



Inspired Spirit
COACHING ACADEMY
International Coach Training & Certification

Manifesting Money for a Course, Training or Program

Created by Sandy Forster

Manifesting Money for a Course, Training or Program



Welcome!

If you're holding this workbook, chances are there's a course, training or program that's caught your eye - one that feels aligned, expansive, and exciting. Hopefully it's one of mine - haha.

Maybe you've been thinking: *"I'd love to do this, but I'm not sure where the money will come from."*

This workbook is here to change that.

Now, this has been created specifically for people looking at become an Internationally Certified Coach through my training company, the Inspired Spirit Coaching Academy, but really, you could use it for any course you're wanting to join.

Inside, you'll find a blend of powerful mindset practices, manifesting techniques, and simple, practical steps to help you call in the money you need, quickly, magically and in ways that may surprise you.

Whether you've tried manifesting before or this is your first time tapping into the power of the Universe, this process will guide you to:

- Clarify your intention and feel deeply connected to your desire
- Clear resistance and shift into energetic alignment with receiving
- Take inspired action that opens new channels for money to flow
- Strengthen your belief in what's possible for you

You don't have to wait for the "right time" or hope that money magically appears. You can create it, with intention, clarity, and a bit of inspired magic.

The steps are simple, and the energy is powerful. Your results will often be unexpected and can be quite magical!



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Let's begin.

Spot the Leaks

Your money may be slipping away in small, sneaky ways so let's uncover them so you can redirect that flow toward your dream.



Start by looking at where your money goes daily, weekly, and monthly. Then you're going to make some changes, these aren't big life-changing sacrifices, just little course-corrects that help you consciously claim your abundance and redirect it toward something that will transform your life.

I am the queen of frugal, I LOVE saving money, here are some places to look:

Subscriptions & Memberships

- Cancel any subscriptions you haven't used in the past month (apps, streaming, memberships).
- Check your PayPal or bank statements for recurring charges.
- Ask yourself: Will this help me manifest money or just momentarily distract me?

Banking & Credit

- Cancel unused credit cards and accounts that charge fees.
- Set up automatic payments to avoid late fees.
- Switch to a bank account with no monthly fees or better interest.
- Stop using "buy now, pay later" services unless absolutely necessary.

Beauty & Self-Care

- Stretch out the time between hair, nails, massage, and other appointments.
- DIY your hair color, waxing, nails, eyelashes etc if you're up for it.
- Try free or low-cost beauty schools for services.

Entertainment & Eating Out

- Swap dinners out for homecooked meals or beach picnics.
- Take your own snacks to the movies.
- Brew your coffee or hot chocolate at home instead of buying.

Food & Groceries

- Plan meals and shop once per week (less temptation = less spending).
- Use what's already in your pantry or freezer before buying more.
- Buy in bulk and stick to generic brands.
- Make your own snacks or treats instead of buying them.
- Make a big healthy stew with veggies before they go bad

Household & Utilities

- Turn off lights and appliances when not in use.
- Run full loads of laundry or dishes.
- Use fans instead of air con where possible.
- Dry clothes in the sun.
- Request a free energy audit 'cos they often come with cost-saving tips and freebies.



Travel & Transport

- Carpool or use public transport.
- Walk or bike short distances.
- Keep your car well-maintained to avoid costly issues later.
- Compare car insurance rates and adjust to your car's current value.

Quick List of Things to Compare and Save On

- Phone plan (mobile and home)
- Electricity provider
- Gas provider
- Internet service
- Car insurance
- Home and contents insurance
- Health insurance
- Streaming subscriptions (Netflix, Spotify, etc.)
- Gym or club memberships
- Credit card fees and interest rates

Your Challenge

Go through your last month's transactions and highlight **everything you could reduce, cancel, or replace with a more frugal option**. Even small savings can quickly add up.

Then, redirect that money into a **"Course Manifesting Fund."**

Open a separate account or savings jar and label it with the course name or a fun, empowering name like:

- *My Abundance Activation Fund*
- *Aligned Action Account*
- *Divine Learning Deposit*

Every dollar saved isn't just money, it's a message to the Universe that you're ready, you're serious, and you're open to receiving.

Things I can take action on this week to start to save:



Sell Unused Items

Money is already sitting in your home and it's time to release it and let it flow toward your goals and dreams.

Take a fresh look around your home. There are likely things you're no longer using, needing, or loving and they're just waiting to be turned into cash. Whether it's clothes, kitchen appliances, furniture, books, or beauty gadgets, it's time to turn your clutter into course money.

This is one of the fastest ways to shift your energy from *"I can't afford it"* to *"Look at me bringing in money out of nowhere!"*

Here's how to do it:

What to Look For:

- **Clothing** you no longer wear, especially brand name, vintage, or in great condition
- **Books**, especially personal development, spiritual, or niche topics
- **Electronics** like old phones, tablets, headphones, cameras
- **Homewares** like unused kitchen appliances, dinner sets, or extra decor
- **Fitness gear** or equipment gathering dust in the corner
- **Kids' items**, toys, clothes, baby gear, games
- **Craft supplies** or half-finished hobby projects you're no longer into
- **Unused gifts**, that candle set or beauty pack you never opened

Where to Sell:

- **Facebook Marketplace** - super fast and free (my favorite place to sell)
- **Gumtree / Craigslist** - great for larger items like furniture
- **eBay** - perfect for collectibles, books, tech
- **Local buy/swap/sell groups**
- **Garage sale or car boot market** - especially if you want to clear out in one go

Things I can sell:

Need a mindset Boost?

Instead of thinking *"I'm selling my stuff because I can't afford this course,"*
think *"I'm clearing space, raising my vibration, and opening new channels for abundance to flow."*



Each item you release:

- Frees up physical and energetic space
- Reminds you of your intention
- Builds confidence that you CAN bring in money from unexpected places

The best part is, once you say yes to your training and your coaching business starts growing, you'll be in a completely different financial position. If you really need or want those things again, you can easily buy them, and probably an upgraded version too.

This isn't about sacrifice... it's about making space.

Space for abundance.

Space for your dreams.

Space for a future where you're thriving, fulfilled, and financially free.

So sell what no longer serves the version of you you're becoming and use the cash to invest in the future you truly desire.

Any thoughts or ideas come up for you in this section?

Increase Income

While saving money is a powerful step toward funding your course or program, sometimes the fastest way to get what you want is simply to bring more money in. And it doesn't have to be hard. You don't need a full-blown business or a huge plan, just one small idea, one inspired action.



Could you offer a simple service, like babysitting, tutoring, pet sitting, or helping someone get organized? Could you freelance, sell something you create, or take on a short-term gig? When you decide you're open to receiving more, opportunities begin to show up. You just need to be willing to say yes, take action, and allow the money to flow.

Even a little extra income can shift your energy, build your belief, and give you the money to take the next step. Keep your eyes open, your mindset aligned, and trust that money is ready to meet you halfway. Remember courses such as the ISCA not only have a pay in full option, but also a payment plan so you can spread the payments out over a year to help with cash flow. And we also offer an Earn as You Learn option. Because you don't need to wait until you're certified to start working with paying clients, so we show you how to do that. SO that's another way to pay your tuition. Just one client will cover your tuition.

And of course there's actual financing – there's many practical options.

Ideas of ways to easily create some extra income:

But of course...you have to combine the practical and the metaphysical.

Combine With Visualization

Each day, start by visualizing yourself already enrolled in the course or program, feeling proud, excited, and aligned. Listen to the Meditation or Visualization I've created for you – it will raise your energy...



Then, take one small, inspired action to match that energy.

Cancel a subscription. List an item for sale. Transfer \$10 into your special savings account. These actions might seem small, but they build powerful momentum when combined with the right mindset.

And Affirmations

Saving money is about showing the Universe that you're ready to be responsible, abundant, and in control of your financial future.

The more intentional you become with your money, the more you'll notice it flowing to you in unexpected and magical ways. These affirmations will help you shift your identity from someone who struggles with money to someone who *masters* it, joyfully, confidently, and with ease.

Repeat them daily, say them out loud, write them in your journal, or use them as part of your morning ritual.

Let them become your new money truth and really FEEL them as the truth already. I'll put the affirmations in a separate audio so you can listen whenever you want.

Affirmations for Saving Money and Increasing Financial Flow

Saving money feels empowering and expansive.

Every dollar I save multiplies and flows back to me tenfold.

I'm amazing at managing, saving, and growing my money.

Saving money is easy, fun and gives me freedom

I feel powerful and in control as I watch my savings grow.

I'm a magnet for money, the more I save, the more it flows

The more I respect and save money, the more abundance I attract.

I easily find ways to redirect money toward my dreams.

The Universe supports me in creating abundance

I always have more than enough for what my heart desires

I'm open to new, unexpected ways to save and receive money.

Every dollar I save creates a better, more abundant life.

I'm becoming wildly wealthy and I love it

My savings grow, my income increases and money flows with ease.

Create some of your own powerful affirmations to say:



To Wrap Up

So as you save with intention, take aligned action, and stay open to new ways for money to flow, keep your focus on what you're really doing, which is stepping into the next version of you. The version who says yes to her dreams, who backs herself, the version who creates abundance on purpose.

See it. Feel it. Know it.

See yourself coaching with confidence.

Feel the joy of helping others transform their lives.

Know that you're finally doing the work you were born for, and getting well paid for it.

Your new life as a coach is already taking shape.

And we can't wait to welcome you into the Inspired Spirit Coaching Academy where you'll dive into all things mindset, manifesting, coaching, money, and so much more.

You'll become an Internationally Certified Coach and start creating a life that's deeply fulfilling, financially rewarding, and fully aligned with your purpose.

Your journey starts now. And we're cheering you on every step of the way!

To find out more or enrol in our next intake to

www.InspiredSpiritCoachingAcademy.com