

# Mindfulness, Money & Men



WEEK 1





- [Week 1 Video](#)



# Soul Work

(AKA HOMEWORK) FOR THE WEEK

Please do not complete the work here but in your notebook, journal or email. Then take a photo and send to me via email OR just forward your original email to me. Thank you!

## I.

**If denying your ego's (sometimes way too believable) negative chatter seems easier said than done, it can be helpful to get some supportive, kind words on paper.**

We're going to really, literally rewrite our feelings today.

For example, if your ego is telling you that you're unfocused and not talented enough to accomplish the task at hand, write:

*I AM a laser beam of productivity. I don't stray from my goals. I am centered and unfappable.*

If your ego is telling you that you don't know what to do with your life and even if you did you're not good at taking care of anything long term, write:

*I know what is important to me and I trust myself to take care of what matters to me. Even simple statements like "I am smart." "I am worthy." "I am love and loved." are perfect too!*

Get the [I AM download](#).

## II.

**What "challenges" are there in my life right now that are "opportunities for growth" in disguise?**

Challenge:

Opportunity:

Challenge:

Opportunity:

Challenge:

Opportunity:

Challenge:  
Opportunity:

Challenge:  
Opportunity: