The Rooted Wealth Starter Kit

Soft Power Checklists. Mindset Maps. Soulful Templates to Secure Your Future with Grace.



THE SUCCESS SANCTUARY

Written by Olivia





Welcome

A sacred guide to feminine financial security for women rewriting the rules. This isn't hustle. This is homecoming.

Whether you're untangling from scarcity programming, stepping into a new season of self-sufficiency, or calling in legacy-level wealth—this kit is your steady ground. It's here to remind you:

You are your safest investment.
You are the source and the steward.
You were not born to chase money—
you were born to magnetize it.

Rooted & Rich

WHAT THIS KIT OFFERS

Rooted clarity around your current financial ecosystem

Soft yet strategic tools for growing income and reducing anxiety

Sacred structure without overwhelm

Mindset medicine for nervous system safety + wealth embodiment

Templates, trackers, and checklists you'll actually use

Soulful sovereignty as a baseline—not a bonus



SECTION 1:

THE ROOT SYSTEM — WEALTH FROM THE INSIDE OUT

Financial transformation begins with energetic and emotional safety. We don't build abundance from burnout. We build it from regulated nervous systems, clear visions, and powerful personal alignment.

Root In with These 3 Feminine Wealth Codes:

1. Safety
When you feel safe, you receive. Period.
Begin every wealth ritual by regulating your nervous system. Use breath, touch, scent (lavender or rose oil), or mantra.
Example: "My safety is not dependent on my bank balance. I am safe now. I am safe to receive."

2. Sufficiency
Scarcity says: "I'm never doing enough."
Sufficiency says: "I am supported. I choose what matters."
Practice: List 3 ways you are already provided for right now.
Acknowledge what you already have and bless it.

3. Sovereignty
No one else gets to define what wealth means for you.
You do.
Define your own metrics of "success." Do you want time? Freedom? Legacy? Flexibility? Support? Sensuality?
Let those become your compass.

SECTION 2: THE SOFT POWER AUDIT



Ground into truth.
Reclaim your clarity.

Use this checklist to gently scan your current ecosystem:

Where I Am Now:

- I know exactly how much I spend each month
- I know where every dollar I earn comes from
- I feel safe looking at my bank and investment accounts
- I have savings for at least 3-6 months of expenses
- I know what I value and spend accordingly
- I have no shame about past financial mistakes
- I have clear income goals that feel aligned, not oppressive
- I've released the idea that I have to earn my worth through burnout
- I have a budget or spending system that honors my life—not restricts it

Check all that apply. Notice what activates you. Gently meet yourself there, without shame.

Section 3:
The Rooted Wealth Map

A soft template for realignment + expansion
Use this map monthly to track where you are and where you're going—with honesty and gentleness. No numbers required to start—this is about relationship, not rigidity.

Monthly Income
- What is my current situation?
- What do I want it to be?
- What's one next step I can take to move toward my goal?

Monthly Spending
- What is my current situation?
- What do I want it to be?
- What's one next step I can take to move toward my goal?

Savings
- What is my current situation?
- What do I want it to be?
- What's one next step I can take to move toward my goal?

Investments
- What is my current situation?
- What do I want it to be?
- What's one next step I can take to move toward my goal?

Debts
- What is my current situation?
- What do I want it to be?
- What's one next step I can take to move toward my goal?

Highest Priorities
- What is my current situation?
- What do I want it to be?
- What's one next step I can take to move toward my goal?

How I want to feel
- What is my current situation?
- What do I want it to be?
- What's one next step I can take to move toward my goal?

Write this out. Keep it in your sacred space. Fill it in monthly with tenderness and honesty.



"Rooted wealth is the frequency of safety and soul. It flows from deep alignment, not effort."



SECTION 4:
PRACTICAL PROSPERITY — FOUNDATIONS FOR SAFETY + GROWTH

**This section is a mix of feminine clarity and grounded action.
Choose what feels aligned and build slowly.**

1. Money Dates

Once a week, light a candle, play music, and open your financial life. Review your spending. Celebrate your income. Tidy up your money. Mantra: “I care for what I want to grow.”



2. Soul-Aligned Budgeting

We recommend the 60/20/20 rhythm as a soft starter:

- 60% Needs & Lifestyle (food, rent, utilities, fun)
- 20% Financial Goals (savings, debt payoff, investments)
- 10% Overflow (generosity, travel, education, sacred splurges)

Adjust these to your values and season.

3. Wealth Protection

Do you have:

- A will or estate plan?
- Life or health insurance (if applicable)?
- Passwords and key accounts backed up or shared with someone you trust?

This isn’t just for “wealthy” people. This is how women protect their power.



Section 5: Mindset + Energetics Rituals

Your relationship with money is a mirror. These practices help rewire the roots.

Mirror Mantras (say these while looking into your eyes):

- “Money desires to serve me.”
- “I trust myself to hold and grow wealth.”
- “Receiving is my birthright.”
- “I do not need to suffer to succeed.”



Embodiment Practices:

- Put a cash bill in your bra and walk around your house repeating: “I attract money. I hold money. I love money.”
- Open your bank app daily and smile, even if the balance is small. Say: “Thank you. More is coming.”

Make a wealth altar: Add candles, gold coins, your vision board, and a glass of water or rose petals. Tend it weekly.

SECTION 6: ANCHOR IN — SOFT POWER WEALTH CHECKLIST

Before you end, run through this grounding list:

- I've honored my current reality
- I've taken one clear financial action this week
- I've affirmed my worthiness to receive
- I've made space for money to land (emotionally or literally)
- I've rested my nervous system
- I've asked for (or allowed) support
- I've aligned with my deepest values, not someone else's version of success

This is how we root. This is how we rise.





FINAL BLESSING

I am already attuned to the frequency of wealth.
Abundance lives in me—I am simply remembering what has always been mine.
Each breath I take is a sacred spell. Each choice I make is a declaration of value.
I am a living magnet for money, opportunity, and overflow.
I do not chase. I attract.
I do not force. I align.
I do not hustle. I harmonize.
I am the portal.
I am the pattern breaker.
I am the prosperity code.
I create with ease.
I receive with grace.
My energy is entwined with legacy, generosity, and divine wealth.
This is my return to softness, certainty, and sovereign creation.
I am rooted. I am receptive. I am resplendent.
And wealth flows to me, through me, and around me—undeniably mine.

[Download the audio here]

Receiving wealth effortlessly isn't about doing more—it's about tuning in.

When your energy, intention, and aligned action meet the frequency of what you desire, abundance naturally flows.

If you're ready to deepen that attunement, the full Rooted & Rich™ Feminine Freedom Starter Kit is here to guide you. It's where sacred meets strategic—where your nervous system, energy field, and wealth habits come into harmony with your feminine power.

This is the work that pays off—softly, steadily, soulfully.
Learn more →