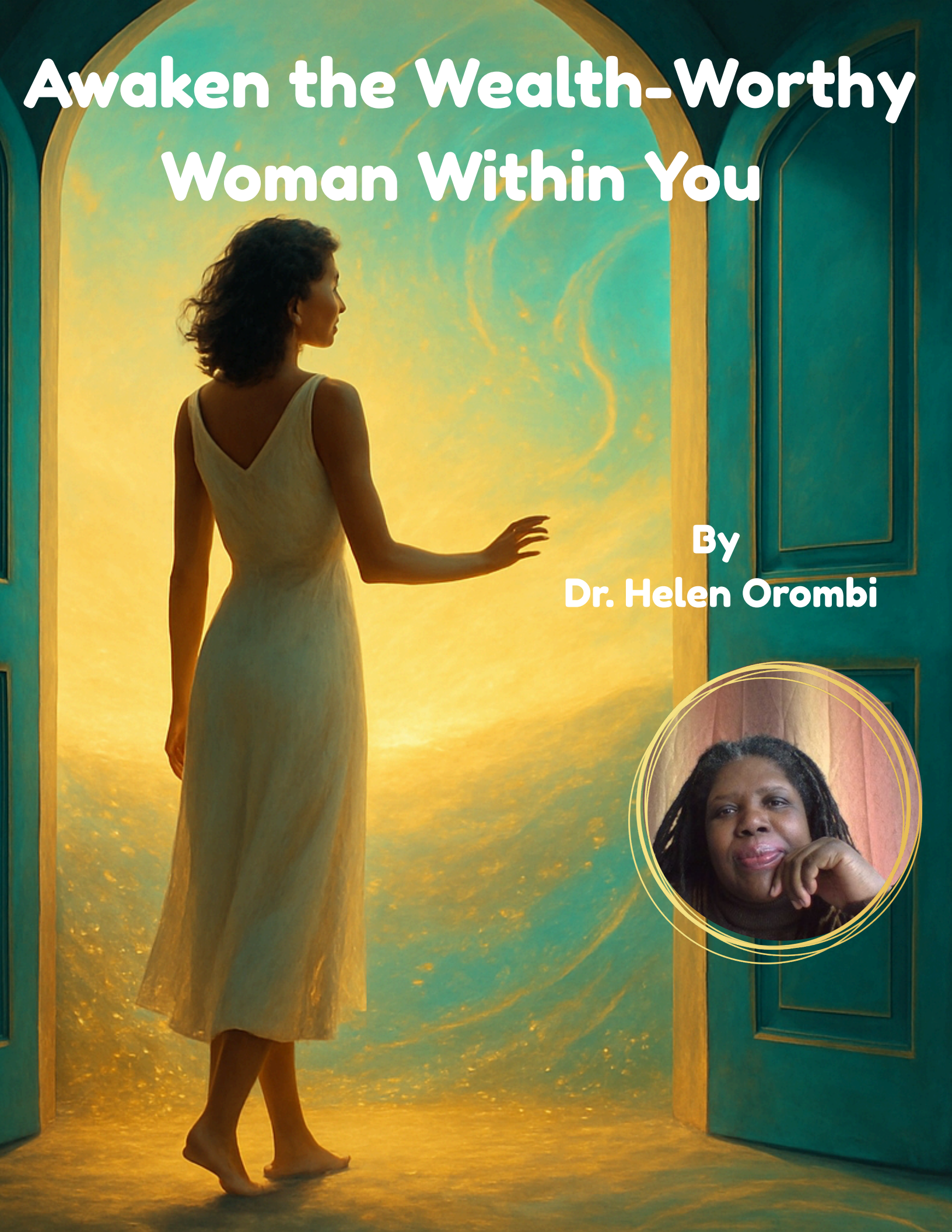



# Awaken the Wealth-Worthy Woman Within You

By  
Dr. Helen Orombi







You were never meant  
to hustle for *your* worth.  
Abundance is your  
Divine Right.

Dr. Helen Orombi



# Awaken the Wealth Worthy Woman Within You: The Revolution Has Begun

**There's a huge shift happening right now...** Women are rising—and we are taking back power in one of the most significant ways: **through money.**

For decades, wealth management and financial leadership have been male-dominated. But that's changing—fast.

According to McKinsey & Company, as of 2020, U.S. women controlled nearly **\$11 trillion** in financial assets.

By 2030, that number is expected to rise to **\$30 trillion**—a historic wealth transfer nearly equivalent to the U.S. GDP.

We are not just participating in the economy.

**We are positioned to reshape it.**

But here's the truth:

**The collective beliefs about women and wealth haven't caught up yet.**

## Why This Work Matters Now

Even as more women gain financial power, many still struggle to fully claim it—*not because we're incapable, but because we've been conditioned not to trust ourselves.*

Consider these insights:



- **Only 9%** of women believe they're better investors than men—despite research showing we often *outperform* them.
- **56%** of married women leave financial decisions to their husbands.
- Women are nearly **twice as likely** as men to report negative emotions about money—like guilt, fear, or overwhelm.
- And **one-third** of the gender gap in financial literacy? It's due to **lack of confidence**, especially among women of color.

The gap isn't just in resources. It's in our relationship with money.  
And that's where real transformation begins.

## ***Welcome: You Were Never Meant to Struggle With Money***

Hi, I'm Dr. Helen Orombi—and I'm so glad you're here.

If you've picked up this guide, there's a part of you that already knows:  
You're not broken. You're not behind. You're not failing.

You're simply moving through **layers of conditioning that were never yours to carry**.

Messages about what women should want, should accept, or should feel grateful for—even when it's not enough.

Stories about being too much, not enough, or only worthy after you've proved yourself.

I've seen how brilliant, powerful women—women who've done so much inner work—can still feel stuck, ashamed, or invisible when it comes to money.



And I also know it doesn't have to stay that way.

## Who This Guide Is For

This guide is especially for **impact-driven, self-aware women**—coaches, creatives, healers, and visionaries—who have done the inner work, but still feel stuck when it comes to wealth, receiving, or fully owning their value.

You've journaled. You've tapped. You've meditated. You've grown.

But when it comes to money, you might still:

- **Undervalue your work** or undercharge for your gifts
- **Avoid visibility** or hesitate to speak your value
- **Feel shame, fear, or guilt** around your finances
- **Crave ease**—but still carry survival-based pressure
- Long to **do well and do good**—but feel like wealth still isn't "yours" to claim

## You're Not Starting From Scratch—You're Ready for What's Next

You've already invested in your healing, your gifts, your awakening.

You've done the work to break generational patterns and come home to your power.

But when it comes to money?

There's still something in the way.

- Maybe your **financial reality hasn't caught up** to your inner transformation.



- Maybe you still find yourself **playing small, overgiving, or holding back.**
- Or maybe you're ready to grow—but the idea of **visibility or asking for more** still feels unsafe.

You may carry hidden beliefs like:

- “If I succeed, others will suffer.”
- “I must sacrifice before I can receive.”
- “Money and spirituality don’t mix.”
- “It’s selfish to want more.”
- “I’m not a business person.”
- “I’m too much... and still not enough.”

If you’ve ever said, *“I’ve come so far... but money is the one place I still feel stuck,”*

**This guide is for you.**

## **What You Deeply Desire**

You don’t just want more money.

You want **wealth that feels aligned** with who you are—body, mind, and soul.

You want to:

- **Be paid generously and confidently** for your brilliance
- **Feel safe being seen, heard, and celebrated**
- **Release inherited scarcity** and rewrite your story of worth and wealth



- **Align money with your values, purpose, and spiritual truth**
- **Create wealth that nourishes** you, your family, your legacy—and the world

You long to:

- Experience a **sense of financial security** that allows you to breathe
- Build **multiple streams of income** rooted in freedom and creativity
- **Understand and trust yourself** with money and investing
- **Break free from burnout** and redefine what success looks and feels like
- **Contribute and give back** from a place of overflow and joy

If you're ready to stop surviving and start receiving—

If you're ready to become the **author of your financial destiny**—

This is your next step.

### ***Why I Created This Guide***

*I created **this guide** to help women rewrite the internal script that has kept them playing small, staying stuck, or settling for “just enough.”*

*This guide is a starting point.*

*A doorway into what becomes possible when you begin to:*

- *Heal the past*
- *Rebuild belief in yourself*
- *Step into authentic visibility*
- *And take aligned action as the woman you're here to be*

*Because the truth is this:*



***You're not broken—you're conditioned.***

***And worthiness isn't something to earn—it's something to remember.***

*You don't need to work harder.*

*You don't need to fix yourself.*

*You just need to come home to who you already are—*

***and let your relationship with money reflect that truth.***

## **My Story: From Rock Bottom to Rise**

In 2021, something happened that cracked me wide open.

My bank account was hacked—and just like that, **my savings were drained.**

This happened right after I'd made a huge, courageous decision: I had just enrolled in a high-ticket coaching program. I remember staring at my bank account in shock... and then the wave of emotions hit:

**Fear. Sadness. Shame. Anger.**

I felt it all.

But here's what else was true:

By then, I had already started doing the inner work.

I had been learning to **regulate my nervous system**, using tools like **EFT tapping**, and reading every personal development book I could get my hands on.

One of those books—*Tapping into Wealth* by Margaret Lynch Ranieri—changed everything.

There was a process in the book to work through financial trauma. And that's exactly what I began doing.



Because I had the tools, I was able to process what had happened.  
And once the emotions moved through me, something else stirred:

A fire.

A clear, undeniable voice rose up from deep within me and said:

**“You are brilliant. Why are you still struggling with money?”**

That day, I made a promise to myself: **No more.**

I was going to find a solution.

And I did.

I worked out a payment plan with the coach. I showed up fully to the program. I met extraordinary women—one of whom became not only a client, but a dear friend.

Then I took the next step:

I joined another year-long high-level program with Margaret Lynch Raniere herself—the woman whose book had helped me begin my healing.

I didn't just go through the program. I trained in her method.

**First, to help myself.**

**Then, to help other women.**

Women like you.

Women who have done the mindset work, the therapy, the healing—  
But still feel stuck, small, or unseen when it comes to money.



Now, I help women dismantle inherited beliefs, rewire their nervous systems around wealth, and step into the self-concept of a woman who owns her power, her voice, and her value.

This isn't just about money.

It's about becoming the kind of woman who can create it—

**Who can hold it, grow it, and lead with it.**

That is what this journey is about.

And that's what this guide will help you begin.



## Steps to Awaken the Wealth Worthy Woman Within You

That's what this journey is about.

Not just healing your past...

But reclaiming your power, your worth, and your voice—so your relationship with money finally reflects who you truly are.

And that's what this guide will help you begin.

Inside, you'll explore **four essential inner shifts** that will support you in becoming a Wealth Worthy Woman:

1. **Liberation** – Releasing inherited patterns and trauma that live in your body and nervous system
2. **Identity Transformation** – Rebuilding trust in yourself and what's truly possible for you
3. **Embodiment** – Rooting into your visibility, confidence, and inner worth
4. **Aligned Action** – Taking powerful steps that reflect your new identity and financial vision

Each shift builds on the one before it—and together, they'll help you move from surviving to receiving, from scarcity to sufficiency, from self-doubt to sovereignty.

So let's begin with the first and most foundational step:

**Healing the past, so you can create a future that's truly yours.**



# The Liberation Shift: Uncovering healing & releasing the Roots of Your Money Story



A woman becomes truly free the moment she realizes the stories she inherited aren't the ones she has to keep.

We begin this journey with becoming conscious and healing—because you can't rewrite your money story without first understanding who wrote the original script.

And for many of us, that script didn't come from personal failure.

It came from our **family of origin**, our **culture**, and a **world that was never built with our full power in mind**.

## What is the Liberation Shift?

This is where we begin—with compassion, curiosity, and just a little bit of courage.

It's the part of the journey where you gently turn inward and start to notice the patterns that have been running the show—often without your awareness.



You begin to uncover where your financial beliefs *really* come from—not just in your thoughts, but deep in your nervous system.

You start to see how your family dynamics, your culture, and those early emotional experiences shaped the way you earn, save, spend, and receive. And most importantly?

You begin to **release what isn't yours**—the guilt, the shame, the scarcity, the silence.

The rules you never agreed to.

And there's this moment—maybe it comes all at once, maybe it arrives slowly—where you say:

*“Oh... this didn't start with me. But I get to end it.”*

*“I can see the roots now. And I get to choose differently.”*

That's where the healing begins.

### **Why This Shift Matters**

We cannot *outperform* what we haven't *healed*.

If you've ever felt like no matter how much you grow or expand, you keep hitting an invisible ceiling—this is why.

These patterns aren't just thoughts.

They're rules encoded in your body.

They come from generations of women taught that:

- Money is a man's responsibility
- It's selfish to want more



- Good women don't talk about money
- If you have more, you must give it all away
- You can't be wealthy *and* spiritual
- "If you shine too brightly, others will suffer."
- "I'm not allowed to want more than my parents had."
- "Money and spirituality don't mix."
- "If I receive too much, I'll lose love."
- Don't be too successful—it's dangerous."

These aren't just thoughts.

They're stories passed down like heirlooms.

These rules are rarely questioned—because they're buried so deep, we think they're "just the way it is."

They live in your nervous system—and silently shape your financial decisions, dreams, and self-worth.

### **My Story**

I was raised in Uganda, in a home that was filled with both **spiritual richness** and **collective responsibility**.

My father, a pastor, used to say: "*We are ambassadors of the Divine—we must represent.*"

We had a Land Rover.

We had food, education, and stability.

By local standards, we were privileged.

But outside our doors, poverty was everywhere.

And I watched my family give and give—sometimes until there was nothing left for us.



At 14, I was sent to an all-girls boarding school.

In Senior One (yes, like Harry Potter!), shoes were part of the uniform.  
And for many of the girls there—it was their first time wearing shoes.

That contrast imprinted something powerful in me.

Years later, living in the U.S., I noticed something strange:

I was unconsciously capping my monthly income at **\$3,872**—the upper end of Uganda’s annual income.

It wasn’t logical.

But it *felt* real.

That was my **cultural glass ceiling**.

I didn’t *choose* it.

But my **nervous system** did.

### **What You’ll Begin to Feel in the liberation Shift**

- Relief from inherited guilt, shame, and scarcity
- Liberation from family and cultural rules you never chose
- A renewed sense of presence, possibility, and power
- A deeper awareness of your money identity—and how to heal it



## Liberation Shift Journal Prompts

1. **What money stories did I absorb from my family, culture, or faith growing up?** *(What did I witness, hear, or experience around earning, giving, saving, or spending?)*

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2. **What unspoken rules around wealth, worth, or receiving still live in my body—even if my mind knows better?** *(Where do I feel resistance, guilt, or fear when I imagine having more?) -*

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3. **If I no longer had to carry these inherited rules or beliefs... what would I allow myself to receive?**  
*(What becomes possible when I choose to release what isn't mine?)*

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## The Identify transformation Shift: Rebuilding Self-Trust and Expanding Possibility



Once you've begun healing your money story—releasing the past from your nervous system and energy field—the next step is to expand your self-concept.

This is where you consciously start crafting a new narrative.

It's like drawing up blueprints for a house: if healing clears the land, **identity transformation lays the foundation.**

We begin to ask:

- Who do I want to become?
- What kind of financial reality am I choosing to build?
- What do I need to believe about myself to step into that version of me?



This shift is about developing a **wealth identity** rooted in self-trust, sufficiency, and possibility. It's not about blind positivity—it's about claiming your power to rewrite what's possible.

### **What This Shift Is About**

This phase of the journey helps you identify the beliefs that have quietly shaped your goals, your confidence, and your limits.

You'll uncover the internal resistance that gets activated when you try to dream bigger—especially after past experiences of disappointment, failure, or shame.

You'll begin to rebuild belief in yourself in a real, grounded way—by clearing emotional blocks, reframing failure, and reconnecting with your natural ability to grow, learn, and lead.

### **Why It Matters**

It's not enough to heal what was—we have to consciously create what's next.

Many women get stuck not because they don't want more—but because they don't believe more is truly possible for them. That doubt often comes from real experiences: goal failures, rejections, cultural messaging, or emotional trauma.

When your body associates desire with disappointment or visibility with danger, your goals can start to feel overwhelming instead of inspiring.

This phase gives you the tools to **unhook from those patterns**, so you can reconnect with a future that feels *realistic and reachable*—because it's built on belief that's been earned and restored.



## Personal Story

In 2012, I took a break from my work as a psychotherapist and opened an Etsy shop selling handmade crochet and knit clothing.

To my surprise, the shop was incredibly successful. I made more money that year than I ever had in my professional life. It felt expansive, validating... and honestly, a little overwhelming.

But here's what I didn't realize at the time:

I didn't yet have an *internal template* to hold the wealth I had created.

I hadn't expanded my identity to match the level of success I was experiencing.

And slowly, without even realizing it, I began to sabotage what I had built.

The following year, I made half of what I'd earned before.

And the year after that? I capped out at an amount that was almost identical to what I'd earned as a psychotherapist.

That experience showed me something I'll never forget:

**We don't create what we want—we create what we believe we're allowed to have.**

It wasn't until I joined Dr. Claire Zammit's program that I began doing the deep identity work to dismantle my core limiting beliefs—"I'm not good enough" and "I'm too much."

And as I expanded my self-concept, the amount of money I allowed in began to expand too.

This experience taught me firsthand that the stories we carry about money and worth don't just live in our thoughts—they live at the level of *identity*.



And until we do that inner work, we'll keep creating results that match the old story... not the new vision.

### **What You'll Begin to Feel in the identity Transformation Shift**

- More clarity and energy around your goals
- A deeper sense of inner permission to want more
- Excitement about your next steps
- A return to motivation—not from pressure, but from alignment
- Renewed belief in your ability to grow, adapt, and create the results you want

#### **Reflection Questions:**

1. What bold desire or financial goal have I been holding back because of fear, failure, or self-doubt?

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2. What limiting beliefs about money, success, or myself have I internalized—and are they still serving me?

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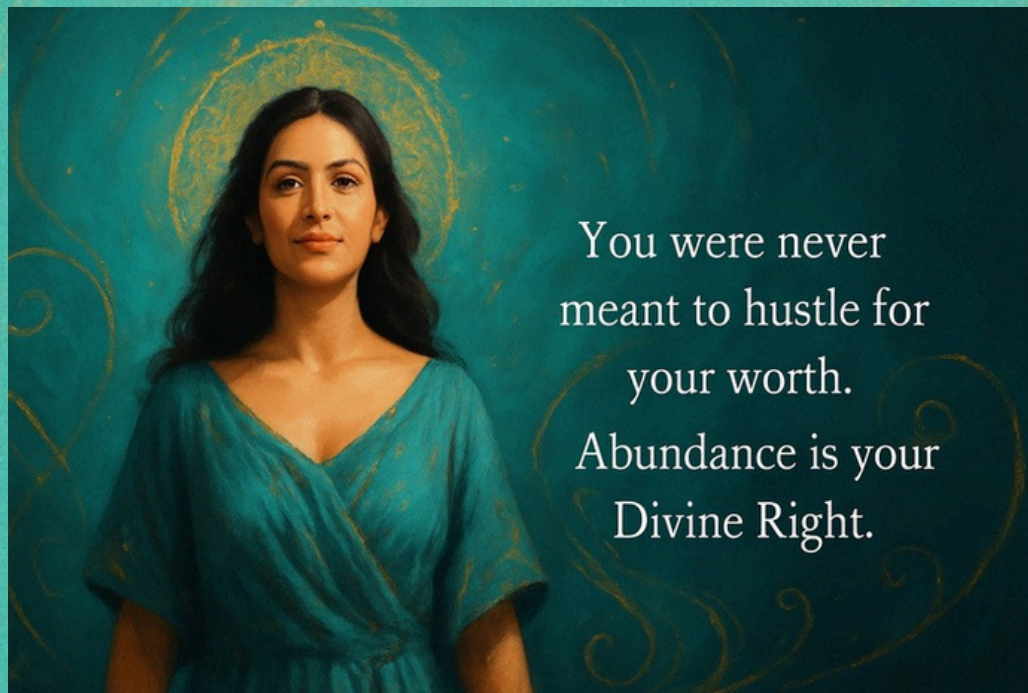
3. If I trusted myself to figure things out, what would I allow myself to create, charge, or pursue?

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## The Embodiment Shift: embodying who you're becoming with Confidence and Authenticity



Once you've begun to heal your past and reclaim belief in what's possible, the next step is about **embodying who you're becoming**.

This is where we focus on **building emotional resilience, confidence, and visibility**. Not from pressure or performance, but from grounded inner worth.

This shift is not about going back to fix something. It's about **integrating the growth you've done** and giving yourself permission to be fully expressed and seen.



## What This Shift Is About

In this phase, you learn how to hold your value in a real, embodied way—especially in moments that once triggered you to shrink, hide, overcompensate, or prove.

This shift is about:

- Cultivating confidence that feels authentic, not performative
- Releasing the pressure to be perfect, to overdeliver, or to wait until you're "ready"
- Allowing yourself to be seen, heard, and valued—not in spite of your flaws, but because of your full humanity

## Why This Shift Matters

Confidence isn't just a mindset—it's a relationship with yourself.

And for many women, especially those raised to be humble, accommodating, or approval-seeking, that relationship has been shaped by generations of conditioning that say:

- Don't stand out
- Don't speak too loudly
- Don't ask for too much
- Don't take up too much space

As a result, we've learned to stay small—even when we're deeply qualified, creative, and ready.



It shows up in subtle, quiet ways:

- Constantly trying to prove your worth through productivity
- Holding back because shining too brightly feels unsafe
- Retreating after setbacks because it triggers old stories of “not enough”
- Confusing authenticity with invisibility—thinking you’re being “real” when you’re really hiding

This phase of the journey helps you build the emotional capacity to hold **visibility, success, and expansion**—without abandoning yourself in the process.

These internal rules don’t just hold you back from success—they hold you back from yourself.

This shift is about more than mindset. It’s about **reclaiming ownership of who you are**, and creating new emotional blueprints that allow you to:

- Trust your own voice
- Feel safe taking up space Be real instead of perfect
- Validate yourself instead of waiting for others to do it
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You don’t need to prove your value.

You just need to **own it—and let the world adjust.**

### **A Real Story of Embodied Empowerment: Darcel's Transformation**

Darcel had done a lot of personal development work. She had read the books. She had studied the frameworks. But something still felt out of



reach—like there was a deeper level of power and clarity she couldn't quite access.

Here's what she shared in her own words after experiencing working with me:

*I have studied works of several thought-leaders that are very insightful, but few have touched me like Dr. Helen.*

*I find that working with Dr. Helen is an actual visceral experience of transformation to the very core of my being.*

*Her kind, gentle yet powerful presence gives me the safety to access the power within me—to rise up above any perceived limitations and to bring forth my soul's desires.*

*The results are real. I now speak my truth with such clarity and confidence, like never before. I know her work has contributed to this profound shift in me.*

*Dr. Helen's guidance has helped me release deep-seated fears and step into my authentic power. I feel more aligned, energized, and unstoppable in pursuing my purpose.*

*Her work is truly life-changing, and I am forever grateful for the transformation she has facilitated in me.*

— D.S.

Darcel's story is a reminder of what happens when a woman feels safe to be fully seen—and powerful enough to stay rooted in herself while doing it. That's the Embodied empowerment Shift.



## What You'll Begin to Feel in the The Embodiment Shift

- A more grounded sense of inner value
- Willingness to be visible and speak your truth
- Less pressure to be perfect—more freedom to be real
- Excitement to take aligned risks
- Emotional resilience when things don't go as planned
- Gratitude for your own growth and power

### Reflection Questions

1. Where in my life or business have I been hiding, playing small, or holding back my full brilliance?

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2. What triggers self-doubt or the urge to “prove” my worth—and what would it look like to meet that with compassion?

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3. What does it mean for me to be visible in a way that feels grounded, joyful, and real? -----

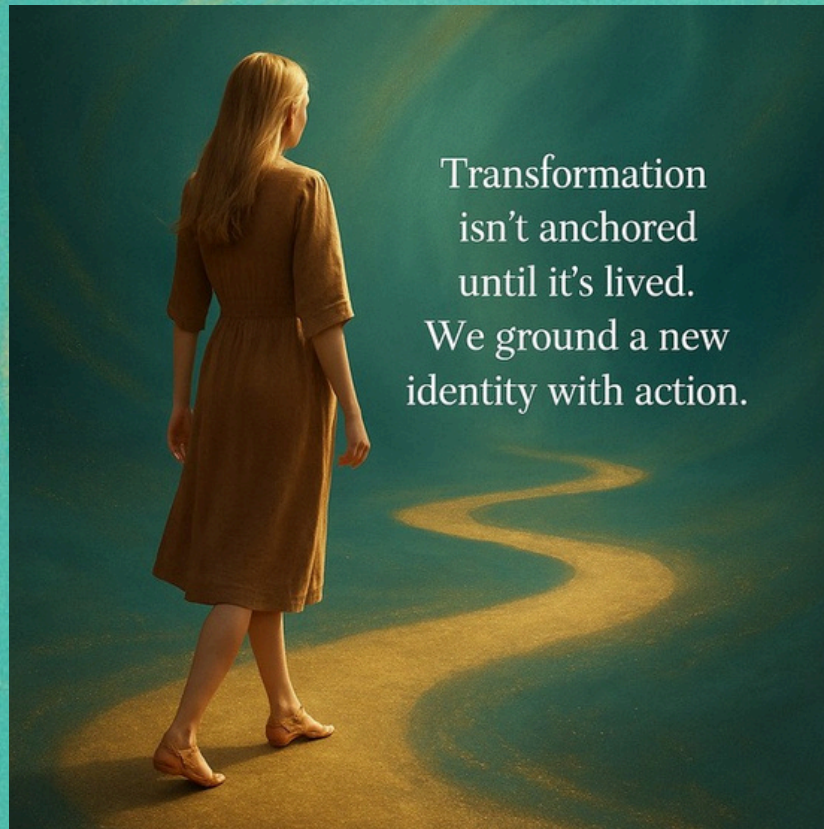
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# The Aligned Action Shift: Anchoring Your Identity Through Inspired Action



Once you've released the past, reclaimed belief in what's possible, and stepped into your empowered self... the next step is to **move forward in alignment**.

Because transformation isn't complete until it's lived.

And there's nothing that grounds a new identity like **taking consistent, inspired action from it**.

This is where you begin living into your new wealth identity—not just in theory, but in real, tangible ways.



## What This Shift Is About

This final phase helps you stabilize your expansion and create the structures, habits, and support systems needed to bring your vision to life.

It's not about pushing or striving.

It's about learning how to move in sync with your energy, clear resistance when it arises, and stay connected to your vision—even on the days it feels hard.

## Why This Shift Matters

Too often, women start strong and then hit an invisible wall.

Not because they don't want the result—but because they haven't built the **internal systems and external structures** that support sustained progress.

Here's what that can look like:

- Taking massive action... and then crashing
- Getting close to a breakthrough... and sabotaging it
- Waiting for motivation to magically appear
- Feeling drained by goals that once felt exciting
- Losing momentum because they're doing it alone

This shift gives you the tools to recognize when you're spiraling back into old patterns—and the practices to get back into your power. Because up-leveling doesn't mean constant forward motion.

It means **navigating your resistance with clarity and compassion—without losing your vision.**



This shift helps you create a **personalized growth map** that keeps you grounded and aligned as your goals evolve.

### **A Real Story of Action & Alignment: Brianna's Transformation**

Brianna is one of those clients who shows up fully.

She read every book I recommended.

She did every piece of inner work we explored.  
And most importantly—she took aligned action.

Her transformation didn't happen overnight. But over time, it became undeniable.

Brianna redefined what family could mean to her.

She left a high-pressure career in a big law firm to pursue a more values-aligned lifestyle.

She created new levels of **financial freedom**—on her terms.

She took herself on a **solo trip to Paris**—a longtime dream.

And today, she's stepped fully into her calling as a coach—living with clarity, purpose, and power.

Her story is a living reminder of what becomes possible when a woman doesn't just heal...

She *acts*.

She *chooses*.

She *moves forward* in alignment with the woman she's becoming.

That's what the Aligned Action Shift makes possible.



## What You'll Begin to Feel

- Steady, sustainable energy and motivation
- Excitement about taking bold action—without overwhelm
- Deepened self-awareness and clarity about what really matters
- More ease in showing up consistently
- A new relationship with challenge—one rooted in self-leadership and self-trust

## Reflection Questions

1. What's one area where I tend to lose momentum or sabotage progress—and what might that be protecting me from?

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2. What kind of support or structure would help me stay connected to my goals without burning out? -----

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3. What's one small, aligned action I can take today that reflects the woman I'm becoming?

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## Your Next Step: You've Awakened—Now Let's Activate

You've just taken a sacred step:

You've awakened the part of you that *knows* you're meant for more—more freedom, more ease, more abundance rooted in truth.

You've begun to reconnect with your power.

You've glimpsed the woman you're becoming.

And now, it's time to move forward—to activate her.

### 🔥 What Happens Next

You don't need another course, challenge, or mindset shift.

You need a safe, powerful space to explore your relationship with money—

To unpack the invisible rules still running the show...

And to begin writing a new one.

This is about more than wealth.

It's about becoming the kind of woman who can confidently create, receive, hold, and share wealth—

With joy, purpose, and full permission.

### Let's Talk. One-on-One. Woman to Woman.

If you're ready to:

- Understand why your nervous system is resisting wealth—and how to shift it
- Release the shame, guilt, and survival-based beliefs that keep you under-earning
- Step into your next-level self, rooted in confidence, worth, and spiritual alignment
- Claim the kind of money, mission, and momentum that actually feels like you



Then I invite you to book a free Clarity Call with me.

This isn't a sales call. It's a sacred conversation.

A space to explore what's really been keeping you stuck—

And what's truly possible when you stop performing for permission  
and start living from your power.

☞ Book Your Free Clarity Call Today:

<https://helenorombi.coachesconsole.com/calendar/virtual-coffee-chat>

Let's activate the Wealth Worthy Woman within you—together.

## A Closing Message From My Heart to Yours

You are not behind.

You are not broken.

You are not too late.

You are **wealth-worthy**.

You are enough.

It is safe to receive.

You were never meant to hustle for your worth.

You were born to create, expand, and prosper—from the truth of who you  
are.



The woman you're becoming is already inside you.  
And now that you've awakened her?

Let's walk this path together.

With love and in power,

**Dr. Helen Orombi**

✨ Women's Empowerment & Transformation Coach

🎙️ Host of the *Awakening Women Collective Podcast*



### Connect With Me

- 💻 Website: [helenorombi.coachesconsole.com](https://helenorombi.coachesconsole.com)
- 📘 Facebook: [Helen Acen Orombi](#)
- 📺 YouTube: [Dr. Helen Orombi](#)
- 🎧 Podcast: *The Awakening Women Collective Podcast*





**Dr. Helen Orombi** is a women's empowerment and transformational coach who helps conscious, impact-driven women break free from survival-based and cultural conditioning so they can step into their confidence, feminine power, and leadership—and co-create purposeful, authentic, and fulfilling lives and impact. Originally from Uganda, Africa,

Helen brings a global perspective shaped by resilience, courage, and a deep connection to her roots. With a Doctorate in Marriage and Family Therapy and over a decade of experience as a psychotherapist, she blends evidence-based approaches such as Positive Psychology and EFT Tapping with deep intuitive wisdom to guide women through profound transformation.

Her coaching integrates identity transformation, energy healing, and deep spiritual alignment—anchored in her 3-pillar framework: **Becoming Liberated, Empowered, and Limitless**—guides women to heal the past, expand their self-concept, and align with the Divine to manifest their soul's highest potential. Helen believes that every woman holds a unique blueprint for greatness.

Her mission is to help women liberate themselves from invisible barriers,



awaken their leadership energy, and manifest lives that reflect their soul's deepest truth.

When she's not coaching, Helen nourishes her soul through crocheting, hiking, reading, indulging in Asian and British dramas and having soulful conversations about spirituality and psychology. She is the voice behind the *Awakening Women Collective Podcast* and the founder of *Awakening Women Collective*—a sacred space for transformation, creativity, and impact.