

Get Rich Lucky Bitch!



Release Your
Money Blocks and
Live a First-class Life

DENISE DUFFIELD-THOMAS



Hi gorgeous

Thanks for buying my book *Get Rich, Lucky Bitch* - I hope it brings you lots of abundance!

Can I ask a favor? Can you take a few minutes to leave an honest review when you're done with the book? I'd really appreciate it!

You can also get this book in other formats, click below for the US store, or if you're in another country, just search my name or "*Get Rich, Lucky Bitch*".

[Audible audio version](#) (read by me!)

[Paperback](#)

[Kindle](#)

And if you LOVED *Get Rich*, please share it with a friend. As I said on the dedication page,

"Daring to live a richer life will give other women permission to do the same, and together, we're going to change the world."

Below you'll find your "cheat sheet" for all chapters, including links to bonus material, audios and book recommendations.

CHAPTER 1: BECOMING AN AMAZING MONEY MANIFESTOR

In a nutshell, here's my five-step formula for manifesting anything you want:

Step 1: Declutter everything in your life.

Step 2: Decide exactly what you want.

Step 3: Surround your life with positivity.

Step 4: Take inspired action.

Step 5: Receive and fine-tune.

- Manifesting is the art of transmuting a thought into reality in the real world. Basically, it's about taking things off your dream board and turning them into something you can smell, touch, and experience. Just remember: manifesting = make real.
- If something isn't manifesting quickly enough, you've probably skipped a step. Trust me on this, and go back to Step 1.
- Throw everything at it - it's your dream life, after all!

Bonus Audio:

Free video workshop - [The Manifesting Formula](#)

Cheat sheets for [The 5 Step Formula](#)

CHAPTER 2: A LIFE-CHANGING MONEY HABIT

- Track everything that comes into your life: every single cent and every bit of value. Tracking shows the Universe that you're paying attention to the abundance already in your life, and you'll start to attract more.
- All money counts. Pay attention to where you compartmentalize money as "real" or "doesn't count."
- To help you with this important daily habit, I've created some bonus tracking resources for you. I use these both in my personal life and for the students in my Money Bootcamp.

Bonus material

Download your preferred method of tracking, and have fun updating it every day with every bit of money and value that comes into your life.

[Money tracking spreadsheet](#) [Google Doc]

[Paper tracking sheet](#) [PDF]

[Lucky Bitch Money Tracking App](#) [App Store]

Trust that the Universe might have a different path to the desired direction. Decide if you care HOW it will manifest. I was going traveling anyway, with or without the competition.

CHAPTER 3: CAN EVERYONE REALLY BE RICH?

- Celebrities and rich people have money blocks, just like you do.
- You can release the stereotypes of what rich women are in the world, and create your own meaning of wealth.
- Choose your money role models carefully, and ignore the bad ones. You can be any type of rich woman you like.
- Sabotaging behaviors are normal, but you do need to be honest about yours.

Top 10 Money Book Recommendations:

1. [How to Be Wildly Wealthy FAST: The Secret to Attracting Prosperity and Abundance into Your Life TODAY!](#) by Sandy Forster
 2. [Nice Girls Don't Get Rich: 75 Avoidable Mistakes Women Make with Money](#) by Lois P. Frankel
 3. [The Law of Divine Compensation: On Work, Money, and Miracles](#) by Marianne Williamson
 4. [The Four Spiritual Laws of Prosperity: A Simple Guide to Unlimited Abundance](#) by Edwene Gaines
 5. [Women & Money: Owning the Power to Control Your Destiny](#) by Suze Orman
 6. [Millionaire Women Next Door](#) by Thomas J. Stanley Ph.D.
 7. [Smart Women Finish Rich](#) by David Bach
 8. [Smart Money Smart Kids: Raising the Next Generation to Win with Money](#) by Dave Ramsey
 9. [The Opposite of Spoiled: Raising Kids Who Are Grounded, Generous, and Smart About Money](#) by Ron Lieber
 10. [The Money Book for the Young, Fabulous & Broke](#) by Suze Orman
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CHAPTER 4: DECLUTTER YOUR MONEY STORIES

- Forgiveness is the tool to release you from the past and allow you to be rich.
- No money memory is too big or too small to clear, and everything is symbolic.
- Throw everything at it – something will work and will free you from your negative self-beliefs around money.

Bonus Audio:

[Download](#) the Cord Cutting meditation to release and forgive. [MP3]

CHAPTER 5: WHAT DO YOU REALLY WANT?

- Your money goal is just a number, not a literal translation of your self-worth.
 - Money loves clarity, so define what wealth means to you.
 - Goal setting trains your brain to look for opportunities – you can't screw it up or get it "perfect."
 - Your excuses are total BS. But don't worry: everyone has them, so identify your biggest ones so you can clear them.
 - The Universe is waiting for instructions, so get specific – otherwise you'll get random stuff.
 - Get a better goal!
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CHAPTER 6: FEEL GOOD ABOUT YOUR MONEY NOW

- It's going to take more mindset work than you think, but it's worth it.
- You are richer than you think you are.
- Watch your thoughts about money all the time. Be vigilant, and protect yourself from negative money thoughts.
- Gratitude is the quickest way to feel rich now; and when you feel rich, you'll attract more money.
- Money is all around you, so open up your eyes and go on a treasure hunt.
- Crowd out the negativity with as many positive messages as possible. You can't overdose on the good stuff.

Bonus Audio:

[Download](#) the 5 minute Money Mantra Subliminal audio to change your attitude towards money. [MP3]

CHAPTER 7: UPGRADE YOUR LIFE NOW

- Don't wait until you're rich. You become rich by upgrading your life incrementally in ways that make you feel wealthy.
 - Upgrading incrementally gives you a strong foundation to hold and retain your future wealth, so you don't sabotage it.
 - Upgrade strategically by choosing the most symbolic Economy-Class things in your life. This will have the biggest impact on your manifesting ability.
 - Practice feeling wealthy, so you can learn discernment and decide what's really important to you when you take price out of the equation.
 - Rinse and repeat! You'll never run out of ways to upgrade your life.
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CHAPTER 8: DEALING WITH YOUR MONEY SABOTAGES

- Sabotaging behaviors are completely normal; and they don't mean you can't be rich.
 - You might experience an "Upper Limit" around happiness and success when things get "too good." This will change over time as you increase your capacity for wealth.
 - Look for recurring situations: these will hold valuable clues to experiences from your past that you need to clear and release. Otherwise, they'll keep happening!
 - Self-awareness is the key to overcoming your sabotage. Tell the Universe that you've learned the lesson and move on. Hand in your shovel, and stop digging!
 - Keep clearing with forgiveness as you discover new fears and recurring sabotages. The basics work for every new layer.
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CHAPTER 9: TAKE INSPIRED ACTION

- It's safe for you to earn more than other people in your life.
 - Allow yourself to receive actual money, and say no to bartering.
 - Income resistance is normal, but you'll break through each block – one at a time.
 - Start saving and becoming comfortable with excess money.
 - Fake it 'til you make it. The Universe can't tell the difference, and neither can your brain!
 - Make sure you have some skin (i.e. money) in the game.
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CHAPTER 10: LEARN TO ACTUALLY RECEIVE MONEY

- Get practical and set up systems, so you can easily receive money and make it easy for clients to pay you.
- Give yourself energetic permission to make money, and revisit the decluttering exercises in Chapter 4 if you feel resistance.
- Anchor in every money win – big and small – so you can compound all of the good feelings and attract more.
- You don't have to be perfect – this is a lifelong process. Dust yourself off, and try again. It's worth it – you are worth it.

Keep in touch!

Tag me in your book pictures and use #getrichluckybitch

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