

Day 20

*Feed What
Feeds You*

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GET YOUR
MONEY \$HIT
TOGETHER
30-Day Challenge





Get Your Money \$hit Together Day 20 Activity

Feed What Feeds You

There is a riddle that goes something like this...

There are two wolves. There is an evil, mean, vicious wolf who would love to destroy and devour everything that moves. There is also a beautiful, glowing, happy, good wolf who wishes love and light for you and all humanity. If these two wolves were to engage in battle, which wolf would win? What do you think?

...answer at the end of this activity 😊

During this day 20 benchmark point in your money challenge journey, it is time to pay attention to where you spend not only your money, but also your time, energy, and life-force. Today I ask you to pay attention to what resonates for you. How do you know something resonates? It feels like “home” It feels familiar, inviting, and maybe even loving.

Throughout your journey, you have worked so hard at the “DO” and now it is time to BE. Today’s activity is simple. Choose five activities that make you feel alive, happy, joyful, present, and any other feeling you may wish to embody. Each day for the next five days, take a moment and do one of the activities. Feel free to expand this list and just keep doing \$hit you love every day...(hint: This is my “evil” plan is to get you doing things you love. You know I always stay transparent with you. I love you.)

1. _____
2. _____
3. _____
4. _____
5. _____

Answer: The one that wins is the one you feed.

Great work! Now choose your focus and go BE it! You've got this!!!!

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 imagining 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.

support@askprofessorg.com



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/>

To see some of the principles I follow for financial guidance, read

[Edwene Gaines “The Four Spiritual Laws of Prosperity”](#)



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.

