

AN EFFECTIVE TOOL FOR TRANSFORMING ANY NEGATIVE BELIEFS REGARDING MONEY AND FINANCE

Often we pick up limiting beliefs about money and finance from the people and influences around us when we're young. These beliefs stay with us throughout our lives and if they are negative concerning money they can prevent us from reaching our full earning potential. For example your father could've had his own belief that rich people are greedy and he could've passed this on to you. Greedy = wrong doesn't it?! And so you will unconsciously NOT want to earn lots of money. Even if on the surface, you would like to earn more and have more wealth, your subconscious mind will sabotage your intentions and block you from getting what you want, until you re-train it!! Or maybe your parents struggled with a lack of money and you grew up thinking that life is hard and you will also be short of the money you want. But if you're focusing on the lack of something, this is exactly what you will attract to you- more lack of money!! The trick is to challenge any limiting beliefs you have regarding money by using the Limiting Belief Challenge (which is also attached for you with this email) and to use your new *Alternative Positive Belief Statement* as one of your daily affirmations. Repeat this statement to yourself ten times and on at least three occasions per day.

In order to challenge it, first you need to find out what your core belief about money is. Ask yourself what the message was you received as a child, regarding money? How did your parents feel/talk about money and finances to you? Do you identify with any of these negative statements?

"Money is the root of all evil"

"Wealthy people are selfish and greedy"

"I will lose the people I love if I become wealthy"

"You can't get rich doing what you love"

"I'm not good enough to be rich"

"If I have more money it means someone else will have less"

"Getting rich is a matter of luck"

“Wealthy people are unhappy and lonely”

You may identify with more than one of the above or may have one or two of your own that you connect with. Decipher which of the statements you come up with is the strongest one for you and use the LBC exercise on it. When you come up with your new *Alternative Positive Belief Statement* use it as an affirmation, as already mentioned. By repeating this new belief to yourself daily, your subconscious mind will start to take it on and replace your limiting belief with it.

You can use any of the following money affirmations too, to strengthen your new more positive attitude to money and finance;

“ I get wealthy doing what I love”

“Wealthy people are generous, loving and giving”

“I create the life I want and I create the exact amount of my financial success”

“My ability to earn, save and grow money expands every day”

“Money is important and gives me choices to live my life the way I want to”

“I deserve to earn good money as I work hard and bring value to other’s lives”

“I am grateful for all the money I have now”

“All the money I want and need is flowing towards me now, I just have to receive it gladly”