Exercise 28: On the lines below, write a list on the left side of what you do, say, think and believe to keep your old, limited money pattern in place. Then on the right side, write just the opposite: what you do, say, think and believe to create your new pattern in place of unlimited wealth.

TODAY'S CHECK LIST

__ Times I read Statement of Desire
__ Read instructions
__ Completed Exercises
__ **Times I d**id visualizations
__ Times I did meditations
__ Times I did affirmations

What you do, say, think & believe that keeps your old money pattern / matrix in place:	What you need to do, say, think & believe to put your new wealth pattern / matrix in place:

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2. On the lines below, write out what you learned from the above exercise.

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3. Once you complete the chart listed in step 1, create a routine that you will follow daily for at least 10 days. Then create a new routine with additions and changes that you will follow for the next 10 days until each part becomes so automatic that you barely think about it but notice you are manifesting a different level of wealth than when you started.

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