

WEEK 1 SHOW NOTES

Prosperity Series: The Stories Running Your Life

Most people think they're stuck because of circumstances.

Often, they're stuck because of a story.

A story about money.

A story about relationships.

A story about success.

A story about what they're capable of.

The challenge is that these stories are often so old and familiar that we stop noticing them. They become the operating system running underneath everything.

Someone told you money doesn't grow on trees.

Someone told you to play it safe.

Someone told you that you weren't smart enough, good enough, attractive enough, connected enough, or capable enough.

The story became a belief.

The belief became a feeling.

The feeling became behavior.

The behavior became results.

Questions to Consider

- What story am I telling myself about money?
- What story am I telling myself about success?
- What story am I telling myself about my worth?
- Where did that story come from?
- Is it true?

Key Takeaway

You cannot build a new future while operating from an old story.

If you want different results, you must first change the conversation happening inside your own head.

This Week's Assignment

Identify one limiting story that has been running your life.

Write it down.

Then write a new story that better aligns with where you're going.

Begin replacing the old narrative every time it shows up.

WEEK 2 SHOW NOTES

Prosperity Series: Your Emotional Set Point Is Your Attraction Point

Last week we talked about changing the stories.

This week we talked about something equally important:

How you feel.

Because changing the story isn't enough if the emotional state underneath it stays the same.

You can repeat affirmations all day long.

You can create a vision board.

You can set goals.

You can say all the right things.

If you still feel afraid, worried, discouraged, insecure, overwhelmed, or unworthy, you will eventually hit a ceiling.

Your emotional set point determines how much possibility you can see and how much opportunity you can receive.

Key Principle

Your emotional set point is your attraction point.

How you feel affects:

- Your decisions
- Your relationships
- Your leadership

- Your creativity
- Your resilience
- Your ability to see solutions

Emotional Prosperity

Your emotions are information.

They are not your identity.

Feeling afraid doesn't mean you are fearful.

Feeling discouraged doesn't mean you are defeated.

Feeling overwhelmed doesn't mean you are incapable.

It simply tells you where you are right now.

The Goal

Don't try to leap from fear to euphoria.

Move yourself one step higher.

If you're worried, can you become doubtful?

If you're doubtful, can you become hopeful?

If you're hopeful, can you become optimistic?

Progress matters more than perfection.

Ways to Raise Your Emotional Set Point

- Help someone else
- Go for a walk
- Read something inspiring
- Listen to uplifting music
- Watch a favorite movie
- Call someone who encourages you
- Spend time in gratitude

- Take action

Remember:

Action is your ally against fear.

Questions to Ask Yourself

- How am I feeling right now?
- Is this emotion helping or hurting me?
- What is one thing I can do to move to the next highest emotion?
- Am I reacting to life or responding to it?

Key Takeaway

You don't have to wait for circumstances to improve before you feel better.

You can choose a better emotional state first.

And when you do, you'll begin to see different possibilities, different solutions, and different opportunities.

Because where your energy goes, everything else follows.