



Shift Your Limiting Money Beliefs to Empowered Money Beliefs

Make a list of beliefs that you hold around money. What words or sayings echo in your head every time you think or talk about money?

Next, write out everything you can identify about what's blocking you from receiving the wealth you desire.

Chances are, you will see some clear overlap between what you believe about money and what's true in your life!

Now, circle the top three beliefs or circumstances that you feel are blocking you the most right now. Apply the process below to each of the three.

Action Steps

- 1** Take a few deep breaths to get centered.

- 2** Take responsibility for what you believe, and what those beliefs have created. Say, "I am creating what I am experiencing by believing _____."

- 3** Ask yourself, "Is what I am telling myself about _____ actually true?" If the answer is yes, what proof do you have? Go back and ask again until you find out what's underneath the belief.

4 Ask yourself, "What is a more empowered choice I can make around this situation?" Write your answers below.

5 Make a plan of action around your empowered choice and execute it within 24 twenty-four hours.
