

Mindfulness, Money & Men



WEEK 6





- [Week 6 Video](#)



Soul Work

(AKA HOMEWORK) FOR THE WEEK

"We often find we are where we choose to be.

You are worthy of success and will enjoy success to the extent-and only to the extent-that you believe in yourself.

And if you don't believe in you, why should they?"

—Sharon Lechter

RECONDITIONING & MONEY HABITS

1. Retrieve part one of the *Millionaire Mindset Worksheet*.

Find your answers for the question: What are your top 10 beliefs about money? With a pen or marker please draw a line through each response and write it's empowering alternative.

For example, one of my responses was:
"I will always have to work really, really, really hard for money."

I would now draw a line through it and write in its place:
"Massive amounts of money flow to me easily and often."

At the end of the exercise take notice of how you feel. How did your energy shift? Or not? Did hope bubble up in your heart? Did the ego pop into your head and remind you (yet again) that "great, easy and meaningful wealth will never really be available to you?" Are you willing to believe differently? Are you willing to practice the empowering alternatives?

Program a few of the empowering alternatives you wrote in response to "What are your top 10 beliefs about money?" into your cell phone alarm and have them go off periodically over the next 21 days.

2. Unfortunately, many of us have the belief that money is bad, and we "shouldn't" want it.

We fear that *wanting it* makes us "greedy," "unlikeable," and "narcissistic." We're afraid we'll be judged for having abundant wealth and many clients I've worked with over the years diminish their earning potential because they feel "guilty" having more money than others.

Truth: Money is just something you need to live out your fullest expression. (The Science of Getting Rich)

In what way is making the money you want about more than just yourself? How will others benefit or be served and transformed by you claiming your wealth?

"Self love in money starts with basic financial literacy."

—Sharon Lechter

All women need to be involved with how money flows in and out of their families, professions and lives. Whether or not you are the primary earner in a family, you must understand how money, taxes and investments are flowing and affecting you and your partner.

Download [Part 2 of the Millionaire Mindset Worksheet](#).