



IMAGINE THAT! WORKBOOK

From Ilana's Desk



It's time to explore what life would be like if, for example, you won the lotto. Just imagine how your life would be different?

In the first exercise, we'll consider just how different your life and business would be if money was no object. Imagine how different things would be if you had all the money you needed and more:

- What would you do differently in your life?
- Would you have more fun or take a vacation?
- Who would you hire and what would you delegate?
- Would having money change you?

By doing this, you will start to understand what really matters to you and how much you really need.

Enjoy,

Ilana

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GRAND SCALE "IMAGINING"

This exercise is designed to help you become clear about your "real" values. It will help you see what having money really means to you. It will provide a new framework for understanding the relationship between your money and your life.

You have just received news that you have won the lottery. Your entire life, as you have known it, is about to change forever.

Complete the following exercise, answering the questions as honestly as you can.

How much is your lottery ticket worth?

How does having all that money make you feel?

How much money per month do you plan to give yourself to live on?



In what way (or ways) will the quality of your life be affected?

Do you have any fears about how this money might change you or your life in ways that you would not like?

If given a choice, would you prefer people know or not know of your newly acquired wealth?

What are you going to do with the money? On the next page make a specific plan. Write it down step by step.

What aspects of your plan are essential to your happiness?

Write them down on a separate sheet of paper. Carry this around with you, in your purse or wallet. Read it daily. Meditate or pray for guidance in helping you manifest it.

Believe in it so that you may become it.







EXAMPLE EXERCISE

How much is your lottery ticket worth?

My ticket is worth 10 Million.

How does having all that money make you feel?

Having all that money makes me feel great! I would be responsible for my spending and handling it. I know people would like me for who I am no matter how much, or little money I have. I would be completely safe from harm. It is a responsibility I accept and would do my best. I would feel good at having money and all the good things I could do with it. I feel I deserve it. I feel I would become a more responsible citizen. I would buy everything I ever wanted and enjoy it immensely. I would travel. I would eat and drink the best healthiest food.

How much money per month do you plan to give yourself to live on?

I would pay myself \$10,000 per month.

In what way (or ways) will the quality of your life be affected?

My quality of life would be affected by joy and gratitude. I would take better care of myself (have insurance, go to doctors, dentists, etc.) My life would be more aesthetically pleasing. I would take better care of my girls. I would buy them a nice house; make sure they are well educated; and have opportunities for travel and learning.



Do you have any fears about how this money might change you or your life in ways that you would not like?

I have no fear about how money would affect my life.

If given a choice, would you prefer people know or not know of your newly acquired wealth?

I would not care if people know of my newly acquired wealth.

What aspects of your plan are essential to your happiness?

The aspects of the plan essential to my happiness are that my children are taken care of. Their welfare, education, travel, etc





MY PLAN - WHAT TO DO WITH THE MONEY

- I travel extensively throughout the US and abroad. I'd go for at least 2 weeks a year. I would fly there first class, stay in the nicest hotels, eat the best food and really enjoy the experience.
- I provide for my daughters financially and emotionally. I give them nice things, a good education, travel, and a home for them and their mother.
- I deserve a nice life for me. I deserve to drive nice cars, and wear nice clothes. I enjoy season tickets for the local theaters and sports teams.
- I live in a beautiful home with nice furnishings and accessories. I have a big deck with a gorgeous view.
- I retire and not have to change my lifestyle.
- I learn to play golf well. I visit nice golf resorts and spend time there.
- I share my wealth and give to worthy causes.



Notes

