

A person wearing a white tank top and light-colored pants is shown from the chest down. They are holding a large cup of iced coffee with a straw and colorful sprinkles in their right hand. A brown woven bag with a chain strap is slung over their left shoulder. The background is dark and out of focus.

The MANIFEST *\$1000 in 30 days* CHALLENGE

A 30-DAY JOURNEY TO OPEN THE CHANNEL TO RECEIVE
ABUNDANCE — NOT FROM FORCE, FEAR, OR SCARCITY,
BUT FROM ALIGNMENT, CREATIVITY, AND CONTRIBUTION.



welcome!

Over the next 30 days, we're going to unlock something powerful — a new relationship with abundance.

This isn't just about *finding* \$1000. It's about realizing that money, opportunities, and success are already around you — and learning how to step into the energy that attracts them.

You're going to be amazed at what happens when you approach life with the energy of **"of course it's possible."**

When you show up for this challenge, you're not just manifesting \$1000 — you're building a new level of trust in yourself, in your gifts, and in what's available to you.

Let's make this fun, creative, and expansive.

LET'S GO!





ROOT YOURSELF IN CERTAINTY

I live in
ABUNDANCE.

I am a magnet for
WEALTH.

What I seek is already
seeking ME.

It is already MINE.



BEGIN WITH CONTRIBUTION

01

Every desire you have — every idea, every ambition — begins because deep down, you want to **share something of value with the world.**

You're built to create, to contribute, to make an impact. Before we talk about money, before we talk about action steps, lock into this:

"One of the unique gifts I have been given in this life is to ____."

Start there.

START BY ASKING:

How can I help someone?
What do I naturally bring?
What can I offer today?

When you lead with contribution, wealth doesn't have to be forced — it flows.

Because money is just the byproduct of creating real value in the world.

Money needs a mission.

Without it, it's just noise.

With it, it becomes a **tool** for building the life you actually want.



5 IDEAS TO GET YOU STARTED

01

Get paid for something you already love doing. Think about the skills or hobbies you do naturally — writing, organizing, designing, baking, planning — and offer it to someone for a small fee.

02

Organize a small get-together or workshop. Gather a few friends and offer something of value — a meal, a mini-class, a guided workout — and charge a small contribution per person.

03

Package a skill into a one-hour paid offer. *Example:* "\$50 for a 1-hour social media audit" or "\$40 for a 1-hour closet organizing session." Think small, clear, and valuable.

04

Create a mini service for busy people. Offer to help someone with something they hate doing — running errands, setting up tech, returning items, grocery shopping — for a fee.

05

Flip something you own. Take a few unused items around your home, clean them up, and sell them on Facebook Marketplace or Poshmark.

02

AM I DOING THIS BECAUSE I'M COMMITTED — OR ONLY WHEN IT'S CONVENIENT?

There's a difference between being interested and being committed.

- Interested people act when it's **easy**.
- Committed people act because they've **decided** — **no matter what**.

This challenge is about showing up like it matters.

Because it does.

YOU HAVE TO STRETCH:

- Make the uncomfortable call.
- Offer the service before you feel “ready.”
- Ask for the raise.
- Pitch the idea.
- Try the thing that scares you.

5 IDEAS TO GET YOU STARTED

01

Make the phone call you've been avoiding. Whether it's a client, a prospect, or even someone who could refer you — pick up the phone instead of hiding behind another "perfect" email.

02

Raise your prices — and stand behind them. Even if it's just by \$10-\$20, stretch into believing you're worth more.

03

Apply for something bigger. A new job, a freelance gig, a business grant, a new opportunity — apply even if you feel like you're "not ready yet."

04

Follow up — even if it feels awkward. Check in with people you pitched or helped before. A simple, "Hey! Just following up — would love to support you if the timing's right."

05

Post a public offer online today. No overthinking. No perfect graphics. Share a simple post: "I have 3 spots open for ___ this week. Message me if you want one."

Expect Wealth to Come From Anywhere

Money doesn't control you. **You control money.** Money is a **tool** — it's meant to work for you, not the other way around.

Wealth doesn't always show up how you expect it.

It doesn't have to be logical.

It doesn't have to be hard.

When you shift your energy toward creating value, when you stay open and expectant — **opportunities start to find you.**

Sometimes wealth shows up through the front door. Sometimes it sneaks in through the window. **Stay open to all of it.**

THE HOW ISN'T YOUR JOB.

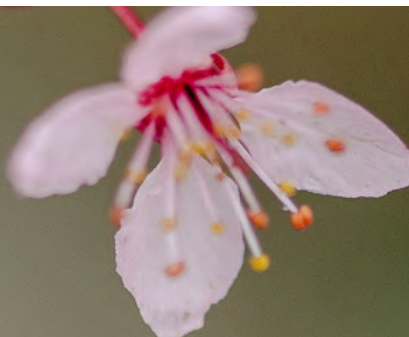
Stay curious. Stay expectant.
Stay out of the trap of thinking you have
to "earn it the hard way."



Opportunities are always circulating around you.

It's not about creating luck — it's about recognizing what's already there, and moving when you feel the pull. Stay open. Stay expectant. Stay ready.

This isn't magic. It's about **looking for opportunities** while others are looking for reasons why they can't make it happen.



04

Respect Your Wealth



Building wealth isn't about "cutting back" to survive. It's about moving your money with **purpose** and power.

Every time you spend — or save — you're casting a vote for the life you're building. This isn't about denying yourself pleasures.

It's about asking better questions:

- "Is this the best use of my money right now?"
- "Is this moving me closer to who I'm becoming?"
- "Am I investing in my future, or just feeding a moment of impulse?"

When you pause before you spend, cancel subscriptions you're not using, or pass on a coffee you don't really want — you're not living in scarcity.

You're living in **respect** for your future.

And just as important — when you do have an opportunity to invest in your skills, your growth, or the markets — you move boldly.

You put your money to work for you. This is power. Not chasing. Not clinging. Choosing.

Restriction isn't weakness. It's mastery.

It's about being the kind of person who knows: **"I control money — it doesn't control me."**



5 IDEAS TO GET YOU STARTED

01

Offer yourself a better reward. Instead of spending impulsively, reward yourself by adding to your "Freedom Fund" — a investment account for your dreams.

02

Make one strategic purchase today — not an emotional one. Buy a book that elevates you. Pay for something that makes your future stronger, not just your present happier.

03

Review all auto-payments today. Ask: "Is this helping me grow, or is it just taking space?"

04

Transfer the cost of one "small indulgence" into an investment account. Example: Skip the \$6 coffee — transfer \$6 into your investment account instead.

05

Call your credit card companies and ask for a lower APR. This isn't about "begging." This is about moving like someone who respects their money and refuses to waste it.





05

Commit to Learning — No Excuses

If you want to change your relationship with money, you have to change your commitment to learning about it. There's no shortcut. There's no one-size-fits-all magic answer.

I often hear moms ask, "Just tell me what to do." When I ask, "Have you come to any of our calls?", the answer is always "I didn't have time."

If you're serious about building wealth, there are **no more excuses. Show up. Learn. Ask questions. Take action.**

Starting now, every month, I'm offering free classes on how to start your investment journey — the basics, the steps, the mindset.

If you really want to build a different future, the door is open. But you have to walk through it.

CLOSING THOUGHTS:

A New Way of Showing Up for Wealth

This challenge isn't just about manifesting \$1000. It's about becoming **someone new in the way you show up for money, opportunity, and wealth.**

We are leaving behind the old narratives:

- "Money is hard."
- "It's not for people like me."
- "I have to struggle to get ahead."

From now on:

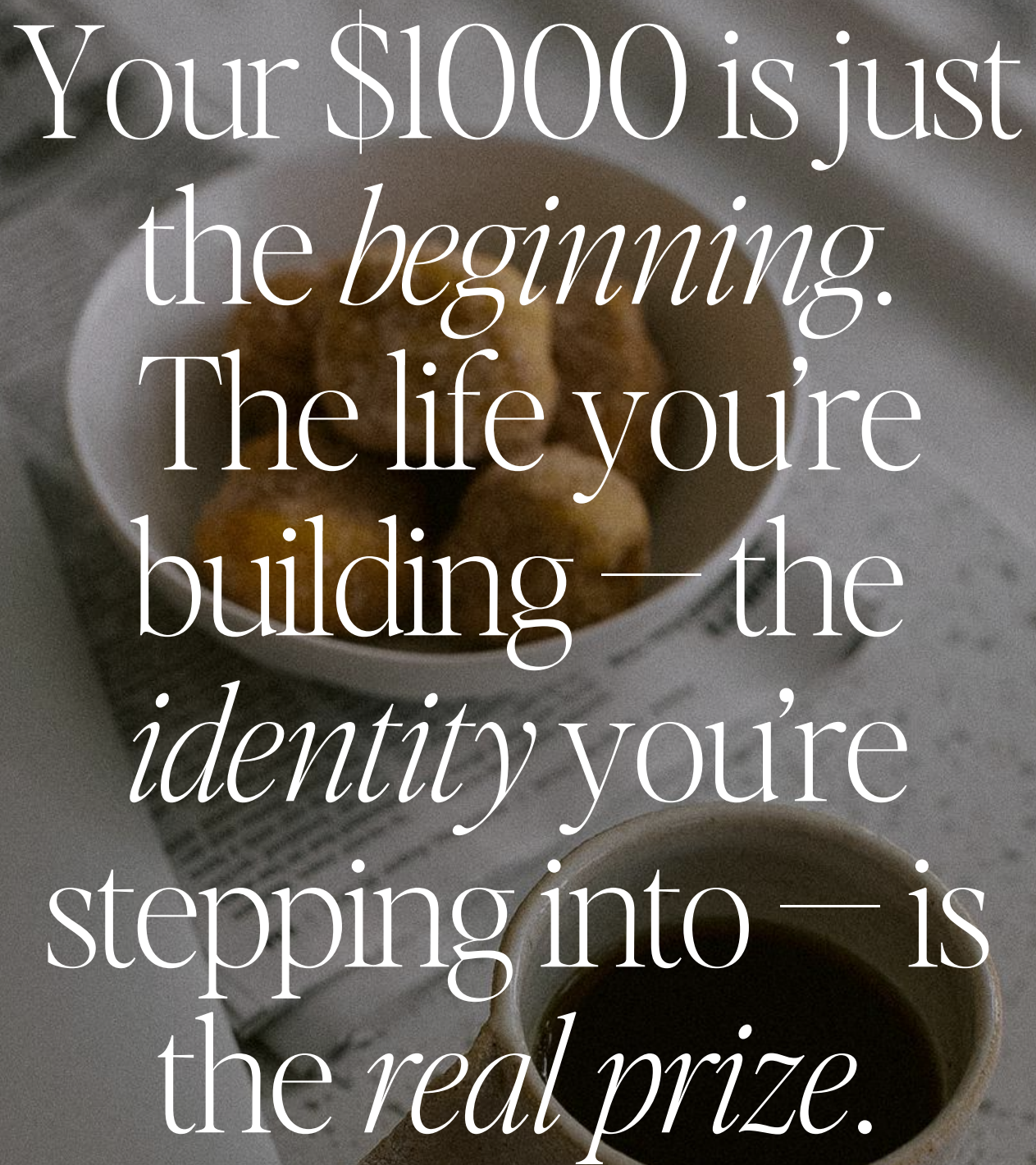
- Money is beautiful.
- Wealth is natural.
- Opportunities are everywhere.
- And you are powerful enough to create, receive, and grow it.

This is about building a different kind of relationship with money — one based on **respect, joy, confidence, and creativity.**

We're not chasing money.
We're not clinging to it.
We're creating value, staying open, and
allowing wealth to flow through us with
ease and purpose.


You have everything in you already. So
let's have fun. Let's be bold. Let's move
with certainty.

And let's open the door to more
abundance than we thought possible.

A background image showing a cup of dark coffee in a light-colored ceramic mug, a bowl of food (possibly fries or chicken) on a white plate, and a laptop keyboard in the upper left corner. The scene is set on a light-colored, speckled surface.

Your \$1000 is just
the *beginning*.
The life you're
building — the
identity you're
stepping into — is
the *real prize*.

LET'S GO CREATE IT.

A still life background featuring a potted plant with green leaves in the upper left, a bright red handbag with a gold zipper in the upper right, a pair of glasses with thin frames resting on a stack of papers in the lower left, and a white sheet of paper in the lower right. The scene is lit with warm, soft light, creating gentle shadows.

*Things I Learned
About MONEY
Without Ever Being
TAUGHT.*

FILL IN THE BLANK.

WEALTH IS...



EMPLOYEES ARE...



PROFIT IS...



POWER IS...



FILL IN THE BLANK.

FAME IS...



CONTROL IS...



LONLINESS IS...



PEOPLE TAKING ADVANTAGE OF ME IS...



FILL IN THE BLANK.

LAWSUITS ARE...

BEING THE MOST SUCCESSFUL PERSON IN MY FAMILY IS...

IF I CHARGED WHAT I REALLY WANTED, PEOPLE WOULD...

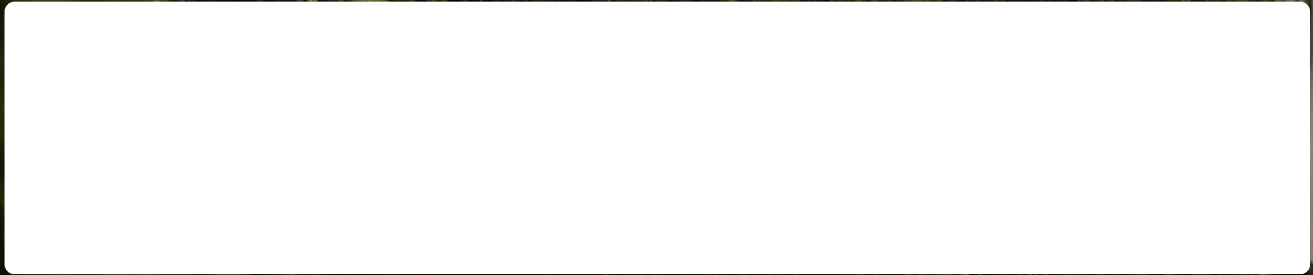
MONEY MAKES PEOPLE....

FILL IN THE BLANK.

ASKING FOR HELP IS...



IF I LOST ALL OF MY MONEY, I WOULD...




RICH PEOPLE ARE...



RECEIVING MONEY FEELS...



A still life composition featuring a bottle of sparkling wine, a glass of sparkling wine with strawberries, lemons, and an open book on a rocky surface with a blurred background of water.

A BILLIONAIRE
was asked TO
ANSWER *the same*
QUESTIONS.

FILL IN THE BLANK.

WEALTH IS...

I AM WEALTH.

EMPLOYEES ARE...

ACCESS TO INFINITY.
PARTNERS IN THE MISSION.

PROFIT IS...

FUEL FOR IMPACT.
IT ALLOWS THE MISSION TO BE SUSTAINABLE AND
EXPANSIVE.

POWER IS...

A KIND KING.
THE ABILITY TO CREATE CHANGE AND PROTECT OTHERS.

FILL IN THE BLANK.

FAME IS...

A WAY TO SHARE.

CONTROL IS...

A WAY TO GIVE.
CREATING A SAFE, STABLE FOUNDATION WHERE OTHERS
CAN THRIVE.

LONLINESS IS...

A TIME TO BE CREATIVE.
TIME WITH MYSELF, TO REGROUP OR BE STILL.

PEOPLE TAKING ADVANTAGE OF ME IS...

THEM SHOWING ME THE WAY.

FILL IN THE BLANK.

LAWSUITS ARE...

A SIGN I'M WINNING.

BEING THE MOST SUCCESSFUL PERSON IN MY FAMILY IS...

A WAY TO INSPIRE AND AN OPPORTUNITY TO BREAK CYCLES, AND LIFT OTHERS UP WITH ME.

IF I CHARGED WHAT I REALLY WANTED, PEOPLE WOULD...

RESPECT IT. AND IF THEY DON'T, THEY'RE NOT MY PEOPLE.

MONEY MAKES PEOPLE....

MORE OF WHO THEY ALREADY ARE. IF YOU'RE GENEROUS BEFORE, YOU'LL BE EVEN MORE SO WITH MORE.

FILL IN THE BLANK.

ASKING FOR HELP IS...

WISE. NO ONE GETS TO THE TOP ALONE.

IF I LOST ALL OF MY MONEY, I WOULD...

AND I'D REBUILD WITH EVEN MORE WISDOM. I AM WEALTHY REMEMBER?

RICH PEOPLE ARE...

JUST PEOPLE. SOME ARE KIND, SOME AREN'T. WEALTH ISN'T WHAT DEFINES THEIR CHARACTER.

RECEIVING MONEY FEELS...

ALIGNED. I'VE DONE THE WORK AND I ALLOW THE UNIVERSE TO SUPPORT ME THROUGH OTHERS.

What are we trying to UNCOVER here?

01

MONEY BLOCKS YOU DIDN'T KNOW WERE THERE

You might say you want more money—but if you've been taught that wealth is selfish or "too much," part of you might be pushing it away. This helps you catch those hidden blocks so you can shift them.

02

WHO YOU THINK YOU'RE ALLOWED TO BE

If you've always been the one who sacrifices, struggles, or "gets by," having more might feel unsafe or out of character. These questions help you notice if you're shrinking to stay in roles that no longer serve you.

03

FEAR OF OUTGROWING YOUR CIRCLE

Sometimes, deep down, we fear that success will separate us from the people we love. Like if you become the most successful person in your family, you'll lose your place. This exercise helps bring that fear to the surface.

04

WHAT POWER AND VISIBILITY MEAN TO YOU

If you've had painful experiences with control, manipulation, or being judged, stepping into leadership or being "seen" can feel dangerous. This helps you understand your relationship to being visible, respected, and heard.

What are we trying to UNCOVER here?

HOW COMFORTABLE YOU ARE RECEIVING

05

Many single moms are so used to giving that receiving feels foreign—or even selfish. These questions open up what it means to let yourself be supported, paid, or cared for—without guilt.

THE VALUES YOU'VE ATTACHED TO MONEY

06

You might believe that wanting more is “greedy,” or that being spiritual means you shouldn’t care about money. This exercise gently questions those stories, so you can create new definitions that feel aligned and true.

FAMILY GUILT AND GENERATIONAL LIMITS

07

If you feel torn about having more than your parents or siblings, you might unconsciously limit your own success. These reflections help you explore those family dynamics without shame—so you can rise and still stay rooted in love.

WHAT YOU'RE AFRAID WEALTH WILL COST YOU

08

More money often means more responsibility, visibility, or even risk. This helps you get honest about what you might fear success will require—and what you need to feel safe while expanding.

Why are we doing this work?

YOU WEREN'T GIVEN THESE QUESTIONS JUST TO JOURNAL FOR THE SAKE OF JOURNALING.

You were given them so you could begin to release what was never yours to carry—old stories, family patterns, the shame, the fear, the pressure to prove yourself, and the belief that you're only allowed to want “just enough.”

Because here's the truth:

You are in charge now.

How your life goes from here—how money flows, how safe you feel, how seen, how supported—is something you have the power to reshape. And I know that might sound far away right now... but I promise it's already starting.

This is your moment.

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