

# Email Sequence

## WELCOME SEQUENCE

**Email 1:** *\*Delivering the free product after opt-in, welcoming them and teasing the next email\**

**Subject Line:** [Name] Here's your free Money Mindset Workbook

*Preview Text: Download your FREE copy now*

Hi [Name!],

I hope you're doing well.

It's amazing to see you took the first step to improving your mindset when it comes to money and aligning yourself in that mindframe to **manifest** and **receive an abundance of money**.

With that being said, here's your free copy of the Money Mindset Workbook.

[Tap HERE to receive it](#) 🍷

All the lessons and mindset work in this workbook are ones I use on a DAILY basis to ATTRACT money and abundance at **record speed**.

Take it one step at a time!

Also, I am grateful for you signing up to the newsletter [Name]. You are welcome here. I'll provide you with **early access** to meditations, courses, workbooks, and tons of FREE Law of Attraction and manifesting advice!

Here's to your abundance! Xo

Mary Kate

**P.S. Don't forget** - I like to approach manifestation in a different way. People really overwhelm themselves with the process for no reason and that leads to no results. That's why I'm here. Tomorrow, keep an eye out for the title "Why manifestation is similar to the game Tug of War" in your email inbox  
**AND,**

**Don't forget** - [Link to FREE Workbook Download](#)

**Email 2:** *\*Value/Advice email. No sell intended\* (PAS Style)*

**Subject Line:** Why manifestation is similar to the game Tug of War...

*Preview Text: Let go of the rope!*

Hi [Name],

Do you ever lose belief when you set the intention to manifest something by a set deadline just for it to NOT show up?

Are you sick of trying out new methods, tips and tricks but only for none of them to work?

The thing is, **they do work**. You just don't **execute** it well enough and, that may be hard to hear but, don't worry I'll help you attract your desires!

Most people overwhelm themselves when it comes to manifestation. They try so many techniques, they follow too many teachers/coaches, they read too many books and after all that, they try to apply everything they've learnt and this just leads to **burn out, resentment and discontent**.

I'm going to paint the picture for you and share a scenario I use to help me re-align myself whenever I feel overwhelmed, anxious or impatient.

The truth is, manifestation is like playing ***Tug of War***. Instead of trying to FORCE yourself to win and PULL the "opponent" (Desire) towards you. Instead, you're actually going to want to let go of the rope and ALLOW yourself to be pulled IN by the "opponent" (Desire).

Now, in a simple ***Tug of War*** game, this means that you lose.

But,

With manifestation, this is what we call **letting go and surrendering**.

How can you expect something to come to you when you're constantly chasing it and trying to force it to come to you?

This is why you need to remember about surrendering.

This doesn't mean that you surrender in a **losing sense**.

This means you surrender in a **winning, confident and patient sense**.

You've already set your intention, you already know what you want so instead of forcing it on to you, let it come to you.

This is the problem that most people struggle with when it comes to manifesting.

They hope, and hope and hope but, the experts don't hope.

They know, they know, they know. They know what they want is coming.

All they have to do is let go and surrender to the moment.

If you want to hear me go more in depth with this, tap the link and [watch this video here](#) to fully understand the concept.

Wishing you more abundance and prosperity,

Mary Kate

**P.S. Here are 3 BONUS videos that you can learn a lot from:**

The Millionaire Mindset Technique - [LINK](#)

10 Minute Daily Money Affirmation Meditation - [LINK](#)

The #1 Secret to Financial Freedom - [LINK](#)

Email 3: \*Soft-selling email. Sell intended\* (HSO Style)

**Subject Line: I was lost in life, until I discovered THE SECRET**

*Preview Text: I'm glad I found it because my whole life improved*

If someone told me what manifestation was when I was younger, I would've looked at them like a fool and set up a restraining order.

I remember I had so many dreams, goals and desires that I wanted to receive and whenever I imagined it in my mind and worked towards it, it would always show up. The thing about me was, I was stubborn and if I wanted that desire, I was willing to put my energy into it so I could receive it.

It sometimes felt like I had **magic powers** and everything I wanted, I could just get at ease.

But, there was this time period, where my husband and I would struggle to pay the house bills. We were struggling with groceries too, everything seemed like it was going **downhill**. My husband lost his job and my social media platforms were struggling, which resulted in **less money**.

**November 8th 2018, 21:43 PM**

That night, I prayed, I journaled about our situation and I set the intention to manifest **five thousand euros** so my husband and I can keep our heads above the water.

We were both stressed and I was losing it.

I got complacent with my day to day habits. I stopped journaling, I stopped showing gratitude, I stopped meditating and I was always a bit antsy and it just resulted in me developing a really **dark, low energy**.

*"Why is this happening to us?"* I would constantly ask.

My husband would apply for jobs in hopes of an offer but there would be no avail. We both sat there thinking of a way to overcome this struggle. It had been **14 days** since the 8th of November and I was confused as to why my manifestation hasn't been received yet.

I never had any struggle with getting what I wanted. Why was it that in time of need, it was such a struggle for it to happen?

And that was the problem. I viewed it as a **time of need**. Which meant I was desperate and eager. Everytime I wanted something, I never needed it. That's why it would come so easily.

That day, I was mindlessly scrolling on TikTok and, I came across a video that was suggesting ***"The top 3 books to help you change your life around"***. This title got my attention and I was engaged. They gave a short review on each book and they were; ***'The Magic of Thinking Big', 'The Power of Now' and 'The Secret'***.

The last book, *'The Secret'* really appealed to me and I felt compelled to read it. I bought the book on kindle for **€16.01 euro** and I began reading it.

While I was reading it, I realized SO much. I realized that I have been manifesting my WHOLE life, I just never knew what it was called.

After reading '*The Secret*' I was so amazed at the new knowledge that I had just digested that I had to put it to some good use!

And this was when I developed ***the Abundance Academy***. This was and still is one of my signature programs.

When *the Abundance Academy* launched, although my social platforms were slightly struggling, it still sold a lot and guess how much I made from it...

**8 THOUSAND!**

AND,

By the end of November so, my husband and I were okay for December.

I was filled with joy at this moment. Not only did I manifest the **five thousand** but I got even more just by reading a book and realizing that I had to let go of need and impatience while cultivating my skill of **manifestation** and giving **gratitude** to the world.

After that moment, we got through December and in January, my husband landed himself a new job and I was generating more sales on my programs while growing rapidly on my social platforms.

Things finally got better and I was grateful. Grateful for the struggle and the lessons. Also grateful for the book '*The Secret*'. **I'm glad I found it because my whole life improved.**

If this story resonates with you and you can relate to it or if you're currently struggling in another way or if you just want to improve your life.

*The Abundance Academy* will help you **reframe your mind**, teach you **manifestation** and help you improve it, and it will help you **improve** your life/current situation.

This is why I built *the Abundance Academy*. I want people to succeed, I want people to be able to live the life they desire, I want people to be happy souls living in abundance.

If you want to be a part of that then, **take the initiative** and **tap** the link to access [\*the Abundance Academy\*](#).

Here's to your abundance! Xo

Mary Kate