



# PRICELESS

PRICELESS PRINCIPLES  
for  
TRUE WEALTH

*Laura Fredrickson*

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INSTITUTE OF TRUE WEALTH



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## **THE 5 P'S**

**Progress**  
**Process**  
**Patience**  
**Perspective**  
**Practice**

As I embark on my PRICELESS Life Path journey, I choose to:

Honor my progress  
Acknowledge this is a process  
Offer patience to myself  
Operate from a higher perspective  
Realize this is a practice



## INFLATION & DEFLATION

*Emotional Dictionary*

*Alignment Scale*

*My feelings are indicators of the direction of my thoughts,  
which are the origin of my reality.*

*There is nothing more valuable to me than how I feel.*

1. Joy/Empowerment/Freedom/Love/Appreciation
2. Passion
3. Enthusiasm/ Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. Overwhelmed
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness

List courtesy of Abraham-Hicks.com



## EMOTIONAL TRACKING SHEET

Date	Overall	Money	Career	Romantic	Friendship	Health



## **PRICELESS PRINCIPLES**

True Currency

Compound Interest

Your Greatest Commodity

Making a Living

Your Bottom Line

I.R.A. - Infinite Resource of Abundance

Your True Inheritance

Hidden Assets

R.I.C.H.

The Ultimate Stimulus Package

Trust Fund

Have vs Have Not

Coin Your Own Terms

Fulfillionaire Formula

R.O.I. - Return on Intention & Integrity

Your Personal Credit Line

Millionaire Heart

J.O.B. - Just Obey Brilliance

Checks & Balances

Get Rich Quick



## THE TRUE CURRENCY

Everything in life is comprised of energy.

There are 2 types of energy:  
Manifest and Un-manifest  
Materialized and Un-materialized

Manifest/Materialized energy is everything that is in form. It is seen and is tangible.

Un-manifest and Un-materialized energy is unseen,  
formless and is the essence of something.

*\*\*\*As I look around the room I am sitting in, I acknowledge that  
everything that is in form, originated as a thought.\*\*\**

Additional Notes



## COMPOUND INTEREST

I have a grace period of approximately 30 days for manifestation.  
Manifestation and materialization is not instantly occurring.

This is a buffer period, to support me to step into more conscious awareness and  
curation of my thoughts.

To change my reality, all that is required is to shift my inner ratio of attention and  
vibration to 51% of what I prefer.

Once this subtle yet profound shift occurs,  
the Law of Physics and Momentum will handle the rest.

Additional Notes





## **MY GREATEST COMMODITY**

*More powerful than my intention, is my attention.*

The Law of Response is a neutral vibrational force that assures:

What I concentrate on is being created.

I have a gravitational pull to my consciousness.

Every relationship in my life is an extension of the relationship I have with myself.

Life treats me the way I treat myself.

My inner dialogue is being validated with people,  
circumstances, events and situations.

Everything in life is story, the most important story is the one I tell myself.

I am attracting based on how I feel.

I am always on [vibrationalmatch.com](http://vibrationalmatch.com)

My perception creates my reality.

Additional Notes



## HOW I TRULY MAKE A LIVING

### *The Sequence of Manifestation*

MY THOUGHTS → MY FEELINGS → MY ACTIONS → MY RESULTS

My thoughts give rise to my feelings, which inform my actions,  
which produce my results.

My results/my reality manifest in 4 categories:

My Relationships

My Career

My Finances

My Health

Insanity is doing the same thing over and over and expecting a different result.

The only way to fundamentally change my results,  
is by shifting my thoughts and beliefs.

Additional Notes



## **MY BOTTOM LINE**

*Soul Purpose, True North, Divine Contract,  
My Truth, Ultimate Mission Statement.*

There is nothing more valuable to me than how I feel.

I am an experiential being, courtesy of my emotional body.

I am here to experience:

Joy/Empowerment/Freedom/Love/Appreciation

Passion

Enthusiasm/ Eagerness/Happiness

Positive Expectation/Belief

Optimism

Hopefulness

Contentment

Additional Notes



## **MY BOTTOM LINE**

### Exercise

There is nothing more valuable to me than how I feel.

I am an experiential being, courtesy of my emotional body.

I am here to experience:



Additional Notes



## **I.R.A.**

*Infinite Resource of Abundance*

### The Law of Abundance

With all things being energy, there is a benevolent energy that is intending for me to thrive. This well intended energy is the undercurrent of all of life.

I must be in alignment with this energy,  
in order to receive its gifts in my personal reality.

There is only one current of wellbeing.  
I am either in flow or in opposition of that current.

The choice to be upstream or downstream in this current of wellbeing is up to me,  
and is based on the placement of my attention.

### Additional Notes



## GET RICH QUICK

Appreciation = Alignment = Abundance

What I appreciate, appreciates!

Appreciation is the highest vibration I can offer.

Appreciation activates richness in all aspects of my life.

### My Appreciation Practice:

**Thinking** deliberate thoughts of gratitude is singularly powerful and launches  
One vibrational request.

**Speaking** appreciation is doubly powerful and launches  
Two vibrational requests.

**Writing** appreciation is triply powerful, and launches  
Three vibrational requests.

**Showering** myself with blessings. Each time I take a bath or shower, I create a  
ritual of intent, noticing what is right about me and celebrate my qualities.

### Additional Notes



## **GET RICH QUICK JOURNAL**

### *Gratitude Practice*

Appreciation = Alignment = Abundance

At least 4 days a week I will choose to go on a deliberate hunt for the positive aspects of my life, noticing what is working and what I am grateful for.

Ideally I will do my practice at the beginning of the day as this will set a positive outlook and energetic tone for my day.

I will be vigilant about not repeating the same observations as to ensure that my practice doesn't become generic.

I will know I am doing the exercise right because it will feel good to do so.

The soul purpose of doing my gratitude practice is to feel better.

If I am not grateful for my life, I am judging it.



## **AWARENESS EXERCISE**

*My Relationship to Natural Laws  
Understanding / Believing / Knowing*

When I am in “Understanding”, I will have more variables in my results,  
than when I am in “Believing”.

When I am in “Believing”, I will have less variables than when I am in “Understanding”,  
but more variables than when I am in a state of “Knowing”.

### Entry Level- Understanding

This is where I take something in at a cognitive level.

It is said that the longest journey is the 10” from my mind to my heart.

As I begin to consider the influence of the Natural Laws in my personal reality,  
the Law of Response returns to me validation of what I have been considering.

The deeper realization of the influence of my thoughts informing my reality, moves me into the next  
realm of empowerment.

### Second Level- Believing

Once I am in a state of Believing, I become aware of my influence in my reality,  
in the form of evidence, as I consciously co-create with the Natural Laws  
that govern my reality. Contrary to the popular belief –

“believe it when I see it”, I will actually begin to “see it when I believe it.”

The more I believe the more I will see, and the more I see, the more I will believe.

Around and around I will go, in a delicious feedback loop of conscious creation.

### Self Mastery Level- Knowing

At this level of Self Mastery, I have claimed my power and am conscious and aware of my  
perceptions. Everything in my experience is a reflection of joy, love, ease, flow and abundance.  
Previous experiences of 'challenges' are reinterpreted to be inherent opportunities and are catalysts  
for my greater awareness, empowerment and fulfillment.





## **AWARENESS EXERCISE**

*My Current Relationship to Natural Laws*

Law of Response / Law of Attraction

*My perception creates my reality.*

I Understand      <<<      I Believe      <<<      I Know

The Law of Abundance

*There is benevolent energy that is intending for me to thrive, and is intending for all of my hearts desires to be realized.*

I Understand      <<<      I Believe      <<<      I Know

My results will always reveal  
whether I am in a state of understanding, believing or knowing.



## **MY TRUE INHERITANCE**

### My True Inheritance

I am here to experience freedom, joy and love. It is my birthright to thrive and prosper as I partner with the Natural Laws. I am intended to co-create my heart's desires with the ultimate creative force of the Universe, in the spirit of ease and grace.

### My False Inheritance

These are FEAR based energetic hand-me-downs and psychological inheritances that I have adopted throughout the course of my human journey. This is what I refer to as my B.S. (Belief Systems).

### Additional Notes



## HAVE vs. HAVE NOT

*The Power of my Perception*

*My perception creates my reality.*

*My reality consists of:*

*Relationships*

*Health*

*Career*

*Money*

When I perceive my life through lack, scarcity and what isn't working, I create



Pain, drama and challenges



This is how powerful I am



Courtesy of the Law of Response, neutrally returning to me what I am focusing on

When I perceive my life through possibility, appreciation and what is working, I create



Infinite possibilities, more to appreciate and opportunities



This is how powerful I am



Courtesy of the Law of Response, neutrally returning to me what I am focusing on.



## FLOW & FULFILLMENT EXERCISE

### *My Relationship with My Life*

My awareness is my greatest facilitator for change.  
It is only through my awareness that I have choice.

#### Step 1:

I am experiencing flow and fulfillment, the majority of the time, in the following areas:

Relationships      Health      Career      Money

#### Step 2:

Up until now, the following perceptions have been the most predominant:

##### Relationships:

###### Romantic:

My perception has been based primarily in lack and scarcity.  
My perception has been based primarily in possibility and appreciation.

###### Friendship:

My perception has been based primarily in lack and scarcity.  
My perception has been based primarily in possibility and appreciation.

###### Family:

My perception has been based primarily in lack and scarcity.  
My perception has been based primarily in possibility and appreciation.

##### Health:

My perception up until now has been based primarily in lack and scarcity.  
My perception up until now has been based primarily in possibility and appreciation.

##### Career:

My perception up until now has been based primarily in lack and scarcity.  
My perception up until now has been based primarily in possibility and appreciation.

##### Money:

My perception up until now has been based primarily in lack and scarcity.  
My perception up until now has been based primarily in possibility and appreciation.



### Step 3:

In the areas of my life that I am not currently experiencing flow and fulfillment, I recognize that my perception was based primarily in lack and scarcity.

I also recognize in the areas of my life where I am currently experiencing flow and fulfillment, my perception was based primarily in possibility and appreciation.

### Declaration

Through my practice of awareness, I have reclaimed my power. I know that the source of my true freedom, fulfillment and abundance resides in my perception. I am powerful beyond measure.

I realize that in order to bring more flow and fulfillment in the categories of \_\_\_\_\_, I must shift my perception more often to what is working, what I am grateful for, and possibility thinking.



## **HIDDEN ASSETS**

*Mind and Heart*

*The Divine Purpose of My Emotions*

My mind and heart are partners that support my experience of freedom, fulfillment and prosperity.

My emotions (my heart's intelligence system) inform me regarding the direction of my thoughts, indicating whether or not I am on the path of fulfilling my heart's desires.

Heart's Desire = anything that is life affirming, life promoting, and creates a world that works for everyone.

Additional Notes



## **R.I.C.H**

*Realizing I Create Happiness*

I realize now that my emotions are informed by my beliefs and internal dialogue,  
and my security and fulfillment are directly connected  
to my perceptions and beliefs.

I now choose to tell stories that promote my happiness,  
freedom, fulfillment and security.

Additional Notes



## Perception Shift Process

### *Flipping the Script*

If I become misaligned and dip below a 7 on the Emotional Scale:

- 1) Acknowledge which subject I am thinking about:  
Money, Relationships, Health or Career
  
- 2) Distill the fear-based story I am telling myself into 1 or 2 sentences  
and place in the B.S. column.
  
- 3) Read along the B.S. statement beginning with the empowering reminder - "My  
perception creates my reality." Notice how this perception feels, and acknowledge that in  
order to create a new reality, I must tell a better feeling version of this story.
  
- 3) Connect with the essence of what I am wanting and choose a better feeling story.  
Place this better feeling 'downstream' perception in my Truth column.  
This is my new Personal Mantra.
  
- 5) Read aloud my new Personal Mantra, from the Truth column beginning with the  
empowering reminder - "My perception creates my reality."
  
- 6) Write my new found truth and personal mantra  
in the "Personal Mantra" section of my workbook.

### **Seeds & Weeds Practice**

Imagining my mind as a fertile garden, I have just pulled up a "weed" in the  
form of B.S. and have planted a new seed of Truth.

I will fertilize my new seed of Truth by reading and speaking aloud new empowering  
mantra at least 4 times a week to ground this new truth into my consciousness.

This will prevent the old weeds from growing back.

*(continued)*





## **Perception Shift Process, cont'd**

My “miracle grow” is my Appreciation Practice. I will include my new found perception and Personal Mantra as an entry in my Get Rich Quick Gratitude Journal and notice the ways in which this perception is already true.

Remembering the 30 days window of manifestation, I rest assured knowing that as I hold my new empowered perception it is inevitable that it will represent itself in my personal reality in the form of evidence.



## PERCEPTION SHIFT EXERCISE

B.S. (Upstream)

My perception creates my reality.

TRUTH (Downstream)

My perception creates my reality.

---



## PERCEPTION SHIFT EXERCISE

B.S. (Upstream)

My perception creates my reality.

TRUTH (Downstream)

My perception creates my reality.

---



## PERCEPTION SHIFT EXERCISE

B.S. (Upstream)

My perception creates my reality.

TRUTH (Downstream)

My perception creates my reality.

---



## MY PERSONAL MANTRAS



## **MY PERSONAL MANTRAS**



## BRIDGING STATEMENTS

*These statements will assist me to initiate the feelings of alignment and excitement.  
I will use them to joyfully elaborate on my new Personal Mantra.*

I am in the process of...

I do know I can change....

More and more I'm....

I love the feeling of allowing...

It's nice to think about...

I am in love with the idea of...

It excites me...

I like feeling calm about...

I'm beginning to understand...

I'm expecting better...



## **PRICELESS RECALIBRATION MANTRA**

I choose to take full responsibility for my experience.  
Anytime I experience pain or drama in my life,  
it is an opportunity to return to love within myself.

Everything and everyone that I experience, is an extension of my consciousness,  
and is a reflection of the relationship I have with myself.  
Courtesy of Law of Response.

**I ACKNOWLEDGE**

**I ACCEPT**

**I APPRECIATE**

**I LOVE**

**I ACKNOWLEDGE** that my perception was based on fear and scarcity which  
manifested as pain and drama.

**I ACCEPT** myself and all that has unfolded as an opportunity to align more deeply  
with the truth of who I am, which is pure love.

**I APPRECIATE** what has been revealed to me, and the realizations that have  
come from this unique experience.

**I LOVE** myself and trust that life is happening for me. I am love.





## **ULTIMATE STIMULUS PACKAGE**

### *The Gift of Contrast*

Contrast is the natural mechanism that is informing my expansion,  
and is the catalyst for my evolution.

Contrast is as simple as walking into an ice cream shop  
and sampling 'pistachio' and sampling 'vanilla'.

Life is dishing up a variety of 'flavors' for me to choose from in all aspects of my life  
in the form of my relationships, health, career and money.

As I choose to work with contrast consciously and mindfully, I utilize my  
experiences for the purpose of greater clarity and fulfillment.

### Additional Notes



## CONTRAST EXERCISE

*Utilizing My Experiences for Greater Clarity and Fulfillment*

NO

YES

NO	YES



## CONTRAST EXERCISE

*Utilizing My Experiences for Greater Clarity and Fulfillment*

NO

YES

NO	YES



## CONTRAST EXERCISE

*Utilizing My Experiences for Greater Clarity and Fulfillment*

NO

Yes

NO	Yes



## **FULFILLIONAIRE FORMULA**

### *3 Steps to Manifesting My Heart's Desires*

1) Clarity: My clarity is my power. I must be clear about the essence of what I am desiring, and think of it in a positive way, the majority of the time. My only business is to focus on **WHAT** I want and **WHY** I want it.

2) Response: Otherwise known as the Divine Conspiracy. This is the orchestration of all of the details, courtesy of Infinite Intelligence and the Law of Abundance. This benefactor is organizing all of the details in the form of **WHO**, **WHEN**, **HOW** and **WHERE**.

3) Alignment: I am always on [VibrationalMatch.com](http://VibrationalMatch.com). In order for my heart's desires to manifest, I must vibrate 1-7 on the Alignment Scale, the majority of the time regarding the subject of my desire.



## FULFILLMENT EXERCISE

The Ultimate Stimulus Package of Life,  
has instigated another desire within my heart.

I now welcome something new into my life.

The Universe intends for my heart's desires to be realized.

1. I am ready to receive:

2. Response! I rest assured knowing that the Law of Abundance is conspiring to deliver my hearts desires with ease and grace at the perfect time.

3. Now that I am living the manifestation of my desire I feel \_\_\_\_\_.



## TRUST FUND

- 1) I trust in the Law of Abundance! I trust that the creative template in which I live, is a benevolent one, and is intending for me to thrive.
  
- 2) I trust in the Law of Response! I trust that this neutral and omnipotent Law is returning to me more of what I am focused upon.
  
- 3) I trust in myself ! Knowing that what I focus on expands, and my attention is my greatest commodity, I choose to be awake and aware in my life.  
I also choose to place my attention on appreciation,  
the majority of the time.

### Additional Notes



## **MILLIONAIRE HEART**

*Making Money Doing What I Love*

I am here to thrive in service to my heart.

It is my birthright to receive  
as a reflection of on the line with abundance.

As I thrive in service to my passion and purpose,  
I am an inspiration for others to do the same.

Additional Notes





## **J.O.B.**

*Just Obey Brilliance*

My path and journey informs my unique gifts and expertise.

What comes easiest to me and offers me an experience of joy  
is what I am intended to be doing.

My trials and tribulations create my unique character, and are  
indicators of my specific service and offering to the world.

Additional Notes



## MONEY CEREMONY

A ceremony is when I unite my intention with an action.  
My intention is to bring conscious awareness to my relationship with money.

My experience of money has been, and will continue to be,  
an extension of my perception of it. Money itself, is innocent and neutral.  
As I take a deep breath, I acknowledge that by being aware and choosing  
to have a conscious relationship with money, my life is forever changed.

### "The Old"

Action:

Light a black candle. (Black representing death). Write with my non-dominant hand  
to allow for the subconscious to express itself. This is not intended to be legible.

Allow for stream of consciousness.

Intention:

With my non-dominant hand, I will write a letter to money. I allow myself to purge all  
of the blame, anger, and powerlessness - conscious and unconscious. When I feel  
complete, I will burn this letter as a symbolic representation of completion.

### "The New"

Light a white candle.. (Representing new beginnings).

Write a new letter to money with my dominant hand.

As I write with my dominant hand, I describe the type of relationship I choose to  
have with money from this point forward. I will keep this letter in a sacred space to  
remind myself of this new dynamic I have chosen with money.

Money is: for me to define what Money means to me,  
which will go in my personal dictionary.



## **MY PERSONAL CREDIT LINE**

Life treats me the way I treat me.

As I focus on my gifts and attributes,  
I amplify these qualities and attract more abundance.

In order to feel valued in the world, I must first value myself.

Additional Notes



## MY PERSONAL CREDIT LINE EXERCISE

### *ME-VALUE-ation Sheet*

What's Priceless about me?

What comes easily to me?

What are my unique gifts and talents?

If money were no object, how would I choose to be in service to others?

Why would I hire myself?

What would I pay myself for my services and why?



## **R.O.I.**

*Return on Intention & Integrity*

### Intention/Hearts Desire

The essence of what I am wanting and why I am wanting it.

### Integrity/Alignment

Being a vibrational match to my intention and being in alignment the majority of the time.

### Additional Notes



## EVIDENCE LIST EXERCISE

*Return on My Intention & My Integrity*

### MY EVIDENCE LIST

Noticing all of the ways in which what I am asking for is showing up.

My Heart's Desires/Intentions	Evidence



## EVIDENCE LIST EXERCISE

*Return on My Intention & My Integrity*

### MY EVIDENCE LIST

Noticing all of the ways in which what I am asking for is showing up.

My Heart's Desires/Intentions

Evidence

My Heart's Desires/Intentions	Evidence



## **COINING MY OWN TERMS**

### *My Personal Dictionary*

How I define words informs my personal reality

### Conscious Language Practices

I choose to speak in first person - there is power in claiming myself, as my experience is the only experience I will ever truly know.

My “Not’s” will get me in “energetic knots” - I choose to think and speak in terms of what I prefer.

Infinite Intelligence does not speak English, French, or Japanese, it speaks the language of ENERGY. What I am desiring must be thought of and spoken of in a life affirming way.

### Additional Notes





## **COINING MY OWN TERMS**

*My Personal Dictionary*

MONEY:

SUCCESS:

ABUNDANCE:

OPPORTUNITY:

CHALLENGES:



**COINING MY OWN TERMS**  
*My Personal Dictionary*



## **CHECKS & BALANCES**

*4 Sectors of My Balanced Life*

Higher Selfishness

Valuing and honoring my needs

I can only truly be in service when I am in a state of balance and alignment.

4 Sectors of My Balanced Life Include:

Emotional

Mental

Physical

Spiritual

Additional Notes



## MY ENRICHMENT CENTER

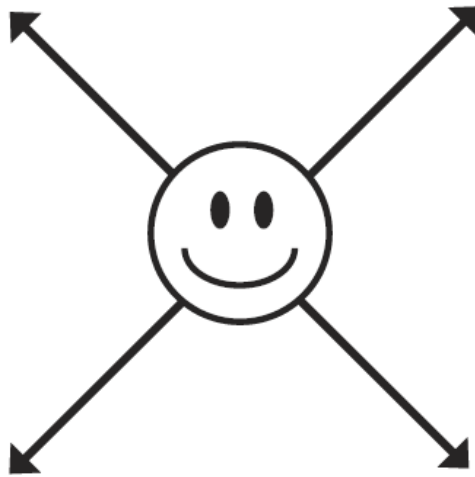
*4 Sectors of My Balanced Life*

### Emotional

Choices that deeply nourish me and create a sense of inner peace

### Mental

Practices that expand my mind and support my alignment



### Physical

Choices that support my body temple

### Spiritual

Choices that allow me to connect with my highest guidance/Self



## CHECKS AND BALANCES EXERCISE

*4 Sectors of My Balanced Life*

Emotional

Mental

Physical

Spiritual



## MY TO BE LIST

Everything I do will bear the mark of the consciousness in which I do it.  
When I stay connected to my 'why' I maintain a state of  
consistent passion and fulfillment.

Date:

My Intention for Today:

Date:

My Intention for Today:

Date:

My Intention for Today:



## MY TO DO LIST

With a clear intention as to WHY I am doing what I am doing,  
I joyfully co-create my heart's desires, taking action from an inspired place.

Date:

My Action Steps today are:

Date:

My Action Steps today are:

Date:

My Action Steps today are:



## **PROGRESS REPORT**





## **PROGRESS REPORT**



## **PROGRESS REPORT**



## NOTES



## NOTES