



SWEET PEA

PROSPERITY. OPEN-MINDEDNESS. ADAPTABILITY. FORWARD THINKING.

WRITING PROMPTS

What 'dead-ends' do I feel like I'm facing in my life?

When do I feel frustrated with myself or others?

In what situations do I find myself automatically saying 'no, that won't work,'?

If anything were possible, what would I be doing right now?

If I could magnetize any opportunity, what would that look like?

What projects or aspirations would benefit from a broader approach?

Take a moment each day, or even a set time once a week, to reflect on how you're feeling, right now. It can be just one or two words!

Carving out time for reflection, even just a minute each day, is important self-care and can help us follow our growth with flower elixirs.

WEEK 1						
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WEEK 2						
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WEEK 3						
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WEEK 4						
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EXQUISITE PRACTICES

List out where in your life you feel as though you're hitting a wall. Next, list below each one how you think it 'should' be resolved. Then ask yourself - what would happen if you did the exact opposite?

List out everything you feel you can't afford or are waiting for more money to complete. What would happen if you simply made the purchase or maneuvered the situation as if you already had the money?

Create an account with your significant other *with only your name on it.* Every month, each of you put in 100 dollars for your combined future. This shows: 1) commitment and 2) if the other person tweeks out about it? It shows they aren't invested or don't take you seriously. This is a good way to judge character, commitment level + responsibility. Already married? You can do something similar towards a business you want to create or other life goals.

What is something in your life you would love to have someone else do? Clean your house, a personal assistant, landscaper, meal prep? Consider this - people who have had money for a short time spend it on *things*. People who have had money in their life for a long time spend it on *support*. It's worth it to spend money on support for things that free up your time. Envision how getting help in those areas would free up your time - to spend with loved ones, work on your business and other things you love (even more alone time!).

Check out Ramit Sethi's financial tips. His main focus is mindset, and he has great actionable steps - everything from negotiating your credit card interest to getting a raise to earning \$1k in a side business. My favorite quote of his: "*There's a limit to how much you can cut back [spending]. There's no limit to how much you can earn.*" Here's his [Instagram](#) and [website](#), and his book *I Will Teach You To Be Rich*.

Have questions? Need support? Email us: flowerevolution@lotuswei.com or call: 1-844-WEI-COOL, ext 708