

MONEY MANIFESTING CHALLENGE

with Denise Duffield-Thomas

Five days, five easy steps... more money



CHALLENGE WORKBOOK

denisedt.com/challenge

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WELCOME



Welcome to our Money Manifesting Challenge!

You're in the right place and we're going to have an amazing time together.

I'm Denise Duffield-Thomas, your host.

I'm an author and money mindset coach, self-made millionaire, and all-round personal development OBSESSIVE.

My goal in life is to help as many people as possible make MORE money in their businesses through mindset tools and the Law of Attraction.

Because when people like you have more money, I know you'll change your life, help more people and positively impact the world.

Our Challenge will officially kick off on Monday January 16th. I'm so excited to share my step-by-step process to help you manifest more money.

This is the process I and thousands of people all over the world have used that works every time.

During the Challenge you'll get daily videos about manifesting money with practical and action-orientated steps. Five days, five easy tasks to make money. It's going to be an amazing week.

This workbook is designed to accompany our Challenge and support your manifesting journey.

Once you know the steps, you can use them for LIFE.

Amazing things can happen when you get clear on what you want.

BEFORE WE GET STARTED



Here's how the Challenge is going to work:

Each day you'll get you five easy actions - and then I'll go live at 5pm New York time every day to go deeper and answer your questions.

There will be real CASH prizes every day for the best action-takers and sharers in the community.

We'll work on your big money goals for the year and take you step-by-step through my practical manifesting process.

It's the formula I've used to manifest big and small wins - from my first-ever clients, to my dream house.

So let's get started...

1. Click below to join the Challenge Facebook group, this group is our Challenge container - a safe space for us to learn and motivate each other - and you might make some new friends too.

[JOIN THE MONEY MANIFESTING CHALLENGE FACEBOOK GROUP](#)

2. If you haven't already, register below to get email reminders and your free welcome gift, that also doubles as an incredible manifesting tool.

[REGISTER FOR CHALLENGE EMAIL UPDATES AT DENISEDT.COM/CHALLENGE](#)

3. Click below for our challenge bot reminders. This way, you won't miss a single thing. Our messenger bot will remind you of the daily videos and let you know when I go LIVE. Remember those cash prizes. You gotta show up live.

[GET VIP MESSENGER REMINDERS](#)

BEFORE WE GET STARTED

4. Follow and like my business pages.

Easy peasy, but it means we'll be connected long after this challenge. Once you're a Lucky Bee - you're in for LIFE.



5. Feel free to invite all your friends and business besties by sharing the link denisedt.com/challenge or clicking the blue "Invite" button at the top of the group.

And make sure you tag me @denisedt to be in with a chance of winning \$500!

Okay I'm excited.

If you've been looking for some extra motivation to kickstart your year and hit your money goals - this is your lucky day!

This is going to be your best money year ever and I'm here to help.

Denise Duffield-Thomas

Money Mindset Mentor

USEFUL LINKS

Follow me on social media to stay connected and up to date with the Challenge:



Facebook

[Facebook.com/denisedt](https://www.facebook.com/denisedt)



Instagram

[instagram.com/denisedt](https://www.instagram.com/denisedt)



Join the Challenge Facebook Group

<https://www.facebook.com/groups/1248679642246573>



Share

Share this Challenge with your friends or community using this link: [denisedt.com/challenge](https://www.denisedt.com/challenge)



Books

Check out my money mindset and manifesting books here: [denisedt.com/books](https://www.denisedt.com/books)

Support

For tech, email or admin support please contact admin@denisedt.com

If you need support or have questions during the Challenge please tag @TeamDDT in the Challenge Facebook Group.

And if you have questions about working with me after the Challenge and joining Money Bootcamp you can message me here m.me/denisedt or on Instagram [@denisedt](https://www.instagram.com/denisedt).

WHO IS

Denise Duffield-Thomas



Denise Duffield-Thomas is the money mentor for the new wave of online entrepreneurs who want to make money and change the world.

She helps people charge premium prices, release the fear of money and create First Class lives.

Her books "Lucky Bitch", "Get Rich, Lucky Bitch", and "Chillpreneur" give a fresh and funny roadmap to living a life of abundance without burnout.

Her books, courses and events have helped thousands of entrepreneurs all around the world.

She's a lazy introvert, a Hay House author and an unbusy mother of 3. She owns a rose farm and lives by the beach in sunny Australia.

FEATURED IN: Forbes Inc. HAY HOUSE smh.com.au The Sydney Morning Herald BODY+SOUL

Denise Duffield-Thomas [is] one of the foremost financial advisors for females . - Entrepreneur.com

Denise has helped her growing community of 120,000+ business owners overcome their money blocks and build successful companies. - Forbes.com

Denise Duffield-Thomas is a much-needed voice of practical wisdom for women looking to build a financially thriving future. She's also a shining example of what it means to create a business and life you love while also serving the world. - Marie Forleo, Founder of MarieTV & B-School

I am a massive fan of Denise, her books and her courses. Down to earth, honest, and at times hilarious, she shows us how to create a truly exceptional life. - Rebecca Campbell, Author of Light Is The New Black & Rise Sister Rise

BY THE END OF THIS CHALLENGE

Simply by playing along in our Money Manifesting Challenge you'll feel more empowered and inspired to attract more abundance. Over the next week I'll be sharing my 20 years experience in money mindset, manifesting and coaching to help you;

- Learn the step-by-step proven and repeatable process I use to manifest money;
- Discover the crucial role your mindset and relationship with money play in your ability to attract and receive new money;
- How to set specific money goals that will inspire you and Universe to work together to manifest your success;
- Know the specific daily actions to take when you're working towards a money goal and how to get out of your own way;
- How to keep your vibrations high and maintain an abundant mindset, even when your progress is slow; and
- Experience the value and support of working on your mindset and money goals alongside other like-minded and inspiring entrepreneurs.

It's going to be an incredible week!

DAILY OVERVIEW

From Monday 16 to Friday 20 January, I will be sharing my step-by-step money manifesting process to help you earn more and embrace a new level of abundance.

This is the process I have taught thousands of entrepreneurs like you all over the world and it combines practical Virgo-like actions with mindset tweaks and shifts to help you move from scarcity to abundance.

Each day of our 5-day challenge has a specific theme and during the Challenge I'll reveal the 5 easy daily tasks for you to complete.

DAY 1 SYMBOLIC DECLUTTERING

Even if you know how to manifest and all about the Law of Attraction, the process can sometimes be slow and unpredictable.

So before we manifest any more, the first step is to clear the obstacles that are obstructing your flow of abundance.

Not only to increase your flow but also to make SPACE for more abundance in your life.

Decluttering shifts the energy and it's the first thing I do before manifesting ANY big goal.

Together we'll start decluttering your mental, emotional, physical, even spiritual obstacles.

DAY 2

GET SPECIFIC

Step two of the money manifesting process sounds easy in theory, but I see so many people unconsciously mess it up.

Today we're going to get specific. It's time to DECIDE what you really want.

It honestly takes practice to become a good goalsetter, but you're probably being a little too vague right now, and that's why you're frustrated with your goals and getting random results from the Universe.

You know the importance of goal setting.

I know you do - but let's be honest....

Are your goals as specific as they need to be? Today we fix that.

DAY 3

ANCHOR YOUR SUCCESS

Step 3 is one of my FAVORITE topics.

We'll be talking about how to stay in the good vibrations, especially when it's hard! How to use positive anchors to help you feel good NOW in that frustrating lag time between when you state a goal and when it shows up.

You will love layering in these reminders and affirmations to your day that send a clear message to your mindset and the Universe.

DAY 4

TAKE INSPIRED ACTION

What is the difference between action and inspired action? How can we meet the Universe halfway with commitment and momentum to give our goals and abundance the best chance of becoming real?

On Day 4 we'll look at how to take specific and inspired action to make your goal happen and then actually do it. Time to roll up our sleeves.

DAY 5

LEARN TO RECEIVE

Step 5 completes the money manifesting circle and will help you welcome in the positive new energy and abundance that the universe has in store for you. Without Step 5 everything could pass you by.

Today is all about learning the art of receiving. You might actually be good at manifesting money but you sabotage it at the final hurdle.

After today you'll stop **REJECTING** abundance from the Universe and actually **RECEIVE** it.

MARK YOUR CALENDAR

Each day of our 5-Day Challenge you'll receive a daily video, set of simple easy tasks and the opportunity to connect with me Live in our Facebook Group.

All times during the Challenge are based on New York time, Eastern USA.

[Click here to add these to your calendar or convert to your local timezone.](#)

DAY 1
JAN. 16

MONDAY 16 JANUARY: DAY 1 - SYMBOLIC DECLUTTERING

6am ET - Daily Video and Task

5pm ET - Daily Facebook Live with Denise in the Group

DAY 2
JAN. 17

TUESDAY 17 JANUARY: DAY 2 - GET SPECIFIC

6am ET - Daily Video and Task

5pm ET - Daily Facebook Live with Denise in the Group

DAY 3
JAN. 18

WEDNESDAY 18 JANUARY: DAY 3 - ANCHOR YOUR SUCCESS

6am ET - Daily Video and Task

5pm ET - Daily Facebook Live with Denise in the Group

DAY 4
JAN. 19

THURSDAY 19 JANUARY: DAY 4 - TAKE INSPIRED ACTION

6am ET - Daily Video and Task

5pm ET - Daily Facebook Live with Denise in the Group

DAY 5
JAN. 20

FRIDAY 20 JANUARY: DAY 5 - LEARN TO RECEIVE

6am ET - Daily Video and Task

5pm ET - Daily Facebook Live with Denise in the Group

BONUS!
JAN. 23

MONDAY 23 JANUARY: BONUS LIVE MONEY MANIFESTING MASTERCLASS: *The Secrets of Manifesting Money in 2023*

5pm New York | 2pm Los Angeles | 10pm London | 9am Tues 24 Jan Sydney
Join me live to learn the practical mindset strategies to kickstart your money breakthrough year.

PRIZE GIVEAWAYS

Each day of our Money Manifesting Challenge I'll be giving away a cash prize to a lucky Challenge member on our daily live calls.

Simply by showing up live and playing full out, you'll be in with a chance of winning the daily prize.

The prize value will increase each day and so I recommend staying involved and using all of your newly learned manifesting skills to win one of these prizes:

DAY 1

\$200 cash

DAY 2

\$400 cash

DAY 3

\$600 cash

DAY 4

\$800 cash

DAY 5

\$1,000 cash

Plus there will be an extra special prize giveaway for action takers on our Money Manifesting Masterclass on Monday 23 January.

Good luck!

*Prizes will be paid in USD via PayPal.

DAILY ABUNDANCE TRACKING

One of the foundation practices I teach in Money Bootcamp is Money Tracking.

Tracking your abundance is a habit that will change the way you feel about money.

This isn't an accounting exercise, this is an awareness and appreciation discipline that will uncover new insights about your money blocks and your energetic income level.

Tracking your money will change your life. Guaranteed.

During our Challenge I want you to TRACK everything you manifest - money and FREE things, so you get a true sense of how abundant you really are.

WHY DO WE TRACK MONEY IN THIS WAY?

What you focus on, grows and what gets measured, improves.

We often compartmentalize money. Maybe you think that money from certain sources isn't "real" or it only counts from specific sources. You could be pushing away abundance and not even realize.

We're often not aware of the abundance coming into our lives and start to make up stories around feeling broke.

ALL MONEY IS REAL MONEY, and every piece of money is going to be tracked, appreciated and acknowledged

DAILY ABUNDANCE TRACKING

WHAT GOES ON YOUR “MONEY” COLUMN

- Every bit of actual cash that comes into your life
- Salary from all sources, client income, jobs, services, etc
- Money gifts, inheritances, winnings, etc
- Unexpected refunds
- Every coin you find in the street
- Track it as it comes in rather than when it’s “sold”
- It’s okay to mix up business and personal

WHAT GOES ON YOUR “VALUE” COLUMN

- Every freebie, present in-kind gift, etc if you can put a value on it.
- Discounts or savings you weren’t expecting
- Non cash bonuses, benefits, etc
- Unexpected gifts from the Universe
- Treats, like if a friend buys you coffee or dinner

DAILY ABUNDANCE TRACKING

Print this page or keep this file open on your computer and get tracking...

<i>Date</i>	<i>Money</i>	<i>Value</i>	<i>Total</i>
Mon 16 Jan			
Tue 17 Jan			
Wed 18 Jan			
Thur 19 Jan			
Fri 20 Jan			
Sat 21 Jan			
Sun 22 Jan			
Mon 23 Jan			
Tue 24 Jan			
Wed 25 Jan			
Thur 26 Jan			
Fri 27 Jan			
Sat 28 Jan			
Sun 29 Jan			
Mon 30 Jan			
TOTAL			



YOUR CHALLENGE PRE-WORK

[CLICK HERE TO DOWNLOAD AND LISTEN TO MY
SUBLIMINAL MONEY MANIFESTING AFFIRMATIONS](#)

To get ready for a week of manifesting magic I highly recommend that you listen to this subliminal audio - it's one of my favourites manifesting tools.

This 1 hour and 11 minute audio is infused with 1,111 money affirmations, all embedded below the peaceful sounds of the ocean. Your subconscious mind soaks up the goodness and reframes your beliefs without thinking about it.

It isn't brainwashing... but it's kind of like cleansing your brain of all those old money memories and blocks, so you can create new abundant beliefs.

You won't be able to hear me saying the mantras - you'll only hear the ocean - but the mantras are there and they work!

Let me know in the Facebook group comments what shifts you start to notice.

This money meditation audio is my secret weapon. The mindset affirmations go deep into your subconscious and help transform your relationship with money. I've used subliminal meditations for YEARS, and they are incredibly powerful.

In Money Bootcamp, our approach is to "throw everything at it" so why not have a listen and show the Universe that you're ready to manifest more money.

Enjoy!

DAILY MANIFESTING

Affirmations

Try these powerful manifesting and money mindset affirmations throughout your day to get ready for this Challenge and let me know in the Facebook group the shifts you start to feel...

It's my time and I'm ready for the next step

I serve, I deserve

I am what a wealthy woman/person/entrepreneur looks like

Money loves me

There's always more money

There are easier ways to make money

Every day more and more abundance is flowing to me

I can make money doing what I love

I am worthy

I am enough

I am a money magnet

DAY 1 Actions

Watch today's video in the Facebook group and then pick any of the 5 symbolic and deliberate decluttering actions from the list below. Get started and let me know how you go!

- Your wallet or handbag (how you're treating money)
- Your workspace or make a dedicated space for your work.
- Getting rid of old client files - especially if they were nightmare clients.
- Your calendar (often indicates your boundaries or lack of!)
- Decluttering old business cards, or materials from an old business, especially past failures.
- Anything from corporate jobs you'd rather forget and move on from.
- Stopping old subscriptions or software you no longer use.
- Plugging up boundary leaks or places where you're working for free.
- Your inbox - unsubscribe or delete things that make you feel annoyed.
- Your social media - unfollow people or leave groups you've outgrown.
- The contacts on your phone - does anyone need to leave your life?
- The apps on your phone - it feels good to delete!
- An obligation or appointment you want to decline.
- Your wardrobe - old identities you want to shed or you've outgrown.
- Your underwear drawer (very symbolic of how you're treating yourself).
- Old purchases that made you feel "less than".
- Books you no longer want to read - you have permission to let them go.

MORE IDEAS

Remember, pick the easiest ones for YOU.

For bonus points, pick things that are SYMBOLIC to your goal.

- Anything in the fridge or cupboard that's out of date
- Old make up and toiletries
- Gifts that you didn't want in the first place
- Unnecessary paperwork, especially if you have digital copies
- Anything from exes and old-loves (if you want to manifest new love)
- Old cables and bits and pieces (I call it 'gubbins', stuff that's taking up space)
- Old jewelry - especially if it has negative symbolic meaning
- Diaries and journals (make space for something new!)
- Any unfinished projects that make you feel guilty (it's okay to let it go!)
- Close all the tabs on your phone or computer - just start from scratch
- Email - select all & archive. It won't be deleted, it just won't be in your inbox
- Stop any old subscriptions you're no longer using
- Check your Paypal Recurring Payments dashboard to check auto-payments
- Unsubscribe from podcasts you no longer listen to
- Empty all the bins in your house
- Sweep your front door
- Give notice to volunteering positions you no longer want to commit to

MORE IDEAS

Remember, pick the easiest ones for YOU.

For bonus points, pick things that are SYMBOLIC to your goal.

- Do a mug audit
- Throw out your old toothbrush
- End a supplier agreement with someone you no longer want to work with
- Give notice to a work commitment
- Turn off your unsubscribe notifications (you really don't need to see it)
- Let go of obsolete technology, like outdated cables or old phones
- Clean out your mail drawer
- Throw out old pens
- Let go of your unread magazine pile
- Collect all the coins around your house and put them in a nice jar
- Go through your auto-renew domain names and let some go (it will be okay)
- Put your bills on digital instead of paper
- Consolidate some of your accounts
- Delete everything on your computer desktop
- Delete your "to read later" bookmarks. You'll find them again if it's meant to be
- Turn off as many push notifications as possible

FAQS

HOW SHOULD I GET RID OF THINGS?

You can sell things, give them away on the street, take it to a thrift store, give it to a friend or take it to your local recycling center. Don't do the actions that feel hard. Start with the easiest ones first.

SHOULD I SELL MY STUFF?

Totally up to you! If it feels good to sell it, do it! If it's too much hassle, then let it go. Always go with what makes you feel the most abundant.

I FEEL RESISTANCE, HELP!

Just decluttering one or two things will shift the energy. Don't overthink it or procrastinate getting started. When in doubt, just shave something!

WHY DOES THIS WORK?

You have to create a vacuum before new things can come into your life. That's why symbolic decluttering is so powerful.

WHAT'S AN EXAMPLE OF SYMBOLIC DECLUTTERING?

This is my favorite form of decluttering!

If you want to manifest a new partner, how can you make space for them in your life; physically, mentally, logistically? You could declutter one half of your wardrobe and bedside table. Create space for dates by decluttering your calendar. Let go of old exes artefacts like love letters or gifts.

If you want to manifest a new home, what would stay and go if you had to pack up in the next two weeks? Start now as if you're moving! I've even cut emotional cords with old homes. Try everything!

How can you create space for new clients? Maybe deleting out / shredding old client files, reorganizing your calendar, and declining unpaid work. Deleting out old services you no longer want to offer. Decluttering your website.

My secret motto for decluttering

When in doubt - shave something.

I'm not even kidding. Before every launch, I always shave my legs and sometimes even other places too.

I want to be open to abundance in every nook and cranny.

You might laugh but I told you it was going to be practical.

If you hate shaving, that's fine - you can skip it - no body hair shaming here.

As I said, I've done this for YEARS and something always happens after.

A new client. An unexpected win. This month I did it and my book royalties came a month earlier than expected.

A coincidence? Maybe.

But it's not just me.

I didn't even share this tip with the Money Bootcampers until recently.

And they had crazy, weird things happen too.

I'm telling you - it's worth a shot!

Clear the space, shift the energy, and start the process of allowing more abundance to flow to you.

DAY 2 *Actions*

What's your money goal (you could do yearly or monthly, it doesn't matter)?

If you're really stuck with picking a number, here's one for you \$1,000, \$10,000, \$100,000 or a million dollars. Just pick A NUMBER.

1

Write it down on actual paper

I don't care if you do it on a dirty napkin using a blunt glitter eyeliner pencil, there's power in committing pen to paper. Write it down.

2

Add any caveats.

Do you care where it's from? If you don't - write down "\$10,000 *this month from any source*". If it HAS to come from a particular source, then add that too. "... *from my top coaching package*".

I sometimes write "free and clear". Because recently, I asked the Universe for a million dollars, *just to see what would happen*.

Guess what? Our broker encouraged us to remortgage all our properties and our new line of credit was.... a million dollars. But that wasn't free and clear. It was still good but it was a bank loan!

Do you want it by a specific date? A specific currency?

Get SPECIFIC.

3

Share your goal in the Facebook group and with a supportive friend.

Nobody is looking and comparing. Your goal is YOUR goal.

But sharing it publicly is very powerful. You're declaring yourself open for abundance. And watch out for those stories - like "*my goal isn't big enough*", "*it will never come true so why bother?*" - don't mean-girl your money.

Find the Day 2 post in the Facebook group and share your goal with our community.

DAY 2 *Actions*

4

Write it somewhere you can see it.

I add it to my phone screen saver, write it in soap in the shower and add it to my calendar each day as a reminder.

Write it somewhere you can actually see it. If only to acclimatize yourself to that number. Keep noticing what stories come up.

"That's so unrealistic"

"HOW am I going to make it happen?"

It's free to dream!

5

Give yourself permission

Put your hand on your heart and affirm out loud - I serve, I deserve.

We're obviously stirring up a lot of things together but that's a message that will help with ANY of your old stories and belief about your deservingness.

YOUR MONEY

Goals

Money Goal 1

Caveats

By when

Money Goal 2

Caveats

By when

Money Goal 3

Caveats

By when

Share your goal!

Screenshot one of your goals and share it in our Challenge group or on social media and tag me @denisedt.

DAY 3 *Actions*

So, here are your 5 daily money manifesting actions for Day 3:

1

Add a daily calendar reminder with your income goal.

Remember, your income goal? Set it as a daily recurring calendar reminder. "Congrats, your business now earns \$10,000 a month with ease!" or "5 New Clients". I have several different ones throughout the day.

2

Put your affirmations everywhere.

I suggest "I serve, I deserve" - but it could be personal to you, like, "I am a wealthy artist". Add it around your house on Post-Its or digitally where you'll see it regularly.

3

Change at least ONE of your passwords to your income goal.

Of course, you can still make it secure by adding different cases and symbols to it. I suggest your laptop or computer password because you type it in multiple times a day.

4

Add your money goal to your screen savers.

You change the screen saver or lock screen on your phone, laptop, even your TV. All you need to do is add some words to a photo and upload. Mine says "200 New Money Bootcampers Every Month!"

5

The last one is your choice. Find one more positive anchor.

For example; affirmation jewelry, a nice smelling candle, a new dream board. What will add more high-vibes to your day?

Over time, these tiny reminders and upgrades will have a HUGE compounding impact on how you feel every day.

Conversely, little annoyances and things you tolerate will compound over time and expend unnecessary mental energy, so often the best upgrade is to DECLUTTER.

When you feel good, you're more likely to take action. When you take action, you'll see better results. And it becomes a positive self-fulfilling prophecy.

Bonus IDEAS

Here's some bonus ideas about how you can layer in anchors during your morning routine...

- Wear your nicest pajamas to bed - call them your "million dollar jammies"
- Use your best linen and wash your sheets regularly (upgrade to a cleaner!)
- Alarm clock is a money song instead of a harsh beep
- Pop up on your phone says "Today is going to be a profitable day!"
- Bedside table has a framed affirmation card, beautiful crystals or candle
- Goals are written on your mirror
- Write your goals down before you get out of bed
- Start the morning with a gratitude practice
- Doodle your latest goal in the shower steam
- Wear your favorite clothes, underwear, perfume or makeup
- Get a weekly blow dry so you wake up looking great
- Wear symbolic or affirmation jewelry

Why do we do this?

Sometimes we have to acclimatize to feeling wealthier. The more you see it in teeny tiny ways, the more you'll believe it. Repetition is powerful.

The more you strengthen your belief, you'll be more likely to see opportunities aligned to your goal, and most importantly, take action!

DAY 4 *Actions*

So inspired action is about accountability, and putting skin in the game:

- Making a booking
- Making an announcement
- Paying or taking a deposit
- Hitting publish and making something live
- Making a big appointment
- Pre-selling something before it's ready

HERE'S A LIST OF IDEAS OF INSPIRED ACTION YOU CAN TAKE TODAY:

- Make an appointment at the bank
- Book to attend an open home
- Put a deposit on a retreat venue
- Get your sales page live
- Announce you're increasing your prices
- Put an offer in on the house you want
- Book the videographer
- Go live on social media & make a offer
- Pre-sell your course or book
- Put in notice at your job
- Ask that person on a date
- Announce a webinar
- Hire a babysitter & get the work done!
- Automate your emails
- Contact five book agents
- Make a public announcement
- Book a session/induction at a gym
- Set up a monthly payment into savings
- Write a press release
- Book a hair and makeup artist
- Book a decluttering expert
- Call a mortgage broker
- Book a venue for a speaking gig
- Book a photo shoot
- Send an offer to your email list
- Open your calendar to bookings
- Pay a deposit on a new website
- Publish a new blog post
- Book an editor for your book
- Test drive the car you want
- Apply for your next job
- Hire a book writing coach
- Ask for a pay rise
- Contact a previous client with an offer
- Post the first chapter of your book
- Pitch yourself as a guest on a podcast
- Pitch yourself for a TED talk
- Hire a book cover designer
- Set up a mastermind group
- Call your local media & ask for a feature
- Get an accountability buddy
- Sign up for a course/webinar

Find inspired actions that will directly help you move towards your goal.

Just five things. Only you know the right action! Choose things you can't get out of!

You've got this.

DAY 5 *Actions*

So today's action: allow yourself to receive some money.

That could be:

- Send invoices or invoice reminders
- Respond to prospective clients
- Set up your PayPal or Stripe account
- Submit a funding/grant application
- Send out an offer to your list or socials
- Use gift cards
- Respond to a compliment with "thanks!"
- Hire an expert to help you launch
- Finish your passive income project
- Put affiliate links on your website
- Do health insurance claims
- Add a call to action to every web page
- Sell an hour of your time
- Set up one autoresponder follow up
- Hit send on on proposal
- List an item for sale
- Start a kickstarter for your project
- Put a BUY NOW button on your site
- Fix any broken links
- Accept the offer of a free coffee
- Say YES to people asking to pay you
- Remind people what you actually do
- Add your sales page link everywhere
- Remind people who owe you money
- Open a savings account
- Set up an auto invoicing system
- Follow up on a warm lead
- Email your list with your availability

I often buy things - not because I need them but because I saw the OFFER, so don't assume everyone's seen it. Don't assume that they'll remember to buy without reminders.

Get very clear on your language:

Book Now

Buy Here

Here's how you can work with me ...

ALLOW YOURSELF TO RECEIVE MONEY.

Remember to join me *live!*



I'm going LIVE in our Challenge Facebook group at 5pm New York (ET) time each day of our Challenge from 16-20 January.

I'll be answering and troubleshooting your questions and how they relate to manifesting your goal.

Plus - remember - you can be in the winning to win a CASH prize just by showing up live on the call. The cash prizes increase every day and just by turning up you'll be in with a chance of winning.

Make sure you tag @TeamDDT in the Facebook Group if you need support or have questions and contact admin@denisedt.com if you have any email or tech issues.

It's your time and you're ready for the next step.

xx Denise

Bonus DAILY ACTIONS

If you're ready to throw everything at this Challenge and play full out, why not tick off some of these bonus activities, but honestly, these are completely optional:

- Share your progress and aha's in the comments on the daily post in our Facebook group
- Invite friends or your community to join the Challenge and play along
- Listen to the Subliminal Money Manifesting Audio
- Try out the Daily Money Affirmations from page 18 of this workbook
- Listen to the latest episode of my Chill & Prosper podcast [HERE](#)
- Read or listen to a Chapter from my book "Chill and Prosper" - [available here to purchase](#)
- Write out a gratitude list of the things in your life and business you're grateful for
- Reply to other people's comments in the Challenge Facebook group to send them encouragement and positive vibes

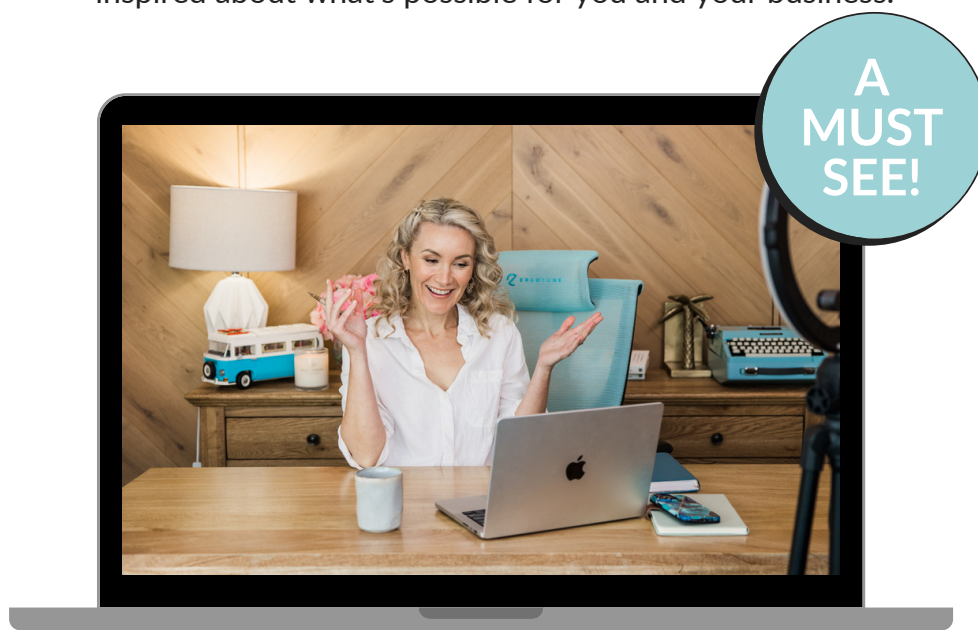
MONEY MANIFESTING MASTERCLASS

To go deeper, answer your questions and wrap up our 5-Day Challenge, I'll be hosting a bonus live Masterclass on Monday 23 January.

It's all about the **Secrets of Manifesting Money** and I'll be sharing my practical and proven process to manifest money (the one I use that works every time).

Join me LIVE and free to discover the mindset tweaks you can make to attract more money right now!

It's going to be a chance to get clear on your money goal for the rest of the year and feel inspired about what's possible for you and your business.



THE SECRETS OF MANIFESTING MONEY IN 2023

Monday 23 January 2023

5pm New York | 2pm Los Angeles | 10pm London

9am Tuesday 24 January Sydney

Live in the Money Manifesting Challenge Facebook Group

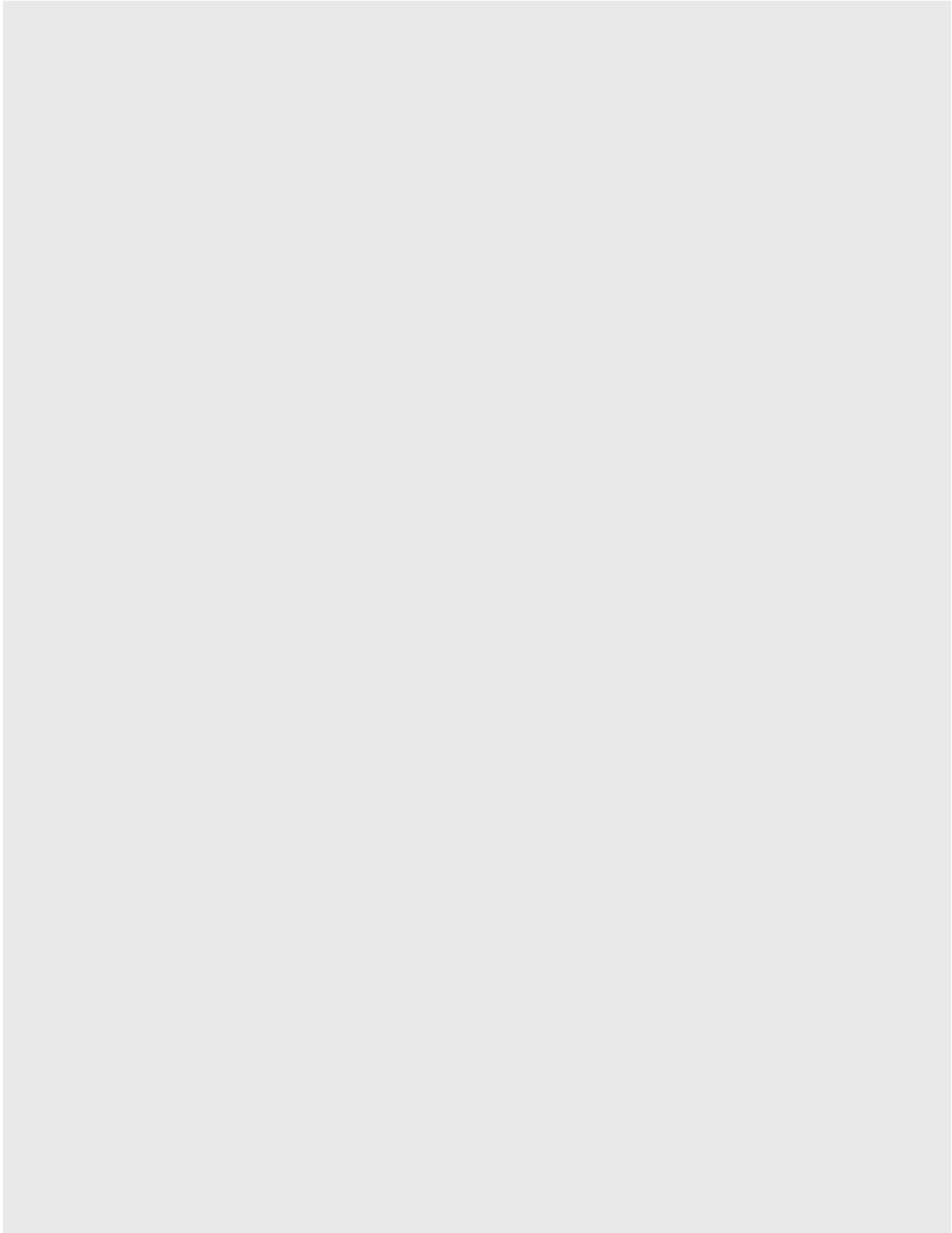


GET VIP MASTERCLASS
REMINDER HERE

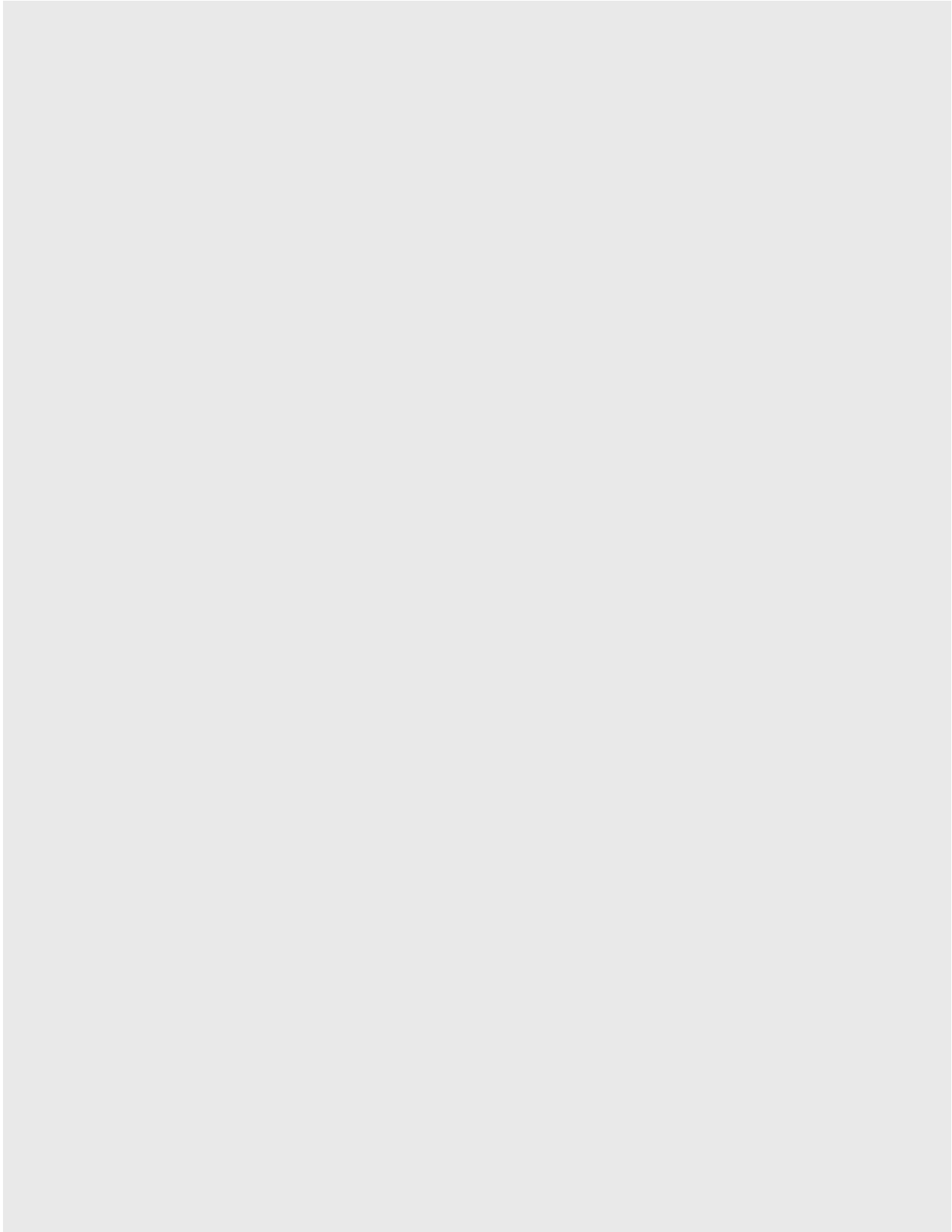


ADD THIS TO
YOUR CALENDAR

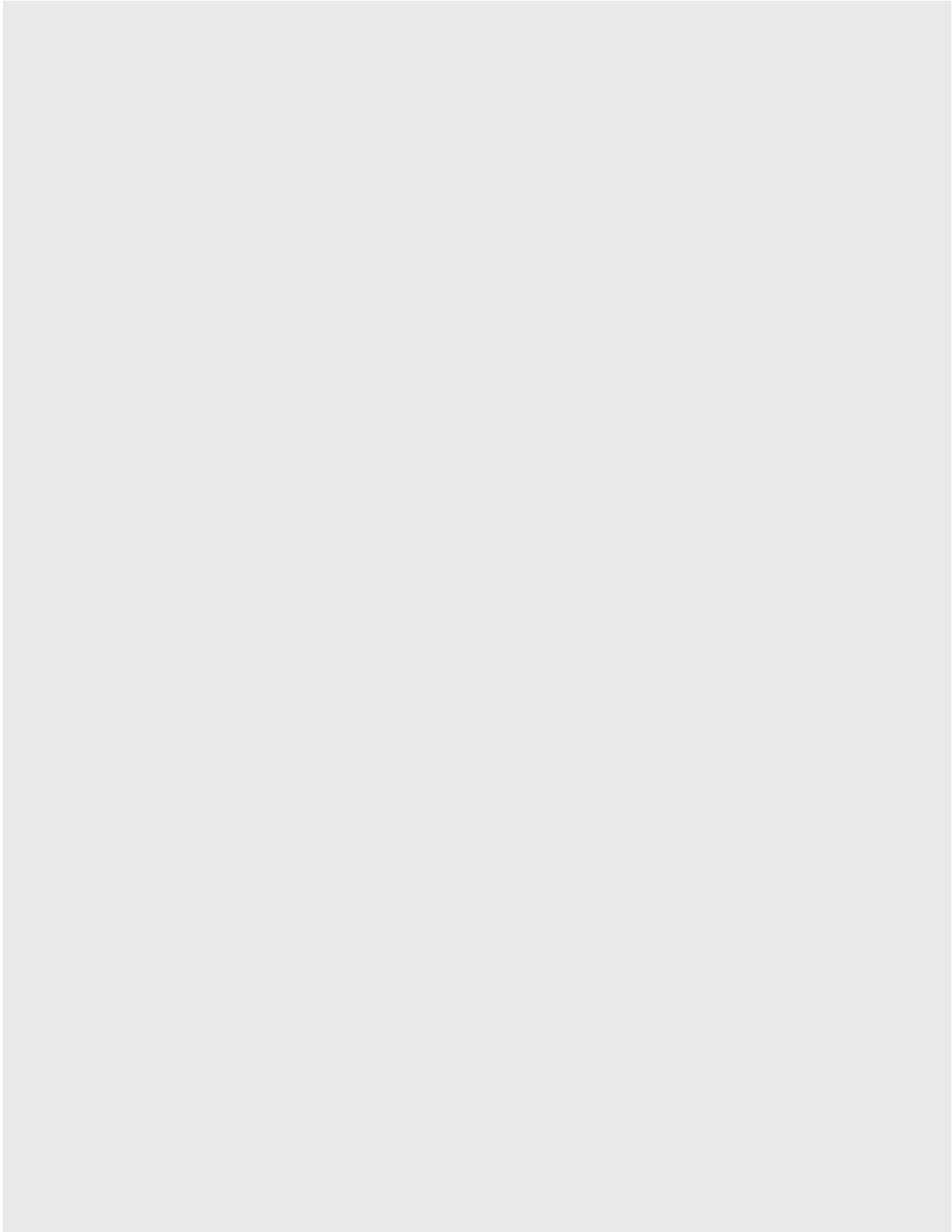
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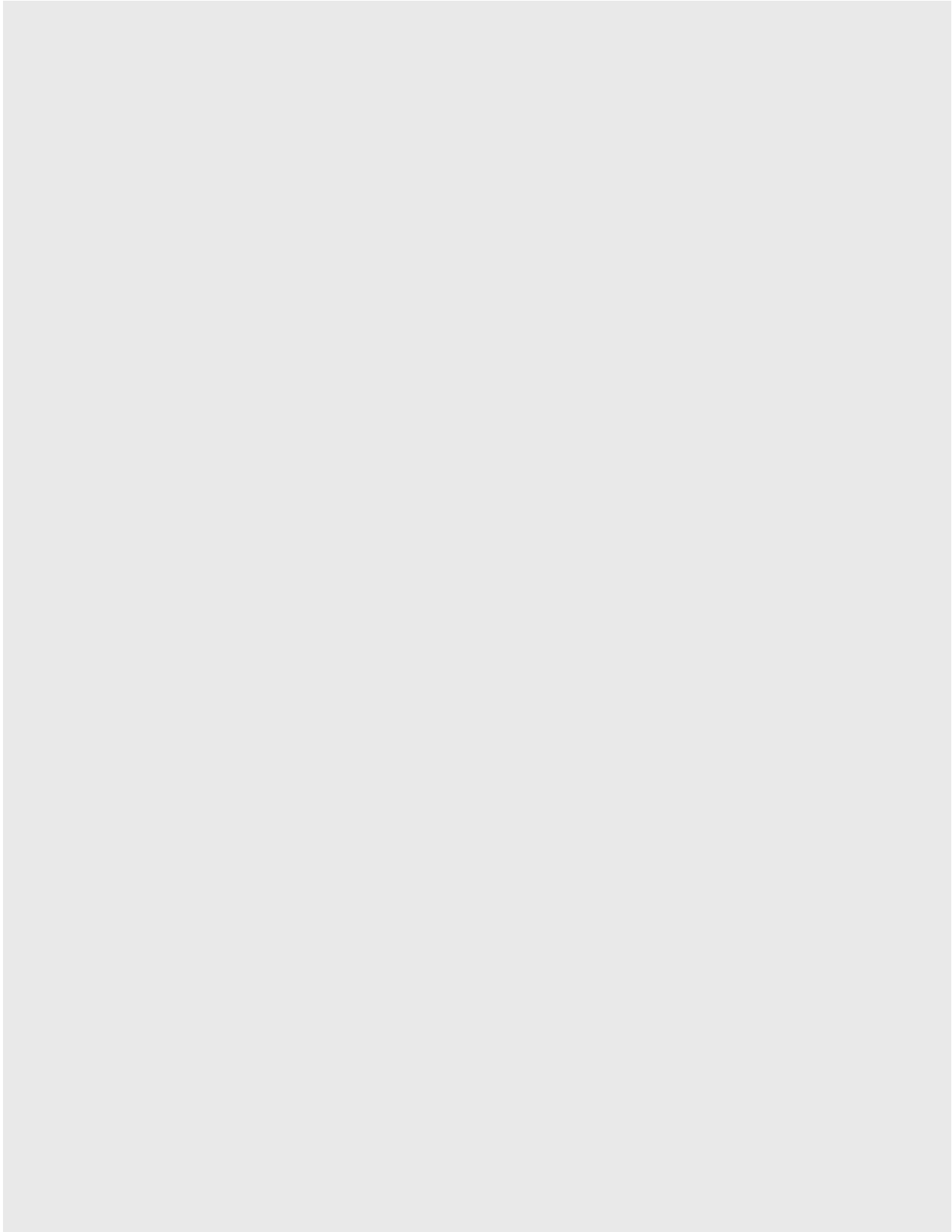
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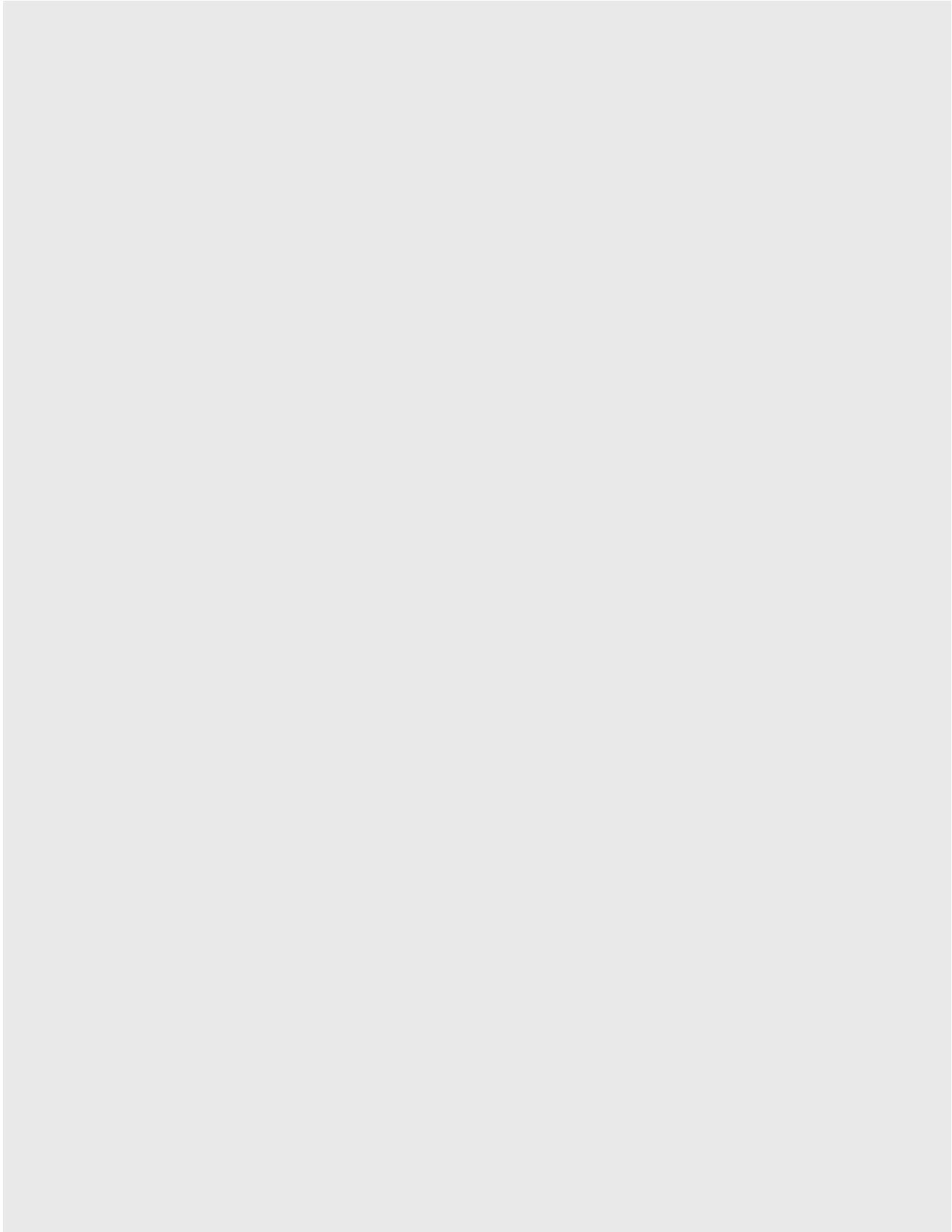
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REPROGRAM YOUR MONEY MINDSET, REVOLUTIONIZE YOUR BUSINESS *and change the world*

Money Bootcamp is the game-changing money mindset course and community that everyone is talking about.

YOU have a dream to grow your business, earn the money you deserve, create your ideal lifestyle and make a real difference in the world.

WE have the support, tools, and community to make it happen
- a lot quicker and easier than you ever imagined.

Join over 8,500 entrepreneurs to upgrade your money mindset and create your First Class life.

It's my time and I'm ready for the next step



Money Bootcamp is **one of the best investments I've made** in myself. Being surrounded by a supportive group of women focused on up leveling on their own terms, owning their worth, and creating their wealthy first class life **has been life changing on deep levels for me**. I feel confident that this will be a space that I can grow and expand indefinitely and its now one of only two Facebook groups that I spend time in. - [Morgan Sheets, Media and Marketing Consultant, US](#)

Hands down one of the best online courses I've ever done - so many lightbulb moments to be had! My biggest one was in fact just how much money I already made. I set a (in my mind) HUGE goal and I literally just realised that in one year I **hit my target income** to almost the EXACT number! - [Lara Zibarras, Psychologist & Food Freedom Coach, UK](#)



MONEY BOOTCAMP

with Denise Duffield-Thomas

THIS GAME-CHANGING MONEY MINDSET TRAINING, SUPPORT, AND MENTORING PROGRAM HAS HELPED THOUSANDS OF PEOPLE LIKE YOU TO MAKE MONEY AND CHANGE THE WORLD.

Will you join us?



Before Money Bootcamp, I was overwhelmed, rather controlling and of course... super blocked around money. I took the leap, and **within 48 hours someone paid me double the cost I spent joining the program!** This group is fabulous as it's low-pressure, high vibe and incredibly supportive - it's far from a one and done thing. Denise has created a community of world-changers, and I'm so glad to be one of them! - [Gabi Garrett, Journalist & Speaker, US](#)

When I first signed up for Money Bootcamp, I was drowning in divorce debt, student loan debt, and credit card debt. **I am now 100% free of all credit card and student loan debt** (and divorce debt, too)! None of this would have been possible if I hadn't made the critical internal shifts that determine how I relate to the world, and to money in particular. **I'm so grateful for the lessons I learned here**, for the friends I've made, and for the encouragement, support, and consistent little upgrades that helped me to manifest this new reality. - [Melanie Ramiro, Photographer & Artist, US](#)



I joined MBC is time last year and I was feeling pretty terrible about money. I've earned lots in the past but my story was that I could never hold on to it. Fast forward a year to last night where I was sitting in bed doing a money quiz, only to realise how far I've come. Most - not all - of my answers were completely different to what they would have been at the beginning of 2020. **The mindset shifts have been huge. I've totally reframed my belief that making money is grubby and greedy** - the family story drummed into me as a child. I now focus on all the positives. There is definitely a lot of work to do, no question, and because of that I'm going to go through Bootcamp again. Because the past 12 months have taught me that this stuff works! - [Colette McBeth, Storytelling Strategist, UK](#)

Oh my goodness! **I have been in this community for less than 2 weeks and I haven't even done all the homework for the first two weeks of the course just yet but major shifts are already happening.** I am giving myself less than 6 months to raise my pricing to \$200 a month or \$2000 for lifetime pricing. My product has changed lives. I hear this on a daily basis. I serve I deserve. Thanks Denise for that affirmation. I am so grateful for this community. - [Amoya Shante, Freedom Life Coach, Mexico](#)



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