



# Uncover, unlock and unleash THE WEALTHY YOU

DIANNA JACOBSEN combines her background in money and mindset to share the secret of why some people enjoy being 'wealthy' and others don't. Choose to be one of the wealthy!

Generally we associate 'wealth' with money. We believe that when we have money, then we will be wealthy... **WRONG!** Wealth is actually a mindset and when we feel wealthy, we will become wealthy. It is very much a 'fake it until you make it' scenario. When we feel poor, we continue to create scarcity as our reality, because the role of our sub-conscious is to deliver to us the picture that we hold for ourselves. So change the picture!

When we assess our businesses in financial terms, we read the numbers, and assess the 'facts' to make decisions; follow the system, obey the rules, and you'll be financially successful. But so many business owners do this unsuccessfully. Why is it that different people can follow the same 'system', with 'guaranteed' results, and all get different outcomes with many falling significantly short of what was promised?

It is because these people all have different conditioning; varying beliefs about money and wealth, and often these are limiting beliefs, and these create the outcomes they experience. Before we can change the 'money' results, we need to change the 'mindset'. We must be what we want to become.

So what does 'wealth' mean? While of course it refers to financial wealth, true wealth has a much more holistic definition: it includes our personal well-being and empowerment, a sense of freedom, and opportunities available to us; healthy bodies and healthy

relationships; having choices about where we live and the work that we do; the gifts of nature; and of course it includes the abundance of things that we tend to take for granted, not to mention the many luxuries we enjoy. This 'wealth' includes the layers and layers of wealth and well-being that we enjoy every single day of our lives. It encompasses the intrinsic sense of well-being we feel from within.

So who is the 'wealthy you'? What does she look like? What does she feel like? We need to create this image of ourselves, mentally, then be that person, from now on, regardless of what our financial situation may currently be, or not be.

In a journal, write a description of the 'wealthy you', and start to incorporate as many of these qualities as possible into your personality. This is not about spending money and purchasing things; it is about embodying the essence of 'wealth', holistically, and feeling wealthy, now. As you go about your daily tasks or when driving your car, imagine to yourself that you are financially free and notice how this makes you feel, the way you walk a little taller, or hold your head a little higher. It's not about arrogance, or one-upmanship, it's about a quiet sense of self-assurance and a quality of well-being, and not obsessing about finances. Make decisions as though you are this person.

Create a vision board and include pictures of the things you'd like to have as a wealthy person, but more importantly, include pictures

of women who have the qualities you desire, be it calmness, happiness or a sense of being carefree and joyful.

We need to examine our beliefs about money, and consider where we learnt these beliefs, and whether they are really true for us now. To create a new set of money beliefs we must seek advice to feel empowered around money. Wealthy people manage their money carefully, with respect, and value it duly.

The more we can imagine and visualise ourselves as 'wealthy', the faster we will become this, genuinely, because the role of our subconscious is to align our beliefs with our reality. Put simply, we become what we believe we are, so if we feel wealthy and successful, our subconscious will align our reality with this concept.

Have some fun with this and think about what true wealth means to you. Notice the layers of wealth that you encounter and enjoy every single day, and feel gratitude for these.

Discard any limiting beliefs that no longer serve you. Define who the 'wealthy you' is, what she looks and feels like. Embrace this person as yourself, and before you know it, the life of your dreams will be the life of your reality. ■

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