

E08 - Money rituals to bring abundance to your online business

Welcome to the Empowered Edupreneur Podcast. My name is Michelle Smit and I am an ex-teacher turned online business coach for Edupreneurs. The owner of Digiteach and a six-figure entrepreneur. I am in love with empowering educators just like you to create freedom filled online businesses and lives they love.

If you are looking to up level your skills, your finances, your mindset, and change the trajectory of your life as an educator in business, then you are in the right place. Think of this podcast as your weekly dose of business and mindset development to help unlock the infinite potential within you to play bigger with your life and go after your dreams. We are going to have so much fun together. So thank you so much for pushing play today. Now let's dive in.

Hello, beautiful one. I hope you are doing so well today and you are having an awesome day, an awesome week. I have been having a really good week myself. Super productive. I think if you had seen on my Instagram that I have actually landed in this really new opportunity or this new opportunity has come into my life and my business.

I'm not going to share too many details right now, but I will share very soon, just once I've adjusted a bit more and settled into it myself. But here's a little sneak peek. I am basically going to be coaching for my previous business coaches in their container, and it really is my dream kind of position. I get to do high level business coaching, strategy type coaching with really incredible clients.

And the way it is just going to help me grow as a business coach is just so freaking exciting for me. I feel so energized at the, and I just have this newfound energy. I'm just rolling with it and it is a bit strange to sort of work for someone else because obviously I've been working in my own business for so long.

But it's just feeling so aligned and you know how you've just got to listen to your, that intuition of yours. Listen to where that energy is directing you, and I'm very much excited about this opportunity, so I'm just going with it and

seeing how it unfolds. And you know what an absolute honour to be given this opportunity in the first place.

And I know it's going to bring its own challenges. I'm going to have much lower time capacity. I'm going to have to change how I operate and show up in Digiteach. How I operate in my business and you know what? I am actually so available for this challenge. I'm actually so excited for this challenge because it's got me thinking in new creative ways and it's got me thinking in really powerful business ways, for example, I'm going to have to really get clarity and hardcore boundaries around what I do in my business and what other people do in my business.

So delegation, outsourcing more of the stuff that I actually should not be doing anymore to other team members. So I can operate in my zone of genius, which is typically coaching course delivery, connecting content creation, and launching and selling. So that's kind of where I shine where it comes very naturally to me.

And yeah, so 2023 guys, it's going to be a really big year. Lots of shifts are happening and it's all just super exciting and, I will share with you more as it develops and I'll take you on for the ride too. I just want to get myself settled into this new normal before I scream it from the rooftops

So today, I felt called to talk to you about money, rituals and the incredible things that happen when you improve your own relationship with money. And this may be a foreign concept to you, or maybe you've already done a lot of money work and you have some money rituals. But this episode I'm going to be sharing with you some rituals that I've done and also things that I haven't necessarily done, but I've seen been done, and what I think would be lovely to actually implement in your life.

And this isn't just for business owners teachers and business. This is for everyone. Everyone in life deserve to have a good relationship with money. And improving your relationship with money will serve you in every area of your life. Because money is the currency we all live off. We all eat off.

It's the thing that puts a roof over our heads. And let's not lie, financial security is really freaking great and we all deserve and should have that everyone needs money. And even if you're earning from a boss in a job, Improving your relationship with money is going to shift how money shows up

in your life, and that is because your external world is merely a reflection of your internal world, so you attract that which you put out into the world.

Your vibration, your energy, which is pretty much built up off your thoughts, belief system, identity, your beingness, all of that sort of emits a certain frequency. So if we want to shift our reality with money in some shape or form, we actually need to do the inner work to shift our internal belief system and energy around money first.

And of course that involves creating awareness around your money wounds, your money blocks, your relationship with money, how you spend. And receive money, and then we can, once you've got awareness around stuff, you can then start shifting those stories, those blocks, reframing and rewiring your brain. And today's episode, I want to really speak about many rituals in a way that will help you with receiving abundance into your life.

It sounds weird and bizarre, but many of us and educators will do this because of the conditioning that we've been through, but everyone typically does this, but a lot of people want money, but they struggle to actually receive, and I can really speak for myself here, and I'm sure some of you listening will resonate with this, but there's a desire for more.

You definitely want more money. like no brainer, right? You want more money, you want more time, you want more space. You want more luxury, you want more abundance. You want more of all the good stuff that you want. But at the same time, there is a part of us, which is typically quite subconscious. We're not very conscious of this, but there is a part of us that does not feel safe with having more, or we feel guilt with more.

And there's other, other variations of this, but essentially, Subconsciously, we are not a hundred percent on board with having more. Thus we struggle to open ourselves up for that receiving energy and like, I mean, in a clean and sticky, weird way. For example, say you're out for lunch with a friend or someone Yeah.

And they. Pay for your lunch or they offer to pay for your lunch and you may feel this weird guilt energy around that. You might be like, no, no, no, no, no. Please don't, don't do that. Like, I'll get it. So yeah, I had a tendency to do that. I'm aware that I've had, had had that tendency. I've got gotten better now, but.

Yeah, it was definitely like a discomfort in someone doing something nice for me. Especially when money was involved, it was weird. Now I'm better at it. I just, I often prefer to alternate bills and that feels like a clean exchange and I've really learned to say thank you when someone does something like that for me.

Really not being able to just say thank you and remain chill when someone pays for you is kind of a sign of your relationship with money and receiving. And one way that we can start shifting that is through just creating wonderful money rituals that you can do for yourself. And just like a simple act like the next time someone pays for you, instead of like, you know, getting weird about it or trying to like stop.

Just be like, thank you so much that I appreciate that so much. I really appreciate that, and just accept it and just let that good deed flow into you without any weirdness around it, and then you'll pay for someone in the future and then it will just be this beautiful exchange, right? So that's a simple thing right now.

I will share with you in this episode a couple of, I think I've got six, six rituals that you can do quite easily. And you can pick and choose what feels right for you to implement. Honestly, just have fun with it. Make it something you enjoy doing. Make sure it puts you in a nice feel-good vibe and you don't have to do them all.

Just choose the one that feels aligned. Okay? Money, ritual numero uno, money tracking. Okay. This is something I do and I've done it for at least three years now, and it works, especially when you run your own business and you've got money coming in at different times. But of course it can also work as an employee where you get a salary.

but essentially you want to have a tracker. I think there are pretty cool apps on your phone for money tracking apps. I use an Excel spreadsheet and I have all the months on the spreadsheet and then the days of the month. And then when I, on the days I make money or have sales, I record the amount of money made that day on my tracker.

And then it calculates the total money earned that month. And then overall it calculates the total money earned that year. So it's all in one Excel spreadsheet. And this is not an accounting exercise, by the way. You're not

adding your expenses, you're not trying to do an income statement and trying to see what your, your money flow is like in terms of income expense.

This is literally just to track the inflow of abundance and money into your life, including if you win things so you win a competition or you win this free event. Or if you manifest other ways of making money, say you win the lotto or something, or you win this awesome award, you add it in. And what you end up seeing over time is actually how abundant you actually are.

How you're overlooking things when you, when you record it daily, it creates awareness around the, the inflow of money and that awareness around the inflow of money. It helps expand on that too, and then it sort of ripples into you being motivated, wanting to create more money or just feeling really more abundant.

Right? And also can, it can work in the opposite. If you see, okay, this month I've had like no money made. that can be challenging, but it's a really good, especially if you have a business, it's a really good reminder and kick up the butt to go and promote your offer, to go set up a launch to go send those invoices out and collect money in your business.

So it keeps you on track. Like, oh cool, I haven't actually earned something for two weeks. Maybe I should go like pitch my offer. So it keeps you on track. And it also, the whole idea is it just tracks the inflow of. If you aren't into Excel spreadsheets, you can probably find a money tracking app on your phone.

I know Denise Duffield Thomas has one for iPhone users. I think there are other ones for Android users, but there's lots. Just choose one that works for you and get into tracking your inflow of money. Okay, money ritual number two, a dance or some type of positive action when you have a sale. In your business or you sign a new client or new student, or even if you receive your salary at the end of the month, so when money comes into your world, you don't just glance over it and be like, cool, whatever, normalized, whatever.

That's not the most grateful space. Even if it's your salary and you get it every single month, you get like normalized by it and then that gratitude starts to wane. So you can create some sort of fun thing to do when that money comes in. So, for example, you could do like a little dance where you can sing a little song.

Me and Mike, we have this little notification sound that goes off when we get a sale or someone makes a payment. and it's like a really high vibe song. And whenever comes on, we always have a little dance and sing and it's fun. And it's like an uplifting vibe. It's really like expansive. Now if dancing and singing isn't your jam, do whatever is your jam.

I've got it into the habit of writing the name of the person who invests with me on a posted note and then sticking that on my wall and literally, Into the world saying thank you and their name. Thank you Jane, for joining dba. Thank you so much, Sarah for joining. DBA and I just choose to thank everyone who chooses to work with me, and that feels really good in my body.

It helps me expand on gratitude in my heart. It gives me the warm and fuzzies, and then that helps ripple into more of that. Okay, so you can do this in your business. Also do it if you've got a job where you're getting money in, like celebrate the shit out of that, that money and the fact that someone's chosen to work with you and invest.

Okay, money ritual number three is: create a shrine of abundance. Now, this may sound super woo woo, and I don't mean this in like a creepy way, but I want you to start loving on money. So like I want you to start creating like a close friendship. I want you to view money as a close friend and you want to appreciate that relationship.

You want to nurture that relationship. So something you can do is you can go around your house and you can collect all the coins under the couch, on the tables in your bags. Just get all those little money pieces that are hanging all around your house. Any gift vouchers you have sitting in drawers go to the bank, draw out some cash.

Just draw out some cash and set up a nice little space in your room or somewhere where you want privately, where you can just place it all in like a nice bowl and maybe put some incense there. Essential oil diffuser, some crystals. I love crystals That might not be your jam, but they make me feel so abundant.

Crystals. And just lay out a beautiful space for your money to live where you can actually just celebrate it and honour it. And you can also just briefly, like when you're walking, you just look at it and it's like an anchor into

abundance. And just by looking at it, you're anchoring yourself into abundance, into there's so much there's so much money around me.

And you're just like celebrating that, you're celebrating the abundance. That's a nice little thing to do if that feels good to you. Money Ritual number four is a money jar. So when you make a sale or sign a client or get paid a salary, take 10% of it and put it inside your celebration or self-love jar.

You can call it whatever you want. But this can be an actual pot where you have in your house where you can literally put cash in or you can have a bank account that you use. You can yeah, like open a bank account folder and create a name for that folder that could be like celebrating you or some self-love celebrating.

Whatever. Okay. And every time money comes in, you just put 10, 10% away of that. Whether it does a sale or a monthly salary, put it into that pot. By the end of the month you can then go and take that money. You can spend it on whatever brings you joy and makes you feel good. So for me, that would be a massage at the spa or a hotel with a huge jacuzzi or bath, because I really love bathing, and I love jacuzzis. I need to be in water. Like water is my happy place. So yeah, that would be what I would do. That's my favourite. But for you, do whatever makes you happy and just consciously use that money. To fill up your cup with zero guilt and only appreciation and celebration, so celebrating your effort, your work, all of that jazz.

I think that's a really amazing ritual. Okay. Then number five, money ritual. Number five, when people want to pay for you. And do things for you. Don't fight them and push them and like close down and get all weird about it. Just come into a space of absolute gratitude and genuinely say to them, thank you so much.

I really appreciate that. And just open those doors for receival and worthiness. So just being like open to it energetically that you're okay for someone to do something nice for you. You're okay to accept money. It's not weird and you're not going to fight and close yourself off and get really guilty or get weird about it.

It's just keeping that clean energy around it and just knowing that, oh, someone's doing something really nice for me. I love that. I so appreciate that, I will do that for someone else as well. Money is energy and it's just flowing in and it's just flowing out.

And money. Ritual number six. Give and share money with others. There is no better way to bring yourself into a state of abundance than to share your money with others. So buy someone you care about lunch or coffee, give a bigger tip at a restaurant. Thank people for their amazing service. What I do when I come to South Africa is I draw cash.

I always like to have cash on me, coins and notes. And if you've ever been to South Africa, you will know that poverty is very real. 50% of people live under the poverty line and are actually unemployed. And so you will find there are people on the street all over the place. At every traffic light in South Africa, we call them robots, but you will see people begging at those traffic lights at almost most of them.

Okay? It's a very normal thing, so having money on you, a nice thing to do is just to give some money. Away to people. And I just sometimes give them a note. I sometimes just give them whatever I can. If I don't have money, if I have food in the car, I'll give them food. Yeah, so I mean, obviously you need to, if that doesn't feel morally correct for you, whatever, you don't have to do it.

But for me, I feel that feels good for me and I want to help in that way. I don't really get too caught up in what they're going to do with the money. That's not my stuff to hold onto my stuff is I'm just giving them that money. That's my energy exchange. What they choose to do with it is their decision.

It has nothing to do with me. So that's kind of how I view it. So money needs to flow if you're tightly holding onto money. Out of fear and scarcity. You're not going to let that money flow and remember it's energy. It needs to flow, it flows in and it flows out and will always flow in and flow out for the never ending.

Like that's how it works. And with an economy, that's how it works. Money is circulated. That's what creates. Bigger, better economies is that flow of money is circulating. And what better way to help let money flow or what better way to let money flow is to help someone and give it to someone who needs it a little bit more than you, and just trust that the abundance is flowing, that it is safe for you to spend money, to share money, to give money, and that you're going to be okay because you trust.

The flow of money and you know that whatever leaves you, your bank account is going to come back. That is just the way it works. Yeah, and I think on this topic, just be careful of what you say and how you use your words around money stuff. So always saying, oh my gosh, that is so expensive. Like, how can you pay that?

That isn't like the best thing to be saying, you know, like you're really. It's quite a scarcity minded thing to say, and most people speak about speak like this. I speak, I spoke like this a lot, right? I would always be like, oh my gosh, that's so expensive. There's no way I could ever do that. And that was really limiting.

Like that kind of language was not empowering me at all and I was just shutting off things like. Why did I just decide that that wasn't for me? Why? Why is that? Why did I, and then my language, by me putting that out into the world, it carries a much stronger vibration if you speak something out. So if you keep saying, I am poor.

I am poor, that has a huge amount of power to it. If you're thinking it, it has power, but if you're saying it even as a joke, it has power. So really monitoring your language around money instead of saying, gosh, that's so expensive. You can just say, wow, that is like a premium price.

Maybe not for me now, but in the future I'd be quite keen. That's like a little bit more. Empowering, right? You're not shutting it down. You're not creating the story that you're poor, you're not perpetuating the exact thing you're trying to avoid. And you are changing your belief system and your identity stuff all around money as well.

And then that's sort of filtering into your language and how you, how you speak about money, how you refer to things like when you pay for something expensive, you're not like, super weird about it. Like you're just normalizing things, right? I think that is just something we can all do better at.

And if you make, if you do start saying things that are like, have a swearing jar, except when you say something really like disempowering or rooted in lack, you can literally put some money in your swear jar just to remind you not to use it and create reframing sentences that are. More empowering that actually have benefit to you rather than sabotage to you, right?

Instead of saying, I am poor, or you would say. This has been a tough month, but I think this next month will be better. Or wow, that's so expensive. That's actually just a premium price and not for me right now, but I'm pretty keen maybe in the future to have that or that's a really premium offer or service.

I think it's amazing. But right now I'm just not choosing to invest there and I'm just going to choose to invest somewhere. That is much better. Instead of saying, oh my God, that's so expensive, I could never do that. You see how different the energy is there. So yeah, there are six. Those are the six money rituals that I would share with you today that you can start using to expand your gratitude for money, the inflow of money, creating awareness around the abundance in your life and positively shifting your relationship with money and.

Receiving money. Remember, we want to start opening ourselves up to being really okay with receiving money and being, it's like a worthiness thing. Like I am worth that. Like this is okay. It is safe for me to just accept and receive money. I can. I, I'm okay with that and having no sticky energy around that.

And a little mantra to end this episode off. It is safe for me to receive lots of money. It is safe for me to spend my money. Money is always flowing and coming back to me, and I welcome it with love and gratitude. So I hope you can go implement some of these. Really yummy rituals into your life and into your business.

Especially as an educator. Don't shy away from the money work. Watch, do some of the money work, implement some of these small changes. Watch that, that relationship change. Watch how that ripple effects and shifts in your reality and how things start manifesting and things start happening. It's amazing when you do the inner work.

It's like the outer reality will follow suit, right? So always start with the internal stuff and align your internal world for, for what you desire on the external. So I really love chatting to you today. I hope you enjoyed this episode. Let me know on Instagram if you enjoyed it. Tell me if you are going to implement any of these rituals.

Into your life. I'm actually quite keen. I feel quite motivated to go and do a couple of more. And just like become a bit more like consistent with them I

guess. But yeah. I hope you enjoyed it and have an amazing day. I'll chat to you soon. Bye.

Thanks so much for listening to today's episode. If you haven't yet joined the waitlist for the Educators Income Booster Bootcamp, then head to my website at digiteach.biz to sign up. This is going to be the best life training experience helping you take your knowledge and map it out into a desirable course that can sell for years to come so that you can scale your income and impact like crazy. I appreciate you so much, and I can't wait to connect with you in the next episode.

In the meantime, go create a business and life you love.