



# TOP 5

## *Million \$ Lessons*

---

# THE MULTIMEDIA LEARNING GUIDE



@EmpoweringFemaleLeaders



contact@UlrikeSeminati.com



[www.EmpoweringFemaleLeaders.com](http://www.EmpoweringFemaleLeaders.com)

# WELCOME AND CONGRATULATIONS!



You have just taken the first step to create a life filled with wealth and abundance!

Becoming rich and prosperous is obviously related to how much we earn and how we manage our money. But these are only the outer circumstances of money, they are the results of our actions and decisions.

These obvious and visible ways of how money shows up in our lives are heavily influenced by what I call the 'inner game' of money and if you want to seriously step up and into a wealthy life, this is where to start from.

This e-guide will share with you five concrete areas where you can make a substantial shift towards a mindset that allows you to finally reach the financial targets you've set yourself - and far beyond!

You will experience an impactful series of mental exercises and I am sure that you will discover - or should I say uncover - what has been holding you back until today. You will have moments of insight when suddenly you will become conscious of your thought patterns and you will notice which ones support you and which ones you want to change.

## **THIS GUIDE PROVIDES YOU WITH A MULTISENSORIAL EXPERIENCE**

- Introductory texts
- Self-reflective exercises
- Engaging video tutorials
- Mind-programming audio files

If you want to use this guide as effectively as possible, I recommend you to follow the order of the elements as outlined page by page. I also recommend relating your money mindset to a powerful vision for your life and career as you can create it by going through the process in Lesson 1 of my e-guide "Top 10 Achievers' Lessons".

I wish you a great experience on your way to a life filled with abundance and joy!

*Ulrike Seminati*

# SAYING YES TO PROSPERITY

When you think about being rich what are the first thoughts that are coming to your mind?

If you are like many of my students, you are experiencing wishful thinking and enthusiasm on the one hand, and diminishing thoughts on the other hand telling you that this is not for you and will anyway never come true.

We all have a complex relationship with money and this relationship influences our lives far beyond the state of our bank accounts. The way we think about ourselves being rich determines how far we allow ourselves to get. And yes, you read it right: It is about **allowing** ourselves to step up. It is not about waiting on outer circumstances to change!

Before I discovered and applied the prosperity secrets I will be sharing with you in this guide, I had made every money mistake described here and even more.

In fact, understanding the incredible power of my personal relationship with money - and realizing how far its tentacles extend to nearly all areas of my life - has been my personal game-changer that enabled me to turn my faltering business into an amazing success story.

It all starts within, and in this guide, I will encourage you to stretch your imagination beyond what you currently believe is possible. Now it's time to get excited about starting your journey toward a life filled with abundance, wealth and joy!

**What we're after in prospering is nothing less than a major shift in consciousness - in the attitudes, beliefs and ideas you have about yourself and your relationship to money.**

- Jerrold Mundis



## TABLE OF CONTENT

Introduction	2
Saying YES to prosperity	3
1 - Shifting to a rich mindset	4
2 - Changing your money blueprint	9
3 - Breaking through the glass ceiling	13
4 - Multiplying your attraction power	16
5 - Having an attitude of gratitude	20
About Ulrike: Why you can trust me	22



# 1 SHIFTING TO A RICH MINDSET

No matter what your current situation is, you can change your financial future starting today. It only depends on your willingness to change old habits and ways of thinking and to throw old behaviors and thought patterns overboard.

The fact that you're getting engaged with this guide shows that you have already made an incredibly important investment in your life, which is the investment in your mindset and skills.

In this first lesson, I would like you to set the foundation for your financial future. And with this I don't mean that you open a new bank account, make an investment or buy some cryptocurrency (you can do that later, once you've cleared your beliefs and thought patterns - you will be much more likely to make prosperous decisions!).

**Have in your mind that which would constitute a miracle for you. Get the vision. Suspend disbelief and skepticism. Allow yourself to take the journey toward real magic.**

- Dr. Wayne Dyer

If I asked you what makes the difference between a rich person and a person who is permanently struggling with money - what would you say?



The answer is as surprising as it is simple: The rich people have learned to recognize the value and importance of their thoughts.

This is a key to success that is far more impactful than talent or hard work. Recognize that your wealth is not in some far-off lucky place, but that it is waiting for you to uncover it inside your mind.

The most powerful shift that you can make is to FEEL rich inside of yourself - every single day, no matter your actual financial situation and to be strongly connected to your vision of a wealthy life.

If you want to make it happen it is not enough to think of becoming rich for a few minutes in the morning and eventually another few minutes in the evening. You need to consider this mental shift as a part-time job, you need to breathe your rich mindset, it has to be omnipresent in everything you do.

Having a rich mindset means focusing on abundance, not on lack or poverty. Sounds logical, doesn't it?

However, many of us focus far more on the negative aspects of life than on the positive ones.

Studies estimate that we have around 80'000 thoughts per day. Out of these thoughts, a vast majority of 80% are negative thoughts. In short, we spend big time worrying, complaining, and being anxious and self-critical.

Having a rich mindset means that you shift this way of thinking. Start observing yourself:

How often are you complaining about something? We attract what we focus on. When you are complaining you literally become a magnet for exactly these negative things!

How often are you blaming the circumstances or other people for you not being rich? By doing this you are sending out the message that you are not in charge! You can take back mastery and create your life on your own terms!

How often are you justifying your situation by saying "Money is not that important"? Imagine you would tell your friend or partner that they are not important. Do you think they will be around for long? They wouldn't and neither does money!

How often are you not taking in positive vibes when you get them? How do you react when someone is complimenting you? Are you tuning it down? Stop this and take positive feedback in at 100% - feel the abundance that is in simple messages!

The most important shift is switching from thinking that your life is happening to you to

"I create my life on my own terms."

You can start doing this from now on by catching yourself whenever you are not appreciating what you have (be it financial or not), when you are complaining, justifying or blaming others for not being where you want to be. Focus on what you want and what you already have and spend as much time as possible in this way of thinking.

**VIDEO TUTORIAL**    [CLICK HERE TO WATCH](#)



The inner game  
of abundance



**EFL**  
EMPOWERING  
FEMALE LEADERS

“ You have to want the  
change from the  
bottom of your heart  
to make it happen.

Ulrike Seminati

# 1 DEFINING A COMPELLING VISION

What would it be like for you to be truly rich?

Please map out how your life would look like in each of the following areas:

## FAMILY

---

---

---

---

## RELATIONSHIPS

---

---

---

---

## CAREER

---

---

---

---

## LIFE STYLE

---

---

---

---

## RECREATION/HEALTH

---

---

---

---

# 1 ASSESSING WHERE YOU ARE ALREADY RICH

Getting rich is an inside job and that means that you need to grasp that feeling of being rich as of today. If you had all the money in the world, what would you change?

**Would you change your partner?**

☐ YES ☐ NO

**Would you change your friends?**

☐ YES ☐ NO

**Would you change what you eat?**

☐ YES ☐ NO

**Would you change where you live?**

☐ YES ☐ NO

**Would you change what you drive?**

☐ YES ☐ NO

**Would you change your hobbies?**

☐ YES ☐ NO

**Would you change what you laugh at?**

☐ YES ☐ NO

Wherever you have ticked NO is an area in your life where you are already rich. This is an area you can focus on when you want to feel rich in the sense of living your life on your own terms.

TOP TIP: You get more of what you focus on. Take a couple of minutes several times throughout the day and stop for a moment to think of something in your life that brings you a sense of pleasure, joy and meaning. Focus on the positive emotion that emerges from this thought. This is the rich mindset that is what you are striving for!

# 1 TRAINING YOUR BRAIN

To shift to a rich mindset it is important to be emotionally connected with your vision, ideally every day. If you have gone through the mental programming audio files of my "Top 20 Achievers' Lesson" you might already have taken on the habit of diving into the vision of your successful life and it might have become a beautiful way to start your days.

In this guide, I propose you another mental booster that is helping you to feel your vision of your wealthy life in your whole body. You can alternate between this one and the one of the Achievers' Lessons, you do the one you like most more often - however you use them, the important thing is to create the strong emotions related to them if possible every day.

If you use both, make sure that you have one consistent vision of the life you want.

In both cases, we are working with a lively visualization of an ideal future - so don't forget to think REALLY big! A visualization is a powerful tool as it creates new connections in your brain and by this, you start to shift the way you think.

Even better... what you can imagine is within reach! Yes, you hear that right! And even more exciting: Your brain does not make a difference between "real" experiences and experiences you live in your imagination as long as you create strong emotions in your brain.

The more often you "live" the desired situation in your mind, the more your brain considers this to be your normality, the more you are likely to have a rich mindset, and the easier this will materialize in the real world! Can you see the positive spiral that you are kicking off by doing this regularly?

And even more so, it makes you feel great and it's really fun! So get yourself to a calm and nice place now and dive for about 10 minutes into your new life!

AUDIO



[CLICK HERE TO LISTEN](#)

Boosting your wealthy self





## 2 CHANGING YOUR MONEY BLUEPRINT



What is a money blueprint? Let me compare it to coding that determines how a website looks for its users. For the users, the code isn't visible, they only see a nice design and eventually some great features.

This is exactly how your money blueprint acts on you. Your life is the visible part, the website so to say, your money blueprint is your coding composed of your beliefs and thoughts that are the vast majority of the time operating from the background without you realizing what is going on.

As long as you are not aware of your money blueprint you will be continuously sabotaging your efforts of having a rich mindset as outlined in the previous lesson.

There will be permanent inner voices spreading doubt and disbelief when you are visualizing your vision of a wealthy life.

To remove the power of these sabotaging thoughts you first need to know them. When I started to look at my beliefs I quickly found out that I had a few powerful ones which I had taken over from my parents. These were the more obvious beliefs.

But it took me quite some time and repeating the mental exercises that I share with you in this guide to dig out the full extent of my anti-money, anti-rich-people paradigm that was so powerfully sabotaging all my efforts of having a successful business.

I invite you to do these exercises several times and to systematically start to observe your thoughts whenever the topic of money or riches is coming up.

What do you think when you see rich people? What do you feel when a very wealthy person has a problem?

What do you think about the sentences "Money is evil" or "Money spoils the character".

Are you able to say "**I deserve to be rich**" without any feeling of doubt or guilt?

The latter is the ultimate yardstick to find out if you have a completely positive relationship with money.

As long as you can't say this sentence from the bottom of your heart, there are still limiting beliefs lurking around.

## 2 IDENTIFYING YOUR BELIEFS - PART I

Finish the sentences below spontaneously by what's coming to your mind:

### MONEY IS...

---

---

---

---

---

---

---

---

### RICH PEOPLE ARE...

---

---

---

---

---

---

---

---

Then highlight all the negative statements. This is the first impression of your negative beliefs about money and rich people. You can complete this sheet by the findings you will get once you've done the audio exercise below.

AUDIO



[CLICK HERE TO LISTEN](#)

Identifying money beliefs



## 2 IDENTIFYING YOUR BELIEFS - PART II

Mentally go back to your childhood. How have you been conditioned regarding money, rich people and you or your family being rich? Differentiate your findings by putting them into the following three areas:

### VERBAL PROGRAMMING

What did you hear when you were young?

---

---

---

---

---

---

### ROLE-MODELLING

What behaviors did you see when you were young?

---

---

---

---

---

---

### EXPERIENCES

What did you experience when you were young?

---

---

---

---

---

---

## 2 UNDERSTANDING YOUR BELIEFS

Write down how you believe all these statements of the two previous pages have affected your financial life so far. Be precise and look into different areas of your life in the present and the past.

### WHERE THEY HAVE AFFECTED MY FINANCIAL LIFE IN THE PAST

---

---

---

---

---

---

---

### WHERE THEY AFFECT MY FINANCIAL LIFE AND DECISION

---

---

---

---

---

---

---

Can you see that these beliefs represent only what you have learned but that they do not have to be part of who you are anymore? Can you see that you have a choice to think differently?

You will learn how to replace these beliefs by more powerful positive ones in lesson 4, but before you do that, I invite you to work through lesson 3 as you will discover an important and very useful insight there.

### 3 BREAKING THROUGH THE GLASS CEILING

In addition to your limiting beliefs about money or rich people as such we all have a very specific belief that none of the people I have been coaching were aware of before working with me!

Have you already heard of imposter syndrome? Imposter syndrome is defined as a collection of feelings of inadequacy that persist despite evident success. 'Imposters' suffer from chronic self-doubt and a sense of intellectual fraudulence that override any feelings of success or external proof of their competence.

A very similar syndrome exists when it comes to your attitude towards your salary or income.

Do you feel that you fully deserve your salary? Or are you permanently having the feeling that you need to go the extra mile to be worthy of it?


You might be surprised to hear that in over 90% of the cases that I've seen with my students, the salary they truly feel comfortable with is BELOW their actual one.

As a consequence, most of them never ask for a salary increase. And those who have the opportunity to negotiate one are not very successful.

**Your income can only grow to the extent you do.**

They are sending out non-congruent messages: On the one hand, there is the conscious one with all the arguments they prepared for why they deserve a higher salary, and on the other hand, the subconscious one where their body language tells the opposite because deep inside they do not believe deserving it.

Every one of us has this inner glass ceiling. The secret to mastering it is: First, to know about it and second, to learn how to move it to a level that allows you to enter entirely new financial spheres.



**EF** SIGNATURE BOOTCAMP®

**THE DIAMONDS ARE YOURS**

[CLICK HERE TO LEARN MORE](#)

To boost your money mindset to an amazing level, I invite you to [check upcoming programs on my website](#). I regularly propose live cohorts and online programs that help you to eliminate your deep-rooted mindset setbacks, to stop sabotaging your growth, and to steadily attract money instead of chasing it!



### 3 TAKING YOUR THERMOSTAT TO NEW HEIGHTS

The only way to permanently change the temperature in a room is to set a thermostat. The same applies to your salary or income. If you want to give yourself permission to earn more you need to reset your personal financial thermostat. This is exactly what you will do by listening to this audio.

I recommend doing it, in the beginning, every day for one week and tracking your progress as listed below. After that week, you can make it a habit to check your current thermostat level 2-3 times a week or to continue to turn up your thermostat until you reach the level where you want to be.

Do you now wonder what I am talking about? Listen to the audio and you will understand...

AUDIO

[CLICK HERE TO LISTEN](#)

## Turning up your thermostat

	Salary/Income at the beginning	Salary/Income at the end	Remarks / Observations
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

## 4 MULTIPLYING YOUR ATTRACTION POWER

If you have worked through this guide so far, you have certainly already started to change your attraction power by shifting your focus to wealth and prosperity.

You have identified your limiting beliefs and this means that they cannot operate as powerfully as before. Now it's time to shift to change your predominant mental attitude and multiply your attraction power!



It's quite simple: We attract into our life everything we focus on through the thoughts and the power of our mind. And we repel wealth and abundance just as easily by letting frustration, anxiety, or other negative emotions take over.

**We attract whatever we  
give our attention to -  
whether wanted or  
unwanted.**

If you have clearly seen now that many of your thoughts are focusing on lack, you can now begin to consciously focus on abundance. The interesting thing is that you don't have to focus on being wealthy 24 hours a day.

It actually is enough if you manage to spend more time focusing on wealth by having a rich mindset than the time you spend worrying that you will never get there.

There are several ways to do that, and in this guide, I will share three of them with you. Going back to your limiting beliefs and replace them one by one with positive affirmations, creating from scratch your personal selection of powerful affirmations, and using the power of the pen to anchor your rich mindset day by day

Once you will have gone through all the exercises in this guide you can make yourself a concrete plan on how to shift your predominant mental attitude.

For instance, you can start in the morning with 10 minutes of visualizing and feeling your vision, then move to consciously attract money as described in the audio file on page xx, then pronounce your personal affirmations. The whole will take around 20 minutes.

If you then take time to re-focus three or four times throughout the day on the emotions and mental images that you had in the morning and speak out your affirmations again, you will start to live and breathe a rich mindset.

## 4 REPLACING YOUR LIMITING BELIEFS

Go back to your limiting beliefs as you've identified them in lesson 2 and replace them one by one with positive affirmations. Make sure your affirmations sound attractive to you!

OLD LIMITING BELIEF (SEE LESSON 2)	NEW BELIEF I REPLACE IT BY

VIDEO TUTORIAL [CLICK HERE TO WATCH](#)



Understanding  
the law of attraction



**EFL**  
EMPOWERING  
FEMALE LEADERS

“ Thinking very frequently  
about your wish and at  
the same time energizing  
it with emotions is what  
gives your wish life.

Ulrike Seminati

## 4 CREATING POWERFUL AFFIRMATIONS

Affirmations are a great tool to shift our focus and mindset, and they are also a great tool to attract what you want in life, including money. The secret to getting results with this method is choosing affirmations that are right for you AND, most importantly, you must be able to believe them at some level.

Affirmations are short and precise sentences of what you want to be that start with "I...". They are always stated in the present ("I now..." or "I am...") to trick your subconscious into thinking they are already your reality. Below you can find a couple of examples:

**"I attract all the money I want."**

**"Money flows easily to me every single day."**

**"I am a happy millionaire."**

Write down now 10 affirmations around you being rich that you feel are powerful. On the next page, we will look into a process of how you can help yourself to actually believe in them.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

## 4 INCREASING AFFIRMATION INTENSITY

Affirmations are effective when you pronounce them with enthusiasm and when you firmly believe what you are saying. Yet, it might be hard for you to truly believe the affirmations you've written down on the previous page. Here's an example of how you can break the affirmation "I am a happy millionaire" down into digestible baby steps. Start pronouncing the lightest affirmation until you can believe it and only then switch to the next level.

Level 1: I am now in the process of becoming a happy millionaire

Level 2: I am now becoming a happy millionaire

Level 3: I am a happy millionaire

### MY LEVEL 1 AFFIRMATION

Say this for a few days until you fully believe it

---

### MY LEVEL 2 AFFIRMATION

Say this as long as needed until you fully believe it

---

### MY LEVEL 3 (FINAL) AFFIRMATION

Congratulations! Repeat this many times every day!

---

The following audio file is a tool that you can include in your mental start into the day. For example, you can add it on to your vision visualization.

AUDIO



[CLICK HERE TO LISTEN](#)

Mentally attracting money





4

There is a strong connection between our body and our mind and you can use this connection by giving your body the chance to help you boost your dream. Your affirmations become stronger when you speak them out loud, your visualization becomes more powerful when you feel it in your body and take a pose exemplifying it, and your vision for your life becomes more momentum when you unleash the power of a pen.

Write down what your ideal day, your ideal wealthy life situation looks like and how you feel about it (fill the whole page!). You can do this several times a week, but make sure you always write in present tense!

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

# 5 HAVING AN ATTITUDE OF GRATITUDE

In our fast-paced world, it's easy to get so caught up in our day-to-day life that we don't take the time anymore to appreciate what we already have.

Just think about this for a moment: How many people on this planet would like to swap places with you? How many are actually dreaming about the life you already have?

You certainly have a roof over your head, a bed to sleep in, food and drink and maybe some great friends or family around you.

**Feeling grateful or appreciative of someone or something in your life attracts more of the things that you appreciate and value into your life.**

Christiane Northrup

Giving thanks for the things that you have in your life right now, no matter how small these might be changes your attitude to life as such. It helps you to switch to a rich mindset and to send out the positive vibes that will attract more of what you want to have.

A way to do this is to start a gratitude journal and to write down every day the small and little things that you are grateful for. You will see how your focus will switch and how this helps you to shift to a thought paradigm that is more than 50% positive over all.



The five lessons outlined in this guide are some of the main levers that for shaping a relationship with money that empowers you to make your wildest dreams a reality. I can guarantee that the exercises as outlined in this guide are highly effective, provided that you seriously work on implementing them to change your mindset every day.

But I also know that it's not easy when you have to motivate yourself day after day. That's why I regularly offer interactive training sessions where you get exactly this motivation and many additional powerful tools to quickly make the switch to a wealthy life.

If you are interested, click on the link below and access our full-day training "The Diamonds Are Yours" and get a 50% discount with the promo code SPECIALEFL!

**[Click here](#)**  
**[and get a 50% discount](#)**  
**[with the promo code](#)**  
**SPECIALEFL**

## 5 20 THINGS I AM GRATEFUL FOR

Gratefulness is like a muscle you can train. Start right now and define 20 things, people, experiences, situations, and whatever else comes to your mind that you are grateful for. These can be small or big things and anything in between. Don't stop before you've filled out the whole table!

1		11	
2		12	
3		13	
4		14	
5		15	
6		16	
7		17	
8		18	
9		19	
10		20	

VIDEO TUTORIAL [CLICK HERE TO WATCH](#)



Creating powerful  
gratitude vibes



**EFL**  
EMPOWERING  
FEMALE LEADERS

“Feeling gratitude is  
your key to riches as it  
immediately sends out  
powerful vibes to attract  
more of what you value.

Ulrike Seminati

# WHO AM I TO TELL YOU ALL OF THIS AND WHY SHOULD YOU TRUST ME?

My name is Ulrike Seminati, and before I found out about my relationship and beliefs about money, I was stuck exactly where you are right now. I was successful in everyone else's eyes, but not my own.

When climbing the corporate ladder, I only viewed money-making as an external process. You work more, you make more money, right? No, not really.

One day, I decided to dig deep into my beliefs and found that myself and thousands of people around me are programmed to be anti-money and anti-rich people, which made ZERO sense because we all wanted to be rich!

Did that last sentence sound off to you?

Did parts of you steer into shame when you said to yourself: "me too!"?

If it did, then we've found what's stopping you from earning the living you deserve and living the life you desire.

Today, I'm here to give you the opportunity to break free from your limiting beliefs, build a rich mindset, and eliminate any thought patterns that sabotage your growth!

Join me and thousands of other female leaders like yourself on our journey to abundance, financial growth, and mindset transformation! I am thrilled to get to know you in one of my trainings!



Founder & CEO of Empowerel and Empowering Female Leaders

CCA Certified Transformational Coach  
Member of International Coaching Institute



**BE BOLD.  
BE DARING.  
SHINE BRIGHT.**

