

Mindfulness, Money & Men



WEEK 2





- [Week 2 Video](#)
- [Empowerment Meditation](#)
- MEDITATION APP mentioned: [Calm.com](#)



Soul Work

(AKA HOMEWORK) FOR THE WEEK

I.

Grab a piece of paper or a page in your journal and make a list of your top 10 fears and top 10 biggest mistakes ever.

Now back and scribble across the page in big letters:

"I am willing to see this differently. I am willing to see this with acceptance."

OR

"I am willing to see this differently. I am willing to release restriction and embrace love."

OR

LOL....LOL....LOL...

II.

Ask yourself: What were my top three fears on the 1-10 list?

- What empowering information did I learn about myself as a result of those 3 fears?
- What were my top three mess-ups on the 1-10 list?
- How did those mess ups ultimately end up benefiting me in the end?
- How did it feel to flip fear on its head by being willing to take a more empowering perspective on my greatest fears and mess-ups?
- How did my energy shift?

Morning and Evening Suggested Practices:

MORNING INTENTION:

"Today, I begin a new journey of noticing when I choose fear over love. I open my heart and without judgement I'm willing to notice when fear comes up for me. I am proud of myself for being willing to witness my fear."

NIGHT TIME REFLECTION:

At the end of your day, take 20 minutes to reflect on where/when/why your ego began talking to you.

- What thoughts triggered your fear? What did it feel like? Resistance? Tightness in your chest? Anxiety? A headache?
- What people triggered your ego? What were they doing or saying when your ego became triggered? What was it about what they said or did that made your ego feel threatened or alarmed?

As you reflect on your day do you notice a pattern arising? Does your ego seem to get triggered around the same sort of situations? Perhaps in three different areas with different people or places - but all for the same reason?