ④ with the content for your new belief under ⑤ (into a statement!) and write it down under ⑥.

**9.** Write down your belief in as many places as possible. Write little notes and hang them up. Write the belief in a notebook and carry it with you at all times. The aim is to remind yourself of your new belief as often as possible.

You can also create reminders for yourself, such as small colorful dots or other symbols that you place everywhere. These will subconsciously remind you of your new belief.

Be creative!

**10.** Think only this new belief! Think it as often as possible, e.g., every time you think about your finances, when you buy something, or when you notice that your I-frequency is getting weaker because you are worried about your income. Whenever the topic of finances and money is relevant.

**11.** You should take action! Get started and stay disciplined until your new belief is programmed and you perceive a change in your finances. Don't just observe whether you have more money at your disposal, but also whether you have more opportunities, contacts, or possibilities - anything that could ultimately lead to money, wealth and abundance!

**12.** Complete additional tutorials, as everything is connected and your skills influence each other. It is therefore very important that you work on all your skills and achieve a high level of proficiency. Your I-frequency will show you where you still need to improve.

Listen to it!