

My Hidden Disempowering Beliefs About Money

Fill in the blanks as we go through each of the points together.

STATEMENT	SCORE
1. I really don't _____ this money because I don't _____.	
2. I'll never be _____ to _____ this much money.	
3. I wonder why someone would _____ this much instead of _____ a _____.	
4. I secretly worry I might _____ if I make this much _____.	
5. I'm afraid if I have this much money, I'll _____ into someone I _____.	
6. I'm secretly worried that others will _____ me if I _____ as a _____ person and I'm _____ this much _____.	
7. This sounds crazy, but I'm afraid something _____ might happen to me as a result of making this much _____.	
8. If I have too much _____, then I'll have too much _____ (and I secretly don't want to be a _____ about money – it will be too _____).	
9. I'm afraid I'm _____ from _____ if I ask to be _____ this much for my services... what if they don't _____?	



TOP 10 MONEY LIMITING BELIEFS

by Joe Vitale

As we go through the list of the “Top 10 Money Limiting Beliefs” by Joe Vitale, find out which one resonates with you by giving each of them a ranking on a scale from 1 to 10 (10 being the strongest). Write down your thoughts if you feel compelled or if the intensity of your belief is 5 or above.

Optional: Add your limiting belief(s) at the end if you notice something different or new coming up.

NB: You are asking your *unconscious* mind if you have that limiting belief; it is thus important that you write *the first number* that pops into your mind.

1. *Money Doesn't Grow on Trees:*
2. *It Takes Money to Make Money:*
3. *Money is the Root of All Evil:*
4. *It's Selfish to Want a Lot of Money:*
5. *Money is Not that Important:*
6. *More Money, More Problems:*
7. *It's Not Spiritual to Have/Want Money:*
8. *I'm Just Not Good with Money:*
9. *I Don't Deserve Good Things:*
10. *I Have to Do Something I Don't Like to Make Money:*
- 11.
- 12.

MONEY (and) FREEDOM

Money doesn't buy you happiness, but it sure does buy you _____.

✚ What options do you want for your life?

... The meaning you give an event is the belief that attracted it.

✚ What is your current financial situation?

✚ What meaning do you give it?

✚ How could that meaning have CAUSED your current situation in the first place?



Action Steps:

1. Write a letter to money. Look into the past, the present, and the future.
This is between you and your (best or long-lost) friend called Money.
A day or two after, read it out loud to each other or to a friend, partner, etc.
Then let her/him share feedback and write down your notes.
2. Create ONE new affirmation about money.
Start with “I AM” and repeat min. 5-6x every day.
Optional: Use lofty questions = why am I xyz?
3. Declutter something related to money – be it your papers, bills (digital or in paper form), or your wallet or money apps. Become aware of and more connected to anything financial.

→ What are your main ahas from this week’s topic on money?