

Finding Out Your Number

Creating a Focus Point for Your Efforts

BACKGROUND

What comes to mind when you hear the question “what’s your number?”

If none of the numbers that are going through your mind right now is the dollar (or equivalent in your local currency) amount that you want to have coming into your life on a monthly basis, then this exercise will help you set it up.

While getting attached to a specific number is often a very slow way to manifesting the abundance that you truly desire to experience in your life, it’s often an important stepping stone in creating that abundance.

The reason for that is that we often have a hard time realizing that money is just an instrument. It is a tool. One that can be very powerful in helping us create the reality that we want in our lives, but it can also be just a piece of paper with no value whatsoever.

Think back to the time where private banks would often go out of business and their bank notes became worthless. People went from being rich to being poor overnight.

Attaching Current Day \$ Values to Your Desired Life State

Let’s go one step further beyond money, for just a quick second.

Imagine money doesn’t exist. If you want to buy something, you simply say “please” and that something is immediately given to you. What would you be doing? How would your day look like? What would you have? What home? Which car? Now work backwards from that, writing down everything that you wish to have and experience.

How much money would it take to sustain that particular lifestyle? Get very specific, but round up if you need to.

REMEMBER

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This number is JUST a number. Don't get too attached to it, as it doesn't guarantee that you will have the lifestyle that you imagined during the exercise. Inflation, change of needs or even the very likely change in your wants and desires can lead you to a new number. Again and again.

So before you get attached to that number (as many people do!) proceed to the next exercise: "Manifesting Instant Abundance".

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