

Mindfulness, Money & Men



WEEK 5





- [Week 5 Video](#)



Soul Work

(AKA HOMEWORK) FOR THE WEEK

Let's begin to understand and dissect YOUR exact money blueprint better through a series of questions! In the second money training seminar this month we will talk about what to do about your money story and reprogram it for optimal wealth and abundance.

Verbal: What did you hear about money when you were younger?

Modeling: What did you see in regards to money when you were young?

Specific events: What did you experience around money when you were young?

1. What is *your* truth about money?

2. What do you believe is **THE truth about money?**

3. *"Nothing has meaning except the meaning you give it."* And the truth is money is what you think it is. What **IS money to you? How do you think of it on a regular basis?**

IF there is a lack of ANYTHING in your life that means the belief system has not yet been corrected.

"Limiting beliefs do not come from you and your truth. Limiting beliefs come from your conditioning."

—Gina Devee

4. Write down your top 10 beliefs about money.

Be as honest and detailed as possible.

For example some of mine in the past have been:

"There is not enough money."

"No one ever has enough money."

"I will always just financially get by."

5. That being said for each of your top 10 limiting beliefs about money describe what are the "payoffs" for your limiting beliefs. IE— "I play small and never earn more than \$50K a year so that I can remain somewhat invisible and by doing so feel safe and secure."

6. On a scale of 1-10 what is your commitment to transform these limiting beliefs and wounds into receptive abundance? What would a 10 on the scale look like for you?

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It's time for women like us to THINK BIGGER for ourselves, our businesses and our lives! I'm so excited for you to stop playing small and start dramatically transforming your money story... TODAY!

"We live in a world of duality: Up and down, light and dark, hot and cold, in and out, fast, slow, right and left. Is it possible to have a right side without a left side? Not a chance. Consequently, just as there are "outer" laws of money, there must be "inner" laws. The outer laws include things like business knowledge, money management, and investment strategies. These are essential. But the INNER GAME is just as important."
—T. Harv Eker

You control your mindset and your mindset defines your life. There is no mistaking that you're thinking, your beliefs and your character are a key factor of your level of success.

We all have a "money blueprint," as informed by our past conditioning, that acts as a **PRESET program** (your way of being) in relation to money. Without fail this blueprint will define your financial future! If you want to raise your wealth consciousness and attract massive amounts of money it helps to get clarity on your blueprint.

Discover your money blueprint by answering the below questions. In part two of this work we will look at reprogramming your disempowering thoughts and replacing them with an abundant mindset designed to transform your relationship with wealth forever!

1

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Verbal: What did you hear about money when you were younger?

For example my father always used to say: "What! Do you think money grows on trees?" "You're making some other dad rich!" And my mom used to send me to my dad saying..."I don't have any money. Ask your father."

What we overheard about money when we were young remain in our subconscious mind and play an intricate part of the financial blueprint that is running your life.

Modeling: What did you see in regards to money when you were young?

What were your caretakers or parents like about money growing up? Were they spenders or savers? Did they invest or not invest? Did one or both of them manage money well or was it mismanaged? Was money always around or was it sporadic? There one day and gone the next. Was money a joyous topic in your household or one of tension and stress? Did your parents always struggle and work "hard" for money or did it flow in easily?

Although most of us hate to admit it there is A LOT of truth in the saying "The apple doesn't fall far from the tree."

2

Download the [Millionaire Mindset Worksheet](#).