

Mindfulness, Money & Men



WEEK 4





- [Week 4 Video](#)



Soul Work

(AKA HOMEWORK) FOR THE WEEK

1. When you find yourself caught up in people pleasing and overly concerned about “what will they think” here is another, better question you can ask yourself: *“But what do I desire and how can I be of service?”*

2. In regards to self sabotage: Are you settling for too little and playing small?

What excuses do you make on a regular basis? If you need help with this one, be courageous + ask your best friend or life partner to tell you the excuses they hear you make. Then repeat this mantra to yourself: *“I trust myself to take care of what is important to me.”*

OR *“I trust myself to figure it out.”* Trying asking this mind blowing question: *“If I wasn’t afraid, what would I do?”*

3. Procrastination: If we are not doing something we know we need to do it's because we have the needle pointed in the wrong direction.

We are focused on the PAIN of TAKING action but what we need to focus on is the pain of NOT taking action. Then we want to take the next best step. Ask yourself: *“What can I do in the next three minutes?”* Then do that.

4. You can drop the overwhelm story. You can tell a different story *“Try this story: I’ve only got one thing to do! How liberating. It’s the thing I am doing right now!”* I am the author of my life story and I refuse to give that up.