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Why do you want an abundant child?

If you, like myself, are the parent of a child, small or large, you know what it feels like to be thought of as an abundant and never ending source of money for toys, lollies and all the other paraphernalia that comes along with being a child or young adult in today's world.

As a parent in this modern age of law of attraction, manifesting and abundance it is our duty to remind and teach our children that they are powerful creators in their own right and are more than capable of providing themselves with an abundance of anything they want?

So how do we do this? The following 7 steps to financial abundance for your kids will guide you and your child through some fun exercises and metaphysical principles to provide your children with a sense of abundance, independence and freedom.

Imagine your newly graduated teenager walking away on his last day of college and into the wide open world with no experience of managing his finances and no idea how powerful he is when it comes to creating the life of his dreams.

Now imagine him walking away with his bank account full of the money he has learnt to save, with an investment portfolio to get him started, perhaps an income from the website he started years ago and with a sense of how magnificent and powerful he really is.

1. Blast away those negative beliefs

What are your current beliefs about money?

Are they positive, negative or neutral?

Most people, including you and your children, have some strong beliefs about money.

In this first step we are going to have to look at the negative beliefs that you hold about money.

Have a look at some common statements below and pick out one or two that are your usual thinking about money. Or you might need to add a couple of your own that aren't there but that have been your dominant belief for as long as you can remember.

Money doesn't grow on trees

We can't afford it

I haven't got any money

Money is the cause of all evil

Do you think we are made of money?

You can't always have everything you want

I never have enough money

Did you find yourself clenching your jaw or feeling bad as you read through this list of money beliefs? Perhaps you see a sentence in there that you regularly tell your child in response to his asking for something that will cost money.

I know that I wanted to change my money beliefs the day my little boy asked me to buy him yet another toy being advertised on television and I turned around, clenched my jaw and stated in a tight, squeaky voice 'No! Mummy can't buy that for you, we don't have enough money, how do you think mummy will be able to get that for you when we don't have enough money to pay the telephone bill this month?'

At which point I collapsed into my seat and replayed my response in my head.

Why was I telling my small child that I didn't have enough money?

And even more importantly, why did I believe that I didn't have enough money. After all I was a student of law of attraction, I knew of the abundance of the universe, I had even experienced the prosperity that is my right and I had never ever once not had enough money. So where did this belief pop up from and what could I do to change this belief that was so ingrained in my psyche that it was my automatic response.

Note: After my outburst and with an angelic smile my son said 'ok I might have to get it from Santa then'. His response was a powerful lesson for me in that he knew that I was not the only way for him to attract abundance and toys. 😊

Where do our negative beliefs come from?

When we are born we come into the world with total trust that those around us know it all and will teach us and look after us. What then happens as we grow up is that we listen to people repeat the beliefs that they learnt from their own family, peers and the society they grew up in and we also take on the beliefs of our teachers and learning environments. Our own personal experience of something will give us a strong belief around a subject.

You may like to take some time and reflect on your upbringing and experiences and see if you can determine where your beliefs come from but I don't believe this is necessary. Instead we can just go to work on changing those beliefs with these 2 simple steps.

Step 1 - Question your negative beliefs

We can take a lesson from Dr Phil here and examine our current beliefs with the question 'How's that working for you?'

Is this current belief helping you or holding you back?

If it's not helping you then you want to examine it a bit more closely.

Is this belief true? Is it true for everyone? Do others have different experiences and beliefs around the subject? Find and read about others who have different beliefs around money. Read about millionaires and notice how everything they say is focused on abundance.

Step 2 – Find your new belief and practice it.

Now write down your belief and then write a sentence that is its opposite which also feels true to you.

i.e. I never have enough money to pay the bills changes to I always manage to pay my bills each month

From this day forward every time you think your old negative belief, catch yourself doing it and repeat to yourself your new helpful belief.

The above is a very basic example of changing your beliefs that might seem too simplistic to be of value but it can and will be.

Yes, it does take hard work and vigilance and if you commit then you can certainly do it.

Be aware that there are many techniques out there such as NLP and EFT and various software products that offer subliminal messaging and computer screensavers and I would suggest that if you are interested in these that you do an internet search and find something that appeals to you.

I use a subliminal abundance message at <http://www.stepuptojoy-lawofattractioncoach.com/5kPerDay>

Once you begin changing your negative beliefs about money you will no longer be passing those beliefs onto your children and you can certainly start to notice when they utter a learned negative belief and then gently encourage them to change it.



2. Give the kid a job

Do you give your child an allowance? Do you expect them to perform chores around the home to earn their allowance?

If you already do this then I suggest that you change the way you and your children view their allowance. And if you don't yet do this, you need to start ASAP.

You are going to give your child his very own job with responsibilities to perform certain tasks around the home and you will pay him for his performance.

If you like you can make up a position title and description. i.e. Housekeeping Assistant – responsible for keeping bedroom tidy and bed made daily, cooking the family dinner each Wednesday night and dishwasher loading and unloading daily.

Make a fun game of it and allow your child to negotiate his pay for performing his task and his penalties for non-performance but do make your child aware that you are giving them a grown up responsibility to earn dependent upon them carrying out their tasks.

It's very important that you stick to the negotiations that you agreed on. There is no point going through all the bother of calling it a job and deciding on performance requirements if you are going to give them the full amount each pay day regardless of whether they did their job to the best of their ability or not.

With small children this works best if you turn it into a game of playing at having a job like mum and dad. You can have them call you boss (in a lighthearted and laughing way) when they are on work time, get them to fill in a time sheet if that helps.



Use your imagination and make it fun for you and your children.

They will appreciate having fun with you and at the same time be learning that they are able to determine their income by their performance at work.

Note: I am not suggesting here that you turn your child into a worker drone who grows up to trudge out to work every day, do their duty and trudge home again to only get up and do it all again the next day. In fact in the next section you will see how you can encourage your child to use part of their income to grow their own money trees.





3. Two money boxes

Now that your child is earning some cash from his job around the home it's time to start thinking about what to do with the money.

Every financial guru suggests that you should always pay yourself first. What this means is that you should take a portion of your income and place it into a savings account for future investment.

For your younger children

Get your younger child to find 2 money boxes, jars or any container and write on them their name and on the first write SAVINGS and on the second write SPENDING.

Encourage your younger child to place 50% of their income in their savings jar and 50% into the spending jar.

Most young children only need a small amount to spend since you take care of the majority of their needs.

For your older children

Your older child may like to set up 2 bank accounts for this exercise.

One account for savings and the other for future investments and you might like to encourage them to use this money to start an online business or invest in shares. I'm sure you and your child can come up with some ideas to start securing their financial future now.

PS – I know a wonderful place where your older child can start a niche website that makes money for them. All they need is brains and motivation (and yes, there is some work involved). If you want to know more contact me at anne@stepuptojoy.com

Another great idea for your teen is to get them setup to sell at www.ebay.com

Encourage them to put 10% of their income into their savings account, another 10% into their investments account and the rest for spending.

Your older child will usually require a larger percentage of their income for spending as they start to find their independence from their parents. The percentages used are only suggestions and will need to be decided between you and your child depending on their age and level of understanding.



4. Affirmations to dance to

Remember back in section one we talked about creating new beliefs around money and you wrote down some new positive beliefs?

Affirmations are habitual and automatic beliefs that are repeated over and over in your thought processes and can be positive or negative.

In that section you turned your negative thoughts into positive ones and you can use those as your affirmations.

Some fun and easy money affirmations are –

I love money and money loves me

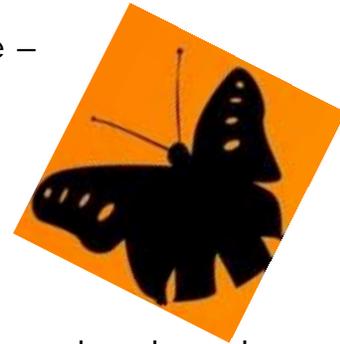
The universe is abundant

I am worthy of abundance and riches

Universal metaphysical law states that you can be, do and have all your heart desires and that if you ask the universe will deliver. Your only job in the process is to allow all that you desire to be delivered to you.

Using affirmations regularly not only helps you to change your old negative beliefs into new empowering beliefs but it also puts you into a state of allowing.

What a powerful lesson that you will be able to give to your child to get them started on allowing the Universe to deliver everything to them.



I have found the best way to get my child interested in and repeating positive affirmations is when I listen to affirmations set to music. We listen to these each day as we go about our day and also in the car.

These are quick, catchy little tunes that get stuck into your head and you find yourself singing them throughout the day just as you do with pop songs that you listen to on the radio.

A favorite in our house and especially for my small son is a fun ditty called ***I love money*** by AttitudeZapzTM. You can listen to a free AttitudeZapzTM affirmation song here <http://www.stepuptojoy-lawofattractioncoach.com/attitudzapz>

I highly recommend these affirmation songs to you as a very easy tool to change you and your children's habitual thoughts about money and many other areas of life.

Also visit Michelle Blood at www.MusiVation.com for some pop/rock based affirmation songs that you and your teenagers might enjoy.

Your teenagers might also benefit from Affirmation software that they can use to make their own affirmations and have them working for them while they sit at the computer. See my recommendations in the next section.



5. A box full of wishes

This is a fun exercise for all members of the family from the very young to the grandparents.

As mentioned in the previous section, the law of attraction states that you ask, it is given and your only job is to allow.

With this exercise we are asking for what we want and in placing our wants into the wishing box we are then giving up on our expectations and moving into a place of allowing the universe to deliver it to us.

Ok, for this exercise you will need a good supply of old magazines and catalogues particularly the toy catalogues for your younger children and the music and game catalogues for the older ones. Also have on hand some high end fashion and travel magazines for yourself as you will be starting your wishing box along with your children. Make this into a fun game for all the family.

You will also need a box of some sort for each family member. A shoe box or a colored gift box is perfect. Other supplies you will need are colored pens, scissors and glue. If you have some ribbons and other craft items bring those along as well.



Now here is how it's done

Step 1 Have your children choose a box and use the pens, ribbon and craft items to decorate the box. Using the colored pens have your children write on their box the following –

**All this is mine by divine right,
divine inspiration and divine timing**

Step 2 Spend an hour or so going through the magazines and catalogues and cutting out a few items that your children indicate as being something they would like to have.

These could be pictures of toys they want, places they would like to go and things they would like to do.

This will be an ongoing process and once started your child will want to cut out pictures and place them into the box as they come across them.

Step 3 Spend some time looking at each picture with your child discussing the item with them. You will want to be asking them leading questions to find out why they like the item, how it will feel for them to have the item and be playing with it and why they want the item.

The purpose of asking the questions is to help your child use their imagination to imagine how it will feel when they have it in their hands or are doing the activity.

As your child looks at the picture and imagines having the item they start the manifesting process and as they then start thinking about how it feels they will start the allowing process so don't be surprised if very quickly your child starts receiving items from other family members, friends, and even by them using their earned money to purchase the item for themselves. And usually if they end up buying the items themselves it will be at a discounted price.

Now don't forget to get your own wish box filled up with all the things you have been dreaming of being, doing and having. You may like to find and use a vision board that you can place on your computer and view many times a day.

I experiment with lots of these software tools and think these are two of the best I've come across so far - <http://www.stepuptojoy-lawofattractioncoach.com/AttractorGenie> and <http://www.stepuptojoy-lawofattractioncoach.com/MindMovies>

You might also want to encourage your child to look through their wish box as they lie down to sleep each night but only do this if your child is able to see the items and feel the excitement around getting them one day.

If, while looking through the box, your child starts to grumble and comment that they don't have the things yet then pop the box away until they feel better.

If your child is complaining about lack whenever they look into their wish box then what they are doing is effectively asking the Universe to hold up on their order and not deliver it to them.

Note: I like to explain this to my son in this way. Imagine that we go to the coffee shop and order a coffee for me and a milkshake for you. Then imagine if every single time we see the waitress we ask her 'where is our coffee?' And we go up to the guy making the coffees and we ask him where our coffee is. That would be silly wouldn't it because we ordered it and we know its going to come when its ready so instead of running around asking everyone where it is we should just sit here and have a chat and start anticipating how good our coffee will taste'.

6. Fast cash

The universe loves order so in this step we are going to encourage your child to give her bedroom and playroom a complete tidy up. But this time instead of just tidying up the mess let's encourage them to put all their old toys to good use in creating some fast cash.

Your child will also be making room for all the things the Universe will be delivering to them through the other exercise in this plan.

You will need to help your younger child with this step otherwise, like me; you might find him trying to sell off some of the lovely old children's books you've had since you were young.

You will find that they are so excited about having the extra money to buy the things they put into their wish box and to add to their savings account that they want to sell everything.

It might take an hour or a whole day but spend the time going through, with your child, all his older toys and the accumulated bits and pieces. My niece and her father did the room tidy up recently and he has now told her that she is not to order any more McDonalds happy meals – he came across so many of the toys (some still in their little plastic bags).

You will probably end up with two piles of items by the end – a pile for selling and a pile for giving to charity. Oh and you will more than likely have a pile for the rubbish bin also.

Box or bag up the items for charity and pop them in the car so you can drop them at a charity bin the next time you drive past one.

My son and I chose to have a yard or garage sale to sell the items as I had done a complete de-clutter of the entire house and there were a few larger items.

Another option and one your teenagers might enjoy is to get an account on www.ebay.com or another online auction site, learn how to setup and sell your items and then go to it.

Any money earned from selling off the old items either by online auction or a yard or garage sale will need to be treated as income and, as we discussed earlier, a portion is to be paid into the savings account – Remember: pay yourself first.

End result of this step is

- A tidy bedroom making it easier to stick to keeping it tidy as part of your child's job.
- More money in savings and
- More money to buy a special 'wanted' item from the wish box.



7. The appreciation balloon game

If you are familiar with the law of attraction you will know there is a 3 step process in creating your life. I call it the **AAA** process.

Step 1 Ask. This part of the process happens throughout your day as you look at things you want, as you look at things you don't want and make a decision about what it is you want.

You do this as you are gathering together your items to place in your wish box and as you are starting habits for wealth creation.

Step 2 Answered. The Universe answers. Your order is received and is granted.

Step 3 Allow. It is your job to get into a place where you are allowing all that you asked for to come to you.

Some ways that you allow is to be happy, show gratitude for what you do receive, through meditation and through focusing only on what you do want.

In my experience the fastest way to reach a place of allowing is through using appreciation. Appreciation vibrates at one of the highest levels along with love and joy.

Teach your child to appreciate, truly appreciate what it is they are currently living as this allows what they want to be living to become their reality.



So let's play.

The appreciation balloon game is particularly designed for young children to have play time with mum and/or dad while getting into the high vibration of appreciation.

Get a balloon and stand in a circle with your child/ren.

You start the game by stating your appreciation for something in your life. You hold the balloon and say for example "I appreciate that we get to spend some time together having fun" and then throw the ball to your child and it is their turn to say something that they appreciate i.e. "I appreciate the sandwich I had for lunch today because I love white bread" ☺ and yes, my son loves his white bread and I continue to try to get him to enjoy wholemeal!

Here are some more examples

I appreciate that my hair wasn't being bad today

I appreciate that I had enough money to pay for a bus today so I didn't have to walk all the way home

I appreciate that daddy goes to work so I can buy nice things

I love my big, snuggly bed where I can be comfy while I sleep

I appreciate the piece of toast I had this morning because it stopped my stomach grumbling.

The word appreciation can be interchanged with the word love.

If you are like my son and I you will end up in fits of giggles running around trying to catch the balloon thus raising your vibrations even higher and allowing in the good things you and they have asked for.

8. More Money



From a very early age I encouraged my son to always pick up any coins he finds on the ground, under the couch cushions and all those other places where coins seem to congregate and hide.

It's surely true in my experience that as you learn to love money and to play with and enjoy money - the finding of it, the manifesting of it and importantly the spending of it, you also begin to experience more of it in your life – more to find, more to give and more to spend.

I wanted my son to know and I want you and your children to know that money is energy and that the more we move it around the more we have to move around. If you hoard your money and save it all for a rainy day (do save a portion though, that's just common sense) then you are just stopping the money energy from flowing toward and around you.

My son and I have been practicing a money ritual since he was two years old and I hope you pass it on to your children also. As he or I find money, we pick it up and look at it and make this statement

'I love money, thank you Universe / God for giving this money to me and don't forget to give me more.'



I hope you have enjoyed reading this ebook and may I suggest that you take at least one, if not all of these ideas and put them into place with your child.

You will be encouraging your child to learn that you and you alone are not the only way to their abundance and effectively stop the supermarket checkout blues by handing them control of their own life.

The need for a sense of freedom is a very strong drive in all beings including our children and they will be empowered by your willingness to allow them to find their freedom.

About the author



Anne Aleckson is a mother who got sick and tired of the supermarket checkout tantrums and decided to teach these simple principles and ideas to her child as he enters his school years.

As a law of attraction coach and author Anne took the principles she shares through her writing and coaching and adapted them so she could teach her son that she is not the only way to his abundance.

Visit Anne's website at www.stepuptojoy.com for free law of attraction articles, tips and tools.

