



START POOR
Finish Rich

**LIVE THE LIFE YOU
WANT TO LIVE**

Start Poor & Finish Rich
PLAYBOOK



Breathe • Pray • Meditate • Visualize • Create A Solid Plan • Stay Focused • Be Persistent • Be Grateful • Smile • Be Happy

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CHRISTINA *Tasiou*

LIVE AN EXTRAORDINARY LIFE

START POOR & FINISH RICH

Playbook

Live The Life You Want To Live

By Christina Tasiou

<https://www.christinatasiou.com>

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START POOR & FINISH RICH

Live Your Life By Design

Playbook

Presenter
Christina Tasiou



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“The most important part for living the life you want to live is to have faith and believe in yourself and in God that created you.”

- Christina Tasiou

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Welcome

Welcome to the Start Poor & Finish Rich Program! Congratulations on taking your first important step to creating more income and building the life of your dreams. This is sure to be an amazing journey for you over the coming months and beyond. Never before has there been a Prosperity Training Program designed specifically to help you to accumulate the wealth you have always wanted! This revolutionary program is now in your hands and has the most powerful proven techniques to help you develop new beliefs and habits and take the necessary steps so you can earn as much money as you desire.

*“Your self worth determines your net worth.
This program is designed to improve both.”*

A Note From Christina...

Everything in this program is the result of years of studying, research, including my personal application of these scientifically proven techniques, and feedback from hundreds of my students around the world.

The more money you want to make, the more specialized knowledge, skills, and application of the right strategies and tactics, in a *Certain Way* or the right order, must be applied.

Remember, it's the *application* of the right information that yields the results you truly want.

Listen to these specific affirmations and audios, in the program as you have been instructed.

Set aside personal preferences and allow the underlying messages to deeply penetrate your subconscious mind.

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As you will hear me say numerous times, **the information in and of itself is practically useless.** It is the *Implementation* of the information, the *action steps* that you take on a persistent and consistent basis that will really make the difference for you.

We have given you the best system that gives you directions to make the changes you want to make so you can really achieve an abundance of wealth in your life.

Not it is up to you.....To your success

Christina Tasiou, Founder of The Goddess Formula

Be a Winner

The Winner is always part of the answer;
The Loser is always part of the problem.

The Winner finds a solution in any problem;
The Loser finds a problem in any solution.

The Winner always comes up with a plan;
The Loser always comes up with an excuse.

The Winner finds possibilities in any difficulties;
The Loser finds difficulties in any possibilities.

Be a Winner!

“I am now committed to making these things happen.”

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The Power of Thought & Desire

Thinking is a powerful substance that controls what we manifest and act in our life. Any idea or thought that is in your mind right now, whether feared or desired, will begin to build in reality form.

Any thought, idea, plan, or purpose, which you hold in your mind, attracts to its force and grows until it becomes the dominating, motivation master in you.

Write down any thoughts or ideas that come to your mind right now!

What are the things that I really want to accomplish in my life?

“My desire is so strong that it will help me achieve everything that I am aiming for in life.”

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The Law of Gratitude

Gratefulness always keeps us closer to God. The closer we are to God, the closer we are to the source where all our prayers and wishes are answered. Being on the frequency of gratitude allows for more of the good things to come through because those are what you are focusing on.

**What are the things that I'm Grateful for at this moment?
How can I practice gratitude on a daily basis?**

“I am so grateful to be alive. I am grateful for all the blessings I have. I live my life with awareness and gratitude. I choose to be thankful no matter my circumstances. I am thankful for the Universe and all its abundance.”

The Power of Visualizations

What Are Visualizations?

Visualizations are images that we create in our minds. Our brain and its non-conscious functions remember everything we see or imagine repeatedly. The smile of someone who makes us happy, a beautiful sunset, a rainbow over the meadow. We can replay these “mental movies” over and over again on the screen of our minds as many times as we want until they become the dominating, motivation master in us. To our brain they are real and we can create the reality we want on the inside first, by imagining what we want.

Why is visualization so important?

Seeing and feeling is believing. We believe what we see and we see what we feel. As you create an image on the screen of your mind, your brain believes it is happening and it is real. Repetition of the visions causes the neural patterns to connect and strengthen, so the image becomes more real. You set up your brain to feel and expect the “new” image as part of your current reality, which then helps you find and act in the physical world.

How Do You Do It?

First, keep that clear picture in your mind at all times. Don't force yourself to do concentration exercises. Set apart special time for prayer, meditation, visualization or affirmations. These things are well enough.

So create an image of what you want and live in your imagination. If you imagine a beautiful house somewhere by the blue water and white sand beaches, spend time in that new house mentally, until it takes form around

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you physically. See yourself as already being the owner of all the things you want.

See the exact amount of money you want in your bank account; make use of it in your imagination just as you will use it when the money is in your tangible possession.

The more you practice, the clearer the images become. Always try to picture the same image every day, adding more details as you become more comfortable with the process. Look at the pictures and the money you want in your mind as a movie, with yourself as the actor and play out the New You and the success vividly.

What can I visualize right now?

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“I have a powerful vision!”

The Law of Attraction

Your thoughts are waves of energy that penetrate all times. Our physical universe is merely a manifestation of our unseen internal universe, and the more we concentrate and focus on something, the more we will attract the things we give our energy to. If you have happy and positive images, you will move into a positive vibration and feel and attract the good that you desire.

How can I use this in my life right now?

“I am now attracting an abundance of money, health and happiness into my life.”

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The Law of Positivity

Whatever thoughts or actions you send to the universe, must come back. Be positive even in difficult situations. Just look at your life from a better and brighter angle. Say good things to everyone. Treat everyone with total respect and it will always come back.

How can I use this in my life right now?

“I will search for the *good* that comes, even in bad situations.”

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The Seven Steps Formula For Accumulating Riches

Go back to the scripts or audio and follow the steps in the “Action” section.

Step #1

Decide in your mind the exact amount of money you want. Do not choose a random number. It's not enough to say "I want plenty of money." I want you to be precise about how much money you want to earn by an exact time.

Write down the exact amount of money you want to accumulate by an exact time, in a big bold figure.

“I can earn as much money as I desire in life!”

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Step #2

Now, determine exactly what you intend to give in return for the money you desire. There must be a service you intend to offer so that you can earn that money.

What kind of service do you intend to give in return for the money? Choose one.

”My faith is so strong that I can now feel and see this amount of money before my eyes.”

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Step #3

Having the right knowledge and the right skill for the service that you intend to deliver will enable you to deliver an excellent service and rise above the competition.

What is the knowledge I need to gain and skills that I need to update? What actions do I need to take today?

"I'm willing to give the most efficient service, rendering the best possible quantity, and the best possible quality that I'm capable of!"

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Step #4

Vision boarding images of the things we desire, inspire and motivate us, can bring those images into actuality. First, think about what your goals are in the following areas: career and finances, health, relationships, the house you want to buy, the places you want to see, the car you want to drive, personal growth (including spirituality and education).

What images am I going to put on my Vision Board?

“I have great abundance flowing into my life which affords every luxury that I desire!”

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Step #5

Create a definite plan on how to deliver the service and earn the money you desire. Start now!

How can I create a solid plan today?

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Step #6

Write out a clear statement of the amount of money you intend to accumulate. Name the time limit for its acquisition, state what service you want to give in return for the money, the skills you need to update, and describe clearly the plan through which you intend to earn that money.

How am I going to write a clear statement of the amount of money I intend to accumulate?

Step #7

Read the statement out loud until you see that goal in its perfect desired state. As you read or listen to your recorded statement, see, feel, and believe yourself already in possession of the money.

When am I going to record, read and listen to my statement?

The Six Human Needs Goals

List the 6 Human Needs in order, the most important first and so on.

The first four human needs such as certainty, variety, love/connection and significance, are essential for human survival. They are the fundamental needs of the personality that everyone must feel they have met on some level. The last two needs, growth and contribution, are the needs of the spirit and not everyone finds a way to satisfy them.

What are the most important needs on my list?

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What has to happen for me to feel that I am fulfilling these needs?

In order to fulfill the need for Certainty I:

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The vehicles I use to meet the need for Certainty are:

In order to fulfill the need for Uncertainty/Variety I:

The vehicles I use to meet the need for Variety are:

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In order to fulfill the need for Significance I:

The vehicles I use to meet the need for Certainty are:

In order to fulfill the need for Love & Connection I:

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**The vehicles I use to meet the need for
Love & Connection are:**

In order to fulfill the need for Growth I:

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The vehicles I use to meet the needs for Growth are:

In order to fulfill the need for Contribution I:

The vehicles I use to meet the needs for Contribution are:

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Value Based Living Goals

We have two types of values. One is called the “Means Value” and the other type is called the "Ends Value." For example, my top values are God, my health, my children, my family. These are my top values and they are called “Ends Value.” Ends value are your health, your faith, God, your love for children and family. Means value is a success or achieving something, fun, activities, career, etc.

My 10 highest innermost values are:

Once you have made the list, relax for a moment and then take a look at the list and circle the top 3 you have on that list and then when you finish circling, put them in order. So what is the number one value you have? What is number two? What is number three? Then four and five..

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My number one innermost value is:

My number two innermost value is:

My number three innermost value is:

My number four innermost value is:

My number five innermost value is:

My number six innermost value is:

Life Design Matrix

Design and live the Life of your Dreams.

Decide what you want to acquire along the way...

Christina's Example:

“The purpose of my life is to live, to love, to be healthy, to grow, to be a great mother for my daughters, to inspire, to be a great contributor to society, and to serve others.”

My Life's Purpose

The purpose of my life is.....

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

**Decide what You
want to acquire along the way.....**

Things You want to create:

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Places You want to travel:

Things You want to learn or do:

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Goal Achieving Process — Financial Goals

Top Three One Year Goals

1. _____

2. _____

3. _____

By _____ My revenue is _____

By _____ I have earned _____ for my
products/services.

Why I must and I will achieve my business/career goals:

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Goal Achieving Process — Financial Goals

90 Days - Action Items

By _____ I will take these actions:

Breathe • Pray • Meditate • Visualize • Create A Solid Plan • Stay Focused • Be Persistent • Be Grateful • Smile • Be Happy

Goal Achieving Process — Financial Goals

60 Days — Action Items

By _____ I will take these actions:

Breathe • Pray • Meditate • Visualize • Create A Solid Plan • Stay Focused • Be Persistent • Be Grateful • Smile • Be Happy

Goal Achieving Process — Financial Goals

30 Days — Action Items

By _____ I will take these actions:

Goal Achieving Process — Business / Career

Top Three One Year — Business Career Goals

1. _____
2. _____
3. _____

Why I must and I will achieve my business/career goals:

These are the new habits I must create in order to achieve my goals:

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Goal Achieving Process — Business / Career

90 Days — Action Items

By _____ I will take these Actions:

Breathe • Pray • Meditate • Visualize • Create A Solid Plan • Stay Focused • Be Persistent • Be Grateful • Smile • Be Happy

Goal Achieving Process — Business / Career

60 Days — Action Items

By _____ I will take these Actions:

Breathe • Pray • Meditate • Visualize • Create A Solid Plan • Stay Focused • Be Persistent • Be Grateful • Smile • Be Happy

Goal Achieving Process — Business / Career

30 Days — Action Items

By _____ I will take these Actions:

Goal Achieving Process — Mental Health Goals

Top Three One Year Goals

1. _____
2. _____
3. _____

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Why I must and I will achieve my mental health goals:

These are the new habits I must create in order to achieve my goals:

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Goal Achieving Process — Mental Health Goals

90 Days — Action Items

By _____ I will take these Actions:

Daily reconditioning of my brain

**These are the new beliefs and habits I must create in order
to achieve my goals:**

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Goal Achieving Process — Mental Health Goals

60 Days — Action Items

By _____ I will take these Actions:

Daily reconditioning of my brain

These are the new beliefs and habits I must create in order to achieve my goals:

30 Days — Action Items

By _____ I will take these Actions:

Daily reconditioning of my brain

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These are the new beliefs and habits I must create in order to achieve my goals:

Goal Achieving Process — Physical Health Goals

Top Three One Year Goal

1.

2.

3.

Why I must and I will achieve my physical health goals:

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These are the new habits I must create in order to achieve my goals:

Goal Achieving Process — Physical Health Goals

90 Days — Action Items

By _____ I will take these Actions:

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Goal Achieving Process — Physical Health Goals

60 Days — Action Items

By _____ I will take these Actions:

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Goal Achieving Process — Physical Health Goals

30 Days — Action Items

By _____ I will take these Actions:

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Goal Achieving Process — Spiritual Goals

Top Three One Year — Year Goals

1. _____

2. _____

3. _____

Why I must and I will achieve my spiritual goals:

These are the new habits I must create in order to achieve my goals:

Goal Achieving Process — Spiritual Goals

90 Days — Action Items

By _____ I will take these Actions:

Goal Achieving Process — Spiritual Goals

60 Days — Action Items

By _____ I will take these Actions:

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Goal Achieving Process — Spiritual Goals

30 Days — Action Items

By _____ I will take these Actions:

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Example of a Complete Life design Matrix
Christina Tasiou

Daily Affirmation to Support My One Year Goals and Visions.

God

- I praise God for all the blessings that I have around me.
- It is God who wants all these things that I have in life.
- Everything that happens in my life, happens for a reason and helps me grow.

Health

- I love and enjoy eating and being healthy.
- I feel and look great.
- Exercising keeps me physically and mentally healthy.
- I am happy, confident and in peace with myself.
- I have an abundance of mental and physical health.

Financial

- I am a wise person.
- I am a genius and I use my wisdom daily.
- I have an absolute certainty in my ability to accumulate any amount of income I choose.
- Money is flowing to me from expected and unexpected sources.
- I love abundance. Abundance loves me.

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Career

- I am a brilliant businesswoman and I have everything it takes to grow The Goddess Formula to a \$ 10 Million Dollar a year company right now.
- I have the right Master Mind people to help me grow my business.
- I have all the talent, intelligence and money I need to make my life a masterpiece.
- I am an excellent presenter and persuader on and off the platform.

Family/Relationships

- I am a passionate, fun-loving woman.
- I am a role model, loving and caring mother for my children.
- I am a generous and loving daughter to my parents.
- I communicate often openly.
- My family is everything and I value it deeply.
- I value and respect my friendships.

My One-One-Year Goals and Visions for the Next 12 Months

God - I start my day with my morning prayers. That helps me connect with God and his awesome powers. I have strong visions and I visualize the outcomes for everything I'm creating. I let God be the Captain of My Ship! I allow His power to guide me in creating a masterpiece for myself and others. God has brought me to where I am right now and I am thankful to Him every single moment of my life. I am thankful to God for my health! I am thankful to God for giving me two wonderful daughters! And I am thankful for all the challenges that I've been through because those challenges have helped me grow and be the woman that I am today.

Health - I weigh 56 kg. I exercise 3-5 times a week. I walk for one hour, every day by the lake, during the summer. I eat the healthiest food possible and I enjoy cooking for myself and my family. I have an abundance of physical and mental energy and I feel and look great. Being happy and healthy have always been my highest priorities.

Financial - I am now earning _____ a year from my business. My net worth is now _____ and I am saving _____ after taxes. I invest in Real Estate _____ every year. Helping those in need is one of my priorities.

Career - I love what I do. Helping and inspiring others grow is what I have traded my life for. People love our products and services and they have recommended us to all their friends and associates.

Family/Relationship - My daughters are the light of my eyes and we love spending time together. I am happy to say that I am a proud parent! I have wonderful parents and I love them immensely.

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**My One-Year Goals and Visions for the Next 12 Months
Are:**

God

Health

Financial

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Career

Family/Relationships

Breathe • Pray • Meditate • Visualize • Create A Solid Plan • Stay Focused • Be Persistent • Be Grateful • Smile • Be Happy

Daily Results Planner

Use this planner to help you prioritize your daily activities.

Date _____

The highest priority activities I will get done today are:

People I Will Connect With Today:

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Personal Stuff I Will Accomplish Today:

Really Important Stuff That Just Came Up:

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More Affirmations

- I'm worthy of being wealthy.
- Money comes to me in expected and unexpected ways.
- I move from poverty thinking to prosperity thinking.
- I'm open to all the wealth life offers me.
- I embrace new avenues of income.
- I welcome an unlimited source of income in my life.
- I use money to better my life and the life of others.
- My actions create constant prosperity.
- I'm aligned with the energy of abundance and constantly attract opportunity that creates more money.
- I am patient and I totally trust the universe to bring me everything I need now to manifest more goals and desires.
- My life is now a masterpiece.
- I am uniquely talented to achieve all of my goals.
- I am confident in my abilities to help me grow as a person.
- I am a genius and I use my wisdom in every moment.
- Now that I am connected with the universe and the Infinite Intelligence, I am creating the masterful life that I deserve and that has always been waiting for me.

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