The Wealth Retreat



SEPTEMBER 15TH-19TH

WORKSHEET

Day 1 Monday

September 15th 12pm BST Money Vision

Day 2 Tuesday

September 16th 12pm BST Money Blocks

Day 3 Wednesday

September 17th 12pm BST Embody Your Wealth

Day 4 Thursday

September 18th 12pm BST Rewire to Receive

Day 5 Friday

September 19th 12pm BST Aligned Action

Day 1: **Wealth Vision**

Theme: Get clear on what you want to manifest

→ Daily Intention →

"I give myself permission to dream big and receive fully."

💫 Welcome Reflection 💫

Before we dive in, take a moment to center yourself. Breathe deeply. Place a hand on your heart.

What called you to this retreat? What are you hoping to receive or shift this week?

🔭 Step 1: Cast Your Wealth Vision

Your soul-led wealth vision isn't just about money...it's about freedom, alignment, and service.

1. If absolutely anything were possible, what would your wealthy life look and feel like?

Visualize it. Feel it. Use your senses.

2. What does wealth mean to you in these areas?

Emotionally:

Spiritually:

Physically:

Financially:

Step 2: Reveal the Gap

1. Where are you now, in contrast to your wealthy vision?

2. What do you sense has been getting in the way- internally or externally?

O Don't worry. We'll start shifting those blocks tomorrow.

Aligned Action

Share your Wealth Vision reflections in the Facebook group using the hashtag #wealthworkday1 —

This helps you activate your vision, build momentum, and connect with a powerful community.

rack Integration & Seeds for Tomorrow

What stood out to you today? What are you most excited to shift?

Tomorrow, we'll go deeper into what's blocking you, and how to move it. And on Day 3, I'll be sharing a special opportunity to help you fully embody your wealth.

T Prize Draw!

Complete and share all 5 days of your #wealthwork in the group, and you'll be entered into our exclusive prize draw.

Winners will be announced after Day 5!

Prizes include:

- 🟆 A signed copy of my book Money Manifestation Mastery
- ♦ 1 Free Ticket to Living Abundance Live in London (Valued at £199)
- ♠ Free access to my 8-week online course Manifestation Mastery (Valued at £1999)
- → A private 1:1 VIP Wealth Frequency Activation session with me (Valued at £499)
- → The more you engage, the more you activate your magnetism.

 Let the universe know you're ready.

Day 2: **Wealth Blocks**

Theme: Identify what is blocking you from manifesting your wealth vision

→ Daily Intention
→

"I lovingly face and release what no longer serves my wealthy life."

⊗ Lesson Reflection **⊗**

Sometimes we don't receive what we desire- not because we're doing it wrong, but because unseen blocks are holding the energy back.

Today is about bringing those hidden blocks into the light.

Guided Reflection: Identifying Your Blocks

1. When you think about your Wealth Vision from Day 1, what emotions come up?

2. What stories or beliefs do you notice? (Examples: "It's selfish to want more," "I'm bad with money," "I have to work hard to earn")

3. What patterns keep repeating in your life around money, wealth, or success?

4. What are you afraid might happen if you actually got what you want?

Soul Awareness Moment

Take a moment to place a hand on your heart and breathe. Let yourself feel the truth of these blocks- not as judgments, but as old energy ready to be released.

What do you sense your soul is ready to let go of?

This awareness is sacred. It's the beginning of your transformation.

@ Aligned Action

Share your reflections in the Facebook group using the hashtag #wealthworkday2 —

This activates your commitment and helps others feel safe doing their own work.

What Comes Next

Awareness is powerful. But awareness alone doesn't shift energy- it opens the door.

Tomorrow, we'll dive into how to embody your wealth frequency and create lasting energetic transformation.

I'll also be sharing something very special to support you if you're ready to go deeper. 💝

Day 3: **Embody Your Wealth**

Theme: Meet the version of you who has already manifested everything you desire

→ Daily Intention →

"I now choose to embody the frequency of my wealth. I am them. They are me."

→ Embodiment Activation →

Today, you're going to meet the version of you who has already manifested your Wealth Vision.

Take a few deep breaths. Visualize the version of you who already lives your wealthy life.

They're living it. Breathing it. Receiving it.

Guided Reflection: Meet Your Future Wealthy Self

1. What does your futu	ure wealthy self lo	ok like?
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2. What is their energy like?

3. What beliefs do they hold about money, self-worth, and receiving?

4. How do they make decisions, speak, lead, and create?

5. What habits or boundaries support their wealth embodiment?

Key Insight

You are not separate from them. They already live within you.

What small shift could you make today to align more with their energy?

@ Aligned Action **@**

Share your reflections in the Facebook group using #wealthworkday3 —

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What did you feel or realize during today's embodiment activation?

Today you met them. Tomorrow we'll explore what's been stopping you from receiving the life they already live, and how to open yourself fully to receive it now.

Day 4: **Rewire to Receive**

Theme: Clear blocks to receiving and open to allow your wealth to flow in

** Daily Intention **

"I open my heart, body and energy field to receive abundantly.

I am safe to receive."

** Mini Teaching Reflection **

So many soulful leaders unconsciously block receiving because of guilt, shame, control patterns, or old conditioning.

Today is about uncovering those blocks and beginning to rewire your

nervous system so that receiving becomes your new normal.

Guided Reflection: Where Do You Resist

1. How do you feel when someone offers you money, help, or prai	sei
2. What beliefs do you hold about receiving? ("I have to earn it," "It's selfish," "There's not enough")	
3. Where do control or overgiving show up in your life or busines	35?
4. How does your body feel when you think about receiving more	e?

⋄ Nervous System Awareness

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What do you need to let go of to allow more to flow in?

Optional Practice

Place your hands on your heart and belly. Breathe deeply. Say:
"I am safe to receive. I am worthy of receiving. I allow abundance to
flow to me now."
Repeat 3x. Feel it.

@ Aligned Action

Share your reflections or receiving shift in the group using #wealthworkday4 •••

Day 5: **Aligned Action**

Theme: Bridge the gap between where you are and what you desire through soul-aligned action

→ Daily Intention →

"I take inspired, aligned action that honours my wealth, worth, and vision."

🔑 Today's Focus 🔑

Manifestation becomes real when vision meets movement.

Aligned action is about listening to your soul and moving with trust, not pressure.

Guided Reflection

1. What is one soul-aligned goal you are now ready to move toward?
2. What would your wealthy self do next?
3. What action could you take today to embody that version of you?
4. What support or structure do you need to follow through?
◎ Aligned Action
Take one inspired step today and share it in the group using #wealthworkday5 —

🎁 Final Prize Draw Reminder 🎁

Complete and share all 5 days of your #wealthwork and be entered to win:

- TA signed copy of Money Manifestation Mastery
- * Access to Manifestation Mastery (£1999 value)
- ▽ A 1:1 VIP Wealth Frequency Activation session (£499 value)
- ◆ A ticket to Living Abundance Live in London (£199 value)



You've done powerful work this week- and this is just the beginning.

If you're ready to continue this journey at a deeper level...

Book in for a Discovery Call: larawaldman.com/15-minute-call

Inside, I'll help you get clear on what's blocking you and share how I can support you inside one of my signature programs:

- 1. Living Abundance Align
- 2. Living Abundance Mastermind
- 3. VIP 1:1 with Lara

Find out more about our offers here

You don't have to figure this out alone. Your wealth frequency is already within you. Now is your time to receive.

Lara Waldman, The Wealth Accelerator, is a manifestation expert, healer, podcast host, and author of Money Manifestation Mastery. She helps purpose-driven entrepreneurs and leaders release money blocks, own their value, and manifest true wealth—in finances and life.

With over 20 years of experience, Lara blends deep inner healing with practical strategy to activate soulaligned success. Her mission: to help conscious leaders create authentic abundance without the grind.



Podcast: Money Manifestation Mastery

Book: Money Manifestation Mastery

Website: <u>larawaldman.com</u>

Free Resources:

Abundance Activation Audio

💸 <u>The Wealth Retreat (Free Online Event)</u>

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