

# **Amy Westbrook, Empowering Women's Financial Journey with Mindset Mastery, Self-Investment, and Neuro-Wealth - Episode 336**

## **In this Episode:**

- Explore Amy Westbrook's unique journey blending life coaching with wealth coaching for a holistic approach to personal and financial development.
- Uncover the significance of reshaping societal narratives surrounding women and finances.
- Understand the importance of authenticity and alignment with your personal values in achieving both financial success and inner fulfillment.
- Explore the concept of Neuro-Wealth and its implications on financial decision-making, emphasizing how subconscious programming shapes your financial behaviors.
- Discover practical strategies for addressing financial challenges through mindset shifts and self-awareness, empowering you to navigate your financial journey with confidence.
- Embrace the transformative power of self-investment and prioritize working from a mindset of possibility rather than limitation to achieve your financial goals.

## **Notable Quotes:**

“Money is an inside-out job.”

“Being in alignment with yourself is the key to creating financial flow and life flow”

“You have to start investing in yourself.”

## Pearls of Wisdom:

1. You're not broken. You have absolutely everything inside of you that you need.
2. Work from possibility, not from circumstance.
3. Hit the pause button and ask yourself, what's my thinking behind what I'm doing?

## Resources:

As a certified coach, speaker, and facilitator, Amy Westbrook is dedicated to guiding individuals on their journey to success, celebrating their milestones along the way. Through her Money Mojo Formula, Amy helps professionals navigate the realms of making, managing, and investing money while staying true to themselves. With personal experience overcoming financial challenges and managing a net income of over 1.8 million dollars, Amy brings a wealth of real-world knowledge to her coaching practice. Her background in neuroscience adds a unique perspective, allowing her to understand and address the psychological aspects of financial decision-making.

**Website:** <https://amywestbrook.com/>

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