

Money Mindset

Money is just ENERGY! Which is fantastic news because you can change energy. Money will treat you exactly how you treat it. If you constantly have negative energy around money, meaning you talk shit about it, disrespect it, and show it NO LOVE, it's going to feed you back that same energy and cause you to feel that lack. BUT, if you change how you feel around it and focus on the abundance of money (vs the lack), how fabulous it is, your gratitude for it, and show it MAJOR love, it's going to love you right back. It will show up unexpectedly more and more, you'll sell out your high-level offers, and see plenty more 0s BEFORE the decimal in your bank account.

What are your current beliefs around money?

How do these beliefs make you feel?

How do you want to feel about money?

What can you do to feel this way NOW, not "when the money comes"?

What are you grateful for when it comes to money? Write down at least 10 gratitude statements! (BONUS points for more!!)

How can you show gratitude for money every single day?

Every single one of us has a money story. Our money story consists of our thoughts, beliefs and actions with money. It begins to form when we are very young, and continues to develop as we grow and learn more about money from our parents, society, etc. The good news is just as our money story is something we learned, we can unlearn it and write a new money story

Answer these questions to begin your money story transformation

What were you taught as a kid about money?

How have those beliefs shaped how you deal with money?

What are your negative beliefs around money?

What fears and doubts do you have around money?

What is your old money story that you're committing to letting go of?

How can you challenge your old money beliefs, fears, doubts and story?

How are they untrue?

What's actually true? What are you believing to be true around money?

How are you choosing to look at money moving forward? Write out your new beliefs around money.

Write out some affirmations for your new money beliefs (ex: money always comes quickly and easily to me)

Write out your new money story

Your money loves a place to go! The more purpose we can give money, the easier we'll attract it. Use the questions below to create clarity around the money you desire.

What is your income goal for the month?

Why do you want this amount? What is the emotional meaning to you?

What is the money for? What's the purpose for the money? Ex: if your goal is \$5000, break it down! - \$2000 monthly expenses (get specific on what they are), \$1000 to past investments (name the specific investment- credit card, loan, etc), \$1000 to my travel savings fund (get specific on the trip - trip to Italy in the summer), \$500 for new wardrobe, \$500 for spa-day.

Call the money in. How are you going to feel when you manifest that specific income goal, and do all the things you desire to with this money? How can you feel that way TODAY? (this step is so important!)

Trust. Your desires are always being met, always. How can you trust that?