

The Step-by-Step Guide to Achieving Great Wealth and Success *Effortlessly*

Sonia Ricotti #1 Best selling author, *Unsinkable*

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About The Author

Sonia Ricotti is the #1 bestselling author of **Unsinkable**: *How to Bounce Back Quickly When Life Knocks You Down*, and also *The Law of Attraction Plain and Simple* (also a #1 bestseller).

She is the CEO of Lead Out Loud Inc., a global transformational personal development company helping people live their greatest lives. She is known around the world as the "Bounce Back" expert.

Through her powerful webinar workshops, books, and programs, she has helped millions of people turn their lives around (in a BIG way) and achieve great success in record time.

You can attend her latest free online Manifesting
Money Webinar Workshop by going to:
www.ManifestMoneyMasterclass.com

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Introduction

Welcome to the *Ultimate Manifesting Money Blueprint!*

I have created this blueprint to map out a simple-to-understand way for you to achieve financial abundance in your life. What you will learn in this document *can* and *will* transform your financial situation IF you implement and master the six steps I'm about to share with you.

ALL six steps.

Not one or two or three - ALL six.

If you are committed to achieving your biggest financial goals, then keep this blueprint close to you at all times. Yes, you can even print it, underline and make notes in the margins if you want.

Read it. Integrate it into your everyday life. Live these six steps.

You see, what you are about to learn here are all the secrets of the most successful people on the planet.

If you were to spend time with millionaires (and billionaires), you would notice they ALL have these six things in common. It is not a coincidence.

It is the formula to achieving great financial abundance.

This isn't about finding that "one" thing that will bring you millions; it's much more than that. In fact, there are actually countless different ways to make millions (which I will discuss later).

Don't worry about HOW you'll achieve the financial abundance you wish to manifest, that will be discussed later on in this blueprint. In fact, that's probably the *easiest* part.

It's working on the first part that is the hardest – working on YOU!

The Path To Wealth Begins with YOU.

They say "making your first million is the hardest." I believe this to be true. At least that was my experience.

Why?

Because achieving great financial abundance requires some major critical shifts to occur and most of them occur from "within."

Once those shifts have occurred, the "rest is history" as they say—and money will begin to flow with ease.



"Money flows easily, freely and from everywhere."

"Money flows easily, freely and from everywhere."

That's my favorite saying. In fact, I even have it posted up on the wall in my home office as a constant reminder and affirmation.

...and today, that really is true for me.

But, it wasn't always that way.

My Story

Just a few short years ago, I was \$124,000 in debt. All my credit cards were maxed out, my credit lines were at their limits and I owed a lot of people a lot of money.

I had no idea how to get out of debt. I had no idea how I was going to dig myself out of that massive financial hole (\$124,000 was like a *billion* dollars to me at the time).

I didn't even have a plan!

But yet, I believed. I had hope.

The Drive

I remember that day so clearly; the day that my life fell apart around me. It was the day that we walked (or drove actually) away from our home, lost due to foreclosure.

The day that my relationship with the man I considered to be my soulmate – ended.

We drove away in separate cars—and I was shattered.

He went one way to his new apartment that he had rented (that was located an hour away). I drove in the opposite direction with my car filled with all my belongings (everything I owned was in that car) on my way to live with my brother.

My brother was kind enough to offer a place for me to stay.

The Pain _____

My heart was broken. I felt hopeless and helpless.

How did this happen to ME? Is all I kept asking myself.

The 30 minute drive to my brother's house was one I will never forget.

I remember experiencing a wave of emotions. It was a rollercoaster ride. I cried a lot. My heart felt like it had been ripped apart. My whole life felt like it had fallen down a deep, dark hole.

The "Vision"

What's interesting though is that amidst all those tears and hopeless feelings, I remember stopping at a stop light. I sat there waiting. I was about 2 minutes from arriving at my brother's home.

I had a bizarre thought. It was actually more of a "vision."

I visualized my bank account.

What I saw was a balance of \$875,000.

It was such a random amount (and a huge amount of course).

I don't even know why I picked that amount. It just felt right.

"That is what I will manifest into my life – \$875,000." Is what I thought to myself. "I don't know how yet, but THAT is what I will manifest."

It was bizarre. In that moment as I drove to my brother's place, I made that decision.

Little did I know, that amount was nothing compared to the money that was about to flow my way!

A Crystal Ball

If someone had given me a crystal ball at that time when my whole life was falling apart around me and said, "Look at your life in the near future. Look! Look at your bank account. Look at what you're doing. Look at who your friends are. Look at how you're helping people around the world! Look!"

I wouldn't have believed it. I wouldn't have been able to even imagine how it could be possible.

So right now, what I want to say to you is this...if you are feeling a bit deflated (or even a *lot* deflated) about your financial situation, please know, that great things are waiting for you around the corner (bigger than you ever thought possible!).

In fact, they have arrived.

How do I know that?

Because you are reading this right now!

You are holding in your hands, *the answer*. The "way" to achieving financial abundance (and it didn't cost you a cent).

Don't take what you are about to read *lightly*. Please take it seriously.

It is what turned my life around in a massive way financially.

Today, I run a multi-million dollar business. I live in my dream home. I do what I love. I do what I want, when I want. I am my own boss. In fact, I can retire right now if I wanted to. I'm serious. It's crazy, but it's true.

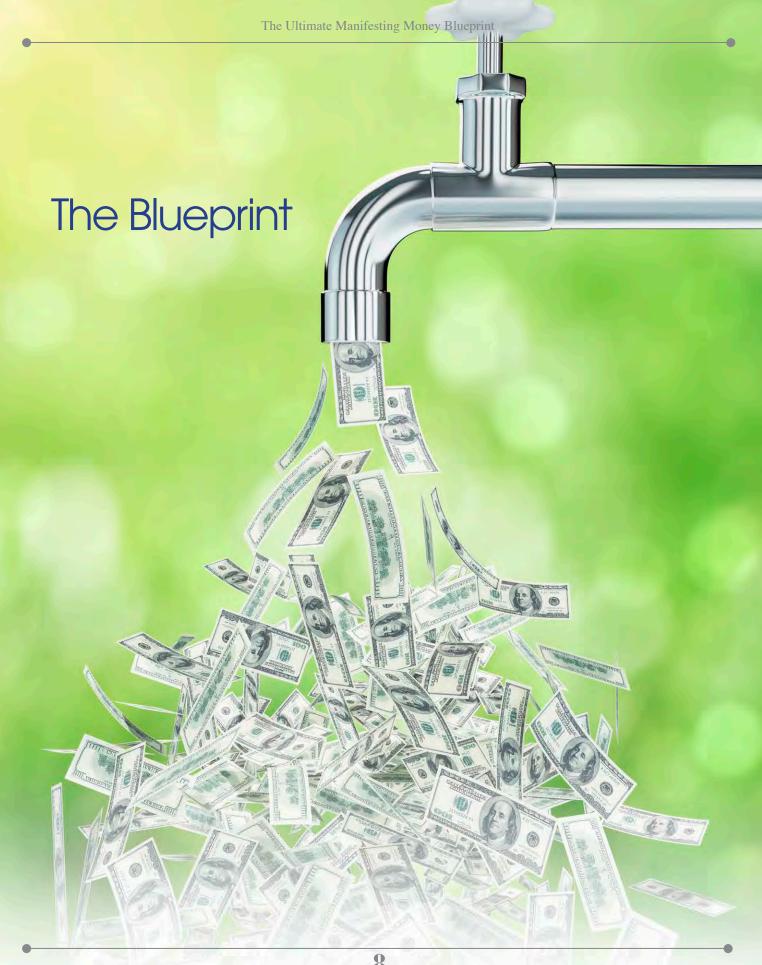
Remember, I was \$124,000 in debt (completely down and out) and I was able to turn things around in a big way — AND FAST!

You can too.

There's a formula.

I am about to share it with you. Follow it. Commit to mastering it.

It works.





Step 1

Set a High-Level INTENTION



So first things first. Where do you begin?

Well, the very first thing you must do is set a *high-level* intention of what you want to achieve and experience in your life.

This isn't about simply picking an amount, such as, "I want to manifest \$200,000 this year," it's actually much deeper than that.

Let's face it, you don't want "\$200,000" or "a million dollars."

What you want is what that money will bring to your life and how your life will be impacted by this new-found wealth.

That is what you really want and that is what you need to focus on and feel into.

So yes, set a financial goal, but you need to take it further. Otherwise, the goal doesn't have any real meaning to you, it is merely a number.

First, pick an amount you want to manifest in the next 12 months.

Write it down.

Then, ask yourself these two questions:

1. Why do I want to manifest this money?

Getting clear about your "why" is very important. It will help you understand the reason behind that goal.

Your "bigger" why is what actually drives your actions.

2. What will my life look like once I've achieved that financial goal?

How will you feel? What will you be doing? Who are your friends? What will you have?

Get really clear. Picture it in your mind. Close your eyes and daydream and feel what it feels like to live THAT life.

Then, set your high-level intention.

Remember, it's not about a financial number or goal, it's the "why" behind that financial number or goal.

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This clarity (and declaring this very specific intention) is when the Universe/God (or whoever you believe in) sets the wheels in motion and things will begin to roll your way.

Oh, and while you're at it...

That financial goal you just declared...now MULTIPLY THAT BY 10!

Yes.

I'm serious. What's interesting about most people is that they are afraid to dream BIG, mostly because they don't believe it's possible and/or they don't know how to make it happen. So they dream small. They want to be realistic.

Well, I'm asking you to be unrealistic.

Remember, I chose \$875,000 as a goal for myself (when I was \$124,000 in debt!).

Aim high and you might just achieve it!

If you have small goals, you will manifest and attract small opportunities and ideas to make it happen.

If you have big goals, you will manifest and attract big opportunities and ideas to make it happen.

It's really up to you. The sky is the limit.

You don't need to know the "how" yet, that will come later in this document.

For now, I'm asking you to simply DREAM BIG.



Step 2 Break Through Your MONEY BLOCKS



Now that you have your "financial" intention/goal set, let's make things really happen!

You're probably thinking, "Okay, so now she's going tell me how to make that happen."

Nope.

Now we are going to go to the *next* step (remember there are six critical steps to achieving financial abundance). Make sure you follow them in sequential order.

Now, you need to remove all the money blocks that have been sabotaging your financial success (or sabotaging you from achieving your *ultimate* financial success).

Money blocks?

Yes, money blocks.

If your financial situation isn't where you want it to be, you have money blocks. The good news is that once you uncover and shift those money blocks, the money will begin to flow freely your way.

I know it sounds too good to be true, but you'll see, it will all make sense.

What are YOUR Money Blocks?

So let's discuss what I mean by "money blocks."

Well, first please really pay attention to this next part (write it down).

You don't manifest what you want, you manifest what you believe.

I'm going to repeat this, because this is incredibly important.

You don't manifest what you want, you manifest what you believe.

In other words, your "beliefs" determine what you manifest into your life.

For instance, you may say, "I want to make a million dollars," but if your beliefs are, "Rich people are dishonest and think they're better than everyone else," or "I'll never be rich, I'm not smart enough," or "Rich people have big problems, I don't want to have big problems," or "Rich people are not spiritual,"—then, it will be difficult to manifest great wealth into your life.

Often these beliefs are at a deep subconscious level. So deep, that you don't even realize you have them!

Those beliefs are the thoughts that are constantly running in your mind, like a broken record, over and over again.

Those beliefs are what drive your feelings, your behavior, your actions and ultimately your results.

Shift those limiting negative beliefs (money blocks) and you'll shift your financial situation. You simply need to reprogram your mind so your beliefs around money are positive and empowering.

You see, your subconscious mind is incredibly powerful. It runs the show.

Your goals and intentions must always be congruent with your subconscious beliefs. Your subconscious mind will always win. It is THAT powerful!

It is critical you uncover and eliminate what your money blocks are, so you can open the door of "financial abundance" and allow it to flow freely.

By the way, there is a free workshop training that goes along with this book that I highly recommend you attend where I go very deeply into how to reprogram your subconscious mind (in order to eliminate these money blocks). If you haven't reserved your seat yet, make sure you do.

Simply go to www.ManifestMoneyMasterclass.com

I also have some really great tools that help you work through those blocks called "AM and PM Activations for Financial Abundance." I talk about those at the end of the workshop (just make sure you stay until the end of the training if you're interested in learning more about these tools).

It is critical you uncover and eliminate what your money blocks are, so you can open the door of "financial abundance" and allow it to flow in freely.

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In the meantime, in order to get the ball rolling right now, simply ask yourself this question:

"What is the story I have I been telling myself around money?"

Write out your answer. Another great question is:

"What do I think of money?"

Once you've written out your answers, analyse what you've written. Your "limiting" beliefs (or "money blocks") are hiding inside your answers. Simply look for all the negatively charged thoughts, words and statements.



Step 3 Develop a WEALTHY MIND



In order to manifest great wealth and achieve financial abundance, you must develop a "wealthy" mind.

As I discussed in the previous step, this begins with uncovering and eliminating all negative beliefs around money.

Remember, you don't manifest what you want, you manifest what you believe.

You must "think" like a wealthy person thinks.

You will notice that poor people in general think one way, and wealthy people think another.

This is no coincidence.

Your beliefs determine your thoughts. Your thoughts determine how you feel. How you feel determines how you behave. How you behave determines what action you take (or don't take). What action you take (or don't take) ultimately determines your results.

So how do you develop a "wealthy" mind?

You must do two things:

1. **Start becoming keenly aware of your thoughts.** These are the things you say to yourself on a daily basis. What story do you tell yourself about money, about rich people and about becoming rich?

For example, a poor person's thought process might sound something like:

"I'm broke. I can't believe how unlucky I am. I'll never get out of debt. Everyone else is so lucky and I'm always left with the short end of the stick. I'll never get out of this mess. Me, become rich? Yeah, right. I wish!"

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Versus a wealthy person might be thinking something like this:

"I make my own luck. I create my own economy. I can achieve anything I want. Yes, I might fail (and I have many times) but I always come out on top. In fact, those failures were great because I learned a lot and it has made me the person I am today. Money flows easily, freely and from everywhere!"

In order to manifest great wealth and achieve financial abundance, you must develop a "wealthy" mind. Do you see the difference in tone? One feels heavy, dark and negative while the other feels light, expansive and positive.

One projects *negative* energy and the other projects *positive* energy.

What you project is what you will attract back into your life.

I will be discussing this in more detail in Step #6 (the final step).

In the meantime, what you think will ultimately manifest itself into reality; for this reason, it truly is critical that you shift your thoughts around money (and anything revolving around money).

2. When you notice negative thoughts come into your mind, consciously "change the channel."

What do I mean by "change the channel?"

Well, imagine you're watching TV and you're on the 24 hour news "Negative Nellie" channel. You are being bombarded with murders, war, fire, and everything else that is negative.

You don't want to bombard yourself with negativity, so you pick up the remote and change the channel to the positive, fun and light "Positive Pollyanna" channel.

It's really that simple.

Becoming aware of your thoughts is truly the first step to awakening and transformation.

When you notice that your thoughts are negative, consciously tell yourself to change the channel!

Keep on changing that channel over and over and over. Eventually, you will **reprogram your brain** to stay on the "positive" channel.

...and you will be thinking like a "wealthy" person thinks.

Now, that doesn't mean that you won't have negative thoughts when something negative happens, but it does mean you'll be able to shift out of it easily. It will be your new natural state. This positive and new way of thinking will change your view on life. It will change how you think, feel, behave, act and then you'll notice how you begin to manifest positive things, people and situations into your life (including money).

Again, I offer a full <u>free online training workshop</u> where I go deep into how to easily reprogram your mind to achieve great success (so make sure you've reserved your seat for that).

Simply go to: www.ManifestMoneyMasterclass.com

In the training I teach you how to reprogram both your "conscious" mind (your thoughts) and your "subconscious" mind (your beliefs).

It really isn't that difficult to do. It just takes practice and commitment (eventually, it just becomes your "natural" state).



Step 4 Step Outside the Box





It's time to "step outside of the box!"

You're probably wondering what that means exactly.

It means you need to get out of your comfort zone, overcome your fears and step away from the "crowd."

Stepping away from the crowd and walking your own path can be scary, but it's important that you do.

Why do you need to step away from the crowd?

In reality, most people (or the "crowd") are not happy in life. They aren't living their "dream" life. They may talk about doing that *one day* and they spend a lot of time complaining about how they wished they had a better life.

...but more often than not, they leave those dreams on the "someday" shelf of life.

Unfortunately, "someday" for most people, just never arrives.

You don't want that to happen to you.

It's important that you step away from the masses and begin doing things differently than the majority of the population out there in order to see different results.

Dealing with Fear

One big thing that stops most people and keeps them inside that "box" is fear.

Fear of failure. Fear of the unknown. Fear of success. Fear of being laughed at.

That fear is what stifles success and keeps people small.

It's important that you stand up to your fear, feel it and acknowledge it.

Then move past it and move forward.

Your greatest life is on the other side of that fear.

Dealing with Obstacles

Another big thing that stops people from stepping out of the box are "obstacles" that are in their way.

We often have reasons (or excuses) for not living our greatest lives and taking action on our biggest dreams.

Like the old saying goes, where there's a will, there's a way.

It's important to really step outside that box and figure out a way to overcome those obstacles that are putting your dreams on that "someday" shelf of life. Sometimes we just give up too easily.

Yes, we might need to make some sacrifices, but anything worth achieving is worth making the sacrifices for.

Any super successful person out there has made some sacrifices to achieve great success. They are what I like to call *Mavericks*. They are a very small percentage of the population.

What is a Maverick?

Mavericks are people who dream big and make things happen, despite their circumstances (or negative past).

They are willing to try and fail. They don't make excuses. They learn from their failures and understand that failure is part of the path to success.

They know that failure is not bad, it's just feedback.

When a Maverick fails at something, instead of seeing it as something negative, they just recognize it as feedback to adjust their path. That's all.

Then they simply adjust their path and try again. Mavericks just keep moving forward until they achieves success.

They don't worry about what others think and definitely don't let others rent space in their head.

They know that the only opinion that counts is their own opinion of themselves.

All super successful (and wealthy) people are Mavericks.

Become a Maverick.

Step outside that box. That is where your greatest life resides.



Step 5 Create Multiple Streams of Income



So the focus of this blueprint is to manifest money and achieve financial abundance. The previous steps had to do with reprogramming the "inner" you. Those steps are absolutely critical to achieving great financial success.

Most people focus on the "how" to manifest great money. Finding that one great idea that will bring them millions is only *part* of the puzzle. If you haven't reprogrammed your "inner" you, you can have 100 great ideas to make millions, but none of them will work.

I wanted to just reiterate that. The "inner" programming is absolutely essential in order to become financially successful.

Now, let's discuss the "how" part of this money blueprint.

Once you've mastered the reprogramming of the "inner" you (and you have the mind of a rich and successful person), let's figure out the practical side of "how" to make this financial dream a reality.

You must find a way to create "multiple streams of income."

Trust me, I know this may sound daunting to do, but it's critical and when done (and set up) correctly, it is smooth sailing.

I'm not saying you need to get two full-time jobs now (believe me, that's not what I'm saying at all). I'm referring to finding many different ways for money to come flowing into your bank account.

You need to find ways to bring in "new" money.

So, you need to put your "thinking cap" on and think about various ways to bring in "new" money. That means, ways to bring in money that is outside of your current way of making money.

There are literally millions of ways to make "new" money.

There are "active" ways and "passive" ways.

Active ways are where you are exchanging your time for money.

Passive ways are where you set something up and the money automatically gets deposited into your bank account.

Of course, the best new money is "passive" money.

In fact, a huge portion of my financial success comes from "passive" income.

You may want to do a combination of both.

Here are some examples.

An example of an "active" way to make new money is perhaps starting a new Life Coaching business (on the side) and getting clients where you are charging \$100 to \$200/hour (there are many "Life Coaching Certification" courses out there). You are your own boss and you get to choose your own hours.

An example of a "passive" way to make new money would be to write an eBook and then sell it on Amazon.com. Once you've written your book and put it up on Amazon.com (Kindle), then the sales will come through passively.

People will find and buy your book on their site and then Amazon pays you regularly. It's one of those "set it and forget it" ways of generating revenue (and therefore it's "passive" income).

Of course, it will take a little bit of time to set up several multiple streams of income, so take it step by step. First add one new stream of income, then once you've done that, add another, then another.

EXERCISE

What I'd like you to do now is to take out a blank sheet of paper and write out 10 ways you can generate "new" money into your life.

It doesn't matter if you don't know how to do something, don't allow that to stop you. Nowadays, you can find out how to do anything through the Internet.

So first take the time to write a list of all the different ways. Then once you've created this list, decide which one really excites you.

Start with that one.



Step 6 Elevate Your Vibration to "RECEIVE" Financial Abundance



Now that you know the first 5 steps, it's time to bring it all home.

Let's repeat steps 1 through 5 as a reminder:

- 1. Set a High-Level Intention
- 2. Break Through Your Money Blocks
- 3. Develop a Wealthy Mind
- 4. Step Outside the Box
- 5. Create Multiple Streams of Income

The final step is to "open" yourself up to "receive" financial abundance.

I know this part might sound a bit strange, but in order to manifest great wealth into your life, you must elevate your vibrational energetic frequency to a super high level in order to "allow" financial abundance to come flowing your way.

This part is all about "energy."

Everything is made out of energy (this is a scientific fact).

You may already be familiar with the term the "Law of Attraction."

The Law of Attraction refers to the philosophy that like attracts like and that the energy we release to the world is the same energy we attract to our lives.

In other words, in order to manifest great wealth (or *anything* you want for that matter), you must be projecting positive energy out into the world. The energy you project "out" is what you will attract back into your life.

If you project positive energy, you will attract *positive* things, people and situations into your life.

Conversely, if you project negative energy, you will attract *negative* things, people and situations into your life.

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The Law of Attraction refers to the philosophy that like attracts like and that the energy we release to the world is the same energy we attract to our lives.

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So the big question is, how do you elevate your vibrational energetic frequency so you can attract positive things, people and situations into your life?

It's actually quite simple.

Simply focus on making sure you are always in a state of *Love*, *Peace*, *Joy and Gratitude*— and you will be projecting positive energy *all the time!*

That's it.

Love, Peace, Joy and Gratitude are the absolute highest vibrational states.

Live your life from those states and you will begin to attract all you desire in life.

There are many ways that you can easily step into these high vibration states. With a little bit of training, you'll be able to easily shift your energy in an instant.

As I mentioned earlier, I have actually created some special tools called "activations." They are designed to dramatically (and effortlessly) elevate your vibration to the level of *Love*, *Peace*, *Joy and Gratitude*. They have been infused with special *Holosync* Technology (from *Centerpointe Research Institute*).

These activations are a quick and easy way to elevate your vibration in an instant.

When you are in this "positive" energy state, you are opening yourself up to "receive" financial abundance into your life.

If you want to learn more about these tools and other strategies and "secrets" to help you dramatically elevate your vibration state, please make sure you <u>attend my upcoming</u> webinar workshop.

I am able to go into much greater depth and detail in this additional training I created for you.

Quick Summary

All 6 Steps to the "Ultimate Manifesting Money Blueprint"

1. Set a High-Level Intention

Make sure you set a *high-level* intention of what you want to achieve and experience in your life.

2. Break Through Your Money Blocks

Remove all the money blocks that have been sabotaging your financial success (or sabotaging you from achieving your *ultimate* financial success).

3. Develop a Wealthy Mind

"Think" like a wealthy person thinks.

4. Step Outside the Box

Get out of your comfort zone, step away from the "crowd" and move past your fears.

5. Create Multiple Streams of Income

Find ways to create multiple streams of income (there are both "active" and "passive" forms of income).

6. Open yourself up to "receive" financial abundance

Elevate your vibrational energetic frequency to a super high level (to a state of *love*, *peace*, *joy and gratitude*) in order to "allow" financial abundance to come flowing your way.



What To Do Next...

So you probably already know what I'm going to recommend (again) at this point.

If you haven't reserved your seat yet for my upcoming free training, make sure you do!

Believe me, I know you're busy; I am too. But I am asking you to *please* make your financial dreams (and your life) the priority it deserves to be. The truth is—no one else is going to do that for you.

Take the time out of your busy day (and life) and attend my next free webinar workshop training.

It will take the teachings in this blueprint to the next level, and put your feet on *even* firmer ground to get your new financial life (and the new *you*) ready to go!

By the way, my webinar workshops are not short 45 minute trainings, they are actual webinar workshops that go anywhere from 90 minutes to two hours!



Well over 250,000 people have already attended my online webinar workshop, and this is just a taste of what people are saying about my trainings:

"This Was AWESOME"

"Hi Sonia!!!!! This was totally incredible. I already have your book and listened to your Teleseminar Season 2, but this was AWESOME. Good clear and concise content. HOPEFUL, LOVING, JOYFUL vibrations all the way through. Yayyy Sonia:). Thank YOU!!" – Karin

"Thankful For Your Generosity"

"Sonia the webinar was fantastic! The tools you gave us are remarkable. I took a lot of notes and am thankful for your generosity with your program. The addition of life stories and examples are so valuable and made all of the information so clear. Thank you, thank you, Thank you." – Elena

"I Really Enjoyed It"

"Excellent webinar, Sonia! The time just flew by. I really enjoyed it. The most important thing I learned from you is: Just Be. Thanks again." — Jo-Ann

"Transformational Info"

"Thank you, Sonia! Excellent Webinar with Transformational info! Your presentation was clear, concise, and truly from your heart! Thank you, once again, for helping enhance the lives of those you have touched! Blessings!" – Rhonda

"By Far The Best Webinar"

"Sonia, I just want to thank you for your Unsinkable webinar! It was BY FAR the best webinar I have ever seen (and I've seen lots of webinars)." — George

Make sure you show up with a pad and pen, because you'll be taking a lot of notes.

If you haven't registered yet, simply go to www.ManifestMoneyMasterclass.com to get all the details and reserve your spot.

I look forward to seeing you there, and we'll continue this training and this conversation online!