

Day 11

*Bridge the Gap to
Your Dream Life*

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GET YOUR
MONEY \$HIT
TOGETHER
30-Day Challenge





Get Your Money \$hit Together Day 11 Activity

Explore Ways Bridge the Gap to Your Dream Life

For this activity, we are taking a look at the data you have been collecting on your own money journey and choosing one area we want to improve, heal, or shift in some way. Keep in mind, your gap may mean an area of growth you would like to achieve or it may mean a gap in your basic needs. For some of you, the shift is focused more in the ways you relate with money than the actual numbers themselves. Regardless of where this gap shows up in your life, this process will help you to bridge it. Repeat this process as many times as you need to bridge each gap you recognize, but remember to focus on one at a time for optimal success.

Let's get started.

Your Process:

1. Acknowledge the gap.

In order to begin the process of adding what you want to your life, the first thing you get to do is acknowledge where you are and where you want to be. You have done the hard work of this already. Now, we are considering what you learned from your self-analysis and facing the truth of what is. From that truth, we can craft a path to get you exactly where you want to be. One of the most powerful shifts in my own life came when I faced my own truths and began saying "no" to those that did not serve. Keep in mind, saying "no" is not simply a verbal exercise. We learn to say "no" to what is not for us with our mind, heart, energy, words and behaviors. Then, we have truly released what doesn't serve to make room for what does. Look at your gap. There is no room for judgment or shame in this exercise. You are doing the bravest thing possible, and something most never do. You are facing your truth so you can use it to pave a more powerful life.



2. Consider the “musts” versus the “wants”

Now that you have faced the truth, let's consider which areas of your life you wish to change and differentiate between the “musts” and the “wants” Musts are those things you hold as important and significant in your life and shifting them is a high priority. Wants are those you know would make your life more (insert your desired feeling). More happy. More centered. More at peace. More secure. More safe. Choose what you want to feel and allow those wants for pour from you. We typically focus on our “musts” first, for obvious reasons, but sometimes when I find I am working with someone who is “stuck” on shifting a must, we go to a want to get the momentum started. This is your journey. Choose where you wish to start. The activity for today is designed to help you identify where you want to make changes and what starting point is right for you.

3. Prioritize your focus

Once you have gone through the exercise and listed all the areas you wish to shift in your life, especially those related to how money shows up to support those areas, you get to CHOOSE. This is your chance to pick what it is you want to focus on first and DO IT. By narrowing our intentions down to one focal point at a time, we bring the collective power of intention and focus to our goal. You will hear me remind you to FOCUS a lot, because it is the one area that took me the longest to get and has made the biggest impact for me once I did. Whatever is not your focus today is not a “never” but simply a “not now.”

4. Decide your approach

Now that you have chosen which area of your life you want to shift, we can begin to talk about the “how.” The strategy for what actions you will take is highly related to the shifts you wish to make. This can be ways you will earn more money, actions you will take with existing money, or inner work you do to help you shift through your money story. You may find that you can do this work on your own. In many cases, however, we find that deep shifts often need assistance by practitioners whose focus is on the internal work. One of the areas I am currently working on, for example, is opening up to receiving payment for my spiritual gifts. This is a constant work for me, as they come naturally to me. Sometimes I can forget to acknowledge the road I



travelled to be here and embody these gifts. So my approach to improve this receiving muscle in myself involves beginning to share my gifts more openly and allow the feedback that comes to “sink in” to my being. The more others (usually friends because that is where I am most brave for now) share with me how much working with me had an impact, the more bold I feel to continue to share these gifts and to receive reciprocity in the form of payment for using my time to sharing them.

You see, the shift doesn't have to be monumental or life changing . It can be, but it is the small shifts over time done consistently that tend to offer the greatest lifetime reward.

5. Consistency Wins the Game

I have mentioned this several times and want to reiterate it here. The most powerful thing you can ever do to improve your money story is to choose a thing and do it. Do it consistently. Create a practice for it. It may not be easy at first to implement the new behaviors you have chosen, but that is okay. Just keep resetting until this behavior, task, or activity is complete for you. Once you feel you have mastered this, or completed the tasks related to it, you may select another area to begin working on. Remember, this is not a game where you do a thing and are finished. This is your life. We are tweaking its components now to make it the best life ever for you!!!!



Choose the top three favorites from your list above and complete this assessment of their value for you.

What is the difference this action/behavior shift will create?

What are the changes in my life that will result from these shifts?

Now, choose one of the three changes you are going to take on for this money challenge and write as much as you can (or record on your phone) all the ideas you have about making that shift. What would be fun for you? What would be difficult? Require the help of others? What programs could support your goal? Communities in your local neighborhood or online? What actions would you need to take daily, weekly, monthly to achieve your goal? How will you feel when this is complete?



SET YOUR ENVIRONMENT FOR SUCCESS

Prepare your space so you will not be interrupted. Use your favorite scents, sounds, and temperature so you will feel supported by your environment. Set a timer and write for an amount of time that feels good to you. I usually choose 27 minutes because I love that number. Don't feel compelled to answer everything in that time. Just write. You can set the timer as many times as you need to finish. At any time you feel tired or like you do not want to keep writing, take a break for now. Decide when you will return to writing, and keep that small promise to yourself when that time comes. That's it. You are ready to complete this activity. Enjoy!!

Trigger Warning

Sometimes when you begin to imagine your dream life, you may find some blocks coming up that limit you from believing what you want is possible. For now, allow yourself to dream. Don't worry about "how." Funding your dream starts with opening to all possibility before we judge any options. Pretend that anything you can imagine is possible, and go all in imaging all the ways you could fund your dream. If you find you need support in this, reach out and our team will help direct you to the best support for your needs we know.

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Additional Resources

When working through this lesson, you may wish to have a bit more on the subject.

I recommend chapter 12 of my book [“The Money Shot”](#) called “Diversify your income” for a longer read on this topic.

If you are looking for the specific strategies for increasing income, check out [“The Money Makeover”](#) a simple read with lots of value.

You may also check out Robert Allen’s book “Multiple Streams of Income” for even more.

[Download the worksheet here.](#)

For more support using the worksheets provided, you can check out the tutorial in our library.

<https://askprofessorg.com/library/>



Tips for ways to complete this exercise

1. **Solo**—doing this alone and with plenty of space is preferred, at least in the first round. Spending time with yourself can offer you some deep insight into what you want when there is no one else to please with your choices. I recommend doing this solo as a first pass, and then getting into some activities you enjoy with people you love and see what else comes up for you that you didn't think of before. Maybe you discover you love roller blading and want to live where there is a place to go near you home. That would be a great wealth component to add.
2. **Partnered**—once you have given this some thought by yourself, you may wish to engage someone to share your vision with. For some, the vision is too delicate to share, and that is okay. Share it with your mirror. There is value in sharing what you want out loud and receiving support from those who listen. Be sure to set the stage for success, however. Choose someone who will support your vision and dreams, and not someone who will judge you or try to insert their idea of your dream. This is a listening exercise...and just maybe you can dive in together and do a bit of crazy dreaming together if you want to expand your ideas a bit.
3. **Group**—again, after some personal reflection, it can be powerful to bring your vision before a small group and receive love and support for what it is you are creating. Doing this exercise with a group holds the power to create collective energy for your dream life. Keep in mind, as with partners, it is critical that all members of the group are there to support only. This is your vision. Allowing a group to expand your ideas is awesome. Letting a group tell you what is best for you is not. Hold to your own feelings and decision about your dream as you step deeper into your wealthy life. You've got this!!!

Remember to come share you insights, wins, questions, and breakthrough on Instagram and tag us @thegypsyprofessor using #moneychallenge so we can find you.

