

The Wealthy Daughter – Building Generational Wealth

Step 1: Your Mental Picture

Let's start with where you are right now...

Picture your current life...what does it look like...

Let's start early in the morning – when the alarm clock goes off... You drag yourself out of bed, still half asleep wishing it was Friday instead of Monday...

You stumble around getting everyone including yourself out the door...

You are frazzled when you get to work and maintain that condition when you arrive home...

Is your favorite statement "There's got to be more to life than this!"

As Dolly Parton sings "Working 9-to-5 what a way to make a living" if only it was just 9-to-5 and not 8-to-late. The worst part is you still never seem to have enough money to do the things you'd like to do.

Maybe, your picture is different...

You have obtained wealth, but realize that life still isn't working for you.

You let life happen... instead of making it happen...

You let others make decisions for you...

You have no idea of your financial picture...

You want a change...but what...how...

Okay. Now - SNAP OUT OF IT

Time for a new picture! Let's take out that #2 pencil and erase that depressing picture from your mind and instead, tap into something you may not have used since you were a kid in school and used that #2 pencil – your imagination! Why? Because Albert Einstein had the right idea when he referred to the imagination as "your preview of life's coming attractions."

Yes, the more vivid you can image what you want without restraint the easier it will be to define what you want for your future.

For some people, this is not an easy task. If you have spent your life living a life that has been defined by your parents or spouse - far less than you want and deserve, it can be tough to imagine anything different.

Perhaps, you're the type that constantly censors dreams, or let others censor your dreams, with "that's not realistic," it may be easy to let go of what's "practical" and instead imagine what's "possible."

In fact, I distinctly remember thinking, "If I could just make a decent living and leave my old job, I'd be more than satisfied."

Only later did I realize that, like most people, I'd set my sights way too low.

What I couldn't imagine then is in a few short years I'd be living a life far beyond my wildest dreams – participating in crush at Domaine de Beauregard in Villefranche-de-Lonchat, located near the famous village of St Emilion in the Bergerac area of South-West France.... romping around Paris...dipping into Spain...flying to Ireland to buy crystal...starting a new business just because I want to.

We all run into negative motivators in our lives. These can take the form of parents, teachers or friends who whittle away at your confidence. The key is to turn that criticism into fuel that motivates. My high school business teacher, Mrs. Wilhelm, told me I would never succeed in life...she didn't like the fact that I had problems following the rules.

I want you to imagine your version of "the good life" in all of its exquisitely satisfying detail.

What would you do if money was not an issue...

What would you do if you could set your own path...

This is important because in the weeks and months ahead, you'll have days when you feel really pumped about the exciting life you are creating for yourself. Then, as with any normal human being, there will be days when you'll feel that nothing is going right, when you're too discouraged to take the next step, when it feels like nothing will ever change.

Life is a journey, not a destination, and like any journey, staying on course requires a map. As you travel on your journey, your map will include the programs available at The Wealthy Daughter.

Create a Picture of Your Future Life

What is the most relaxing place for you to sit or lie down comfortably without falling asleep? Close your eyes. Let your mind create a picture of how you would like your new life to look and feel.

There are several things I want you to think about as you create this "dream life" picture. Once created you will write down the details.

1. How much money do you earn in your "dream life" \$ _____
Now take a deep breath, smile and triple it \$ _____
2. How do you spend your time? _____
3. What do your surroundings look like? _____
4. What are your passions? _____
5. Who do you live with? _____
6. Do your friends encourage you? _____
7. How often are you spending time with people you want to be with? _____
8. What vacations have you taken this year? _____

The 1 “Secret” to Make Your Picture Real

Creating your vision or destination, is an important first step toward living your dream. Remember, if you want to see yourself doing it, you have to see yourself doing it.

Your vision will become your plan. Your plan is your “Power.” It is not based on hope. It is not based on theory. It is modeled after those who have already achieved real results.

Create a collage. Once you create your vision, it is important to replay it over and over again to anchor this new “reality” clearly in your mind’s eye. So, go through magazines. Find the lifestyle you want from the many pages. Cut them out and paste them on a big poster board. Do you live in the city, the country, by the shore – or perhaps your residence varies by the season. Do you have a fabulous car you can just see yourself driving? Do you want big windows or specific furniture for your home? Do you see clothes or jewelry that would look perfect on you? Where are you going on vacations? Are you starting a business? Anything, after all this is your “dream.”

Now is the exciting part...starting today...not someday...you must mark a date on the calendar to begin your “dream life”...start today. Mark today’s date on the calendar. Put this on your collage. This is part of your motivation.

Step 2: Mental Roadblocks to Success

First, give yourself a BIG reward! When you completed your collage you overcame THE biggest obstacle – inaction.

I often get asked where is the best place to invest...my answer...invest in you. The most expensive real estate is that between your own two ears. There is a quote by Henry Ford "If you think you can or if you think you can't, you're right."

So, let's look at some mental roadblocks and learn how women like you can overcome them.

Roadblock #1: Dreaming Versus Wishing

**Star light Star bright,
The first star I see tonight,
I wish I may, I wish I might,
Have the wish I wish tonight.**

A Mother Goose Nursery Rhyme

How much time have you spent wishing...wishing something would happen? How many times has what you were wishing for happened? Far too many people spend far too much time wishing when they should be dreaming.

So, what's the difference...

Simple. Wishing is passive. Have you ever noticed that we wish for things we have little or no control over? We wish the weather was warmer. We wish people would hear our voice. We wish that the weekend would get here sooner.

The other thing about wishes is that the word "wish" is often used when stating regret about past decisions. We wish we'd bought that dress. We wish we'd had taken a vacation to the beach instead of staying home that week to take care of the yard. We wish we had known in our 20's what we know now.

Dreaming is different – it is active. You can do something about a dream. When you dream you start making plans.

Think about this. You might not get everything you dream, but it doesn't take a single extra ounce of energy to dream big than it does to settle. That said, it doesn't pay to dream small so you might as well go ahead and dream BIG.

Reach for the stars. Then, one day at a time, honor your dream with action.

"Desire is the starting point for all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything."

~Napolean Hill

Roadblock #2: Defining Yourself

No matter how old you are, or how much you deny it, family and friend's approval does matter. Face it, that is what make it all the more painful when the people we love fail to give us the emotional green light we so desperately seek.

I was recently attending a meeting with five women and was alarmed when all of the women stated that they looked to their mothers to help them make life breaking decisions. For this reason at The Wealthy Daughter we focus on generational wealth. What is it we should be teaching our daughters... Remember, other people's fear, skepticism, and negativity can be contagious.

I heard a statement on Oprah "those who define you, confine you."

Define yourself. Yes, you are going to need a support group, people you can count on to support your plan to create a more meaningful life. But have you also taken stock of those you should make a point not to turn to? You might not get the support from your family because you will not be "playing safe." They will only have "your best intentions" when they lecture you as they point out the insurmountable odds standing between you and success.

It boils down to two choices: become the Victim or the Victor. The Victim will listen to the "nay-sayers" again in hopes that they will respond differently or their minds will be changed. The Victor will choose the saner path of acceptance and define themselves. The Victor will find a different support group whose life experiences are prepared to support your dream.

Roadblock #3: FEAR

When it comes to making a major life change, not only is a certain amount of fear perfectly normal, it's actually helpful. After all, it's our healthy fear of perhaps running into a car that we stop at a four way stop. And the great thing about fear is that there are always ways to get around it.

So try celebrating your fears with laughter. Am I kidding? No. Ridiculing your fears is actually a very effective technique for banishing them. Still afraid? Grab a piece of paper. On the top write the fear and then the words "the worst thing that could happen." Seriously, list out all the things that could go wrong. After your list is complete write down what you would do if those worst things happened...know they enemy.

Sally, one of my students, is a paramedic making the switch into real estate. She was taught well by her parents... they made decisions for her. Anyone who has ever ventured out of their safe little world will tell you they had doubts. For Sally, the fear was of the unknown... she doesn't have any fear going out on a call to save someone's life. Sally had gone through all the steps and knew what to do, realized that fear was blocking her from moving forward and called me for support. I had her state her dream..."to have financial freedom"...I then asked what was the worst thing that could happen if she obtained financial freedom. Once she put a label on it and identified it, low and behold it became much smaller and imminently more conquerable.

Karen, a friend, wants to define her own spiritual belief system but lives in fear that if she does her daughter will disown her.

The mind rejects that which it considers absurd. It's the same with fear. The trick is to turn your fears into a ridiculous event in your mind. That way, you allow your natural human reaction to absurdity to take over and dismiss them. Laughter also boosts your endorphins.

Recall the cowardly lion in the Wizard of Oz. Courage is not a matter of losing your fear so you can take action; courage comes from taking action in the face of fear. Action is what helps you

overcome your fear. When you can act despite your fears, you will see results. You can let fear either shrink or expand you.

Here is one of my all time favorite quotes from Nelson Mandela:

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that frightens us.

*We ask ourselves, who am I to be brilliant, gorgeous,
talented and fabulous?*

Actually, who are we not to be?

You are a child of God.

Your playing small doesn't serve the world.

*There's nothing enlightened about shrinking so that
other people won't feel insecure around you.*

*We were born to make manifest the glory of God
that is within us.*

It's not just in some of us, it's in everyone.

And as we let our own light shine, we unconsciously

Give other people permission to do the same.

As we're liberated from our own fears,

our presence automatically liberates others

Roadblock #4: Lack of Knowledge

How many dreams have you let fall by the way side because you never got past focusing on what you didn't know how to do? You don't need a college education to obtain knowledge. The person who is willing to learn and take advantage of the incredible support available to her finds success is virtually guaranteed. When it comes to learning something, discipline is the key. If you don't *apply* the knowledge you have gained you will fail. After all, it is knowledge followed by action that guarantees success.

Your Roadblock Action Plan

Answer the following questions:

1. In the past, how has your thinking or behavior kept you from succeeding?
2. What roadblocks will you need to get around?
3. What are the action steps you will take to get around the roadblocks?
4. What is your biggest fear?

"He who cherishes a beautiful vision, a lofty ideal in his heart, will one day realize it." - As A Man Thinketh

Step 3: Making Dreams Come True

Knowledge, of course, is the first thing you need to make your dreams come true. After all, the more you know, the less you have to fear.

One of the first things is to know yourself. At The Wealthy Daughter we have many programs designed to help you get to know your own unique brain -- that mysterious, complex, and fascinating organ; that most intricately organized and densely populated expanse of biological real estate in the world -- and identify the advantages that it alone possesses.

We Promise Your Life Will Never be the Same

If you are looking for straightforward advice that can have an immediate impact on your life, then becoming a member of The Wealthy Daughter Community is the group for you. [Sign up now!](#)

The Wealth Daughters courses will not only make you successful, but will cut years off of your learning curve. [See list of courses](#)