



### **3 Relationships with Money**

- 1) Money Controls You ... You are the Slave
- 2) You Control the Money ... You are the Master
- 3) Balance ... You are Friends

→ Which relationship do you (usually) have with money?

→ Think about your letter to money ... What did that tell you?

### **Money Personality Types:**

- a) Active: Spender, Saver, or Earner
- b) Passive: Indifferent or Hippie
- c) Combination: Binger, Gambler, Worrier

→ Which personality do you (usually) embody?



## 8 MONEY LAWS OF ATTRACTION

by Joe Vitale

1. **Money loves Freedom:** *Free your mind from limiting beliefs to let it flow.*
2. **Money loves Speed:** *Act fast on the idea you receive to get it to the marketplace asap.*
3. **Money loves to be Appreciated:** *The sole purpose of money is to express appreciation.*
4. **Money loves Attention:** *Have a loving relationship to it.*
5. **Money loves Energy:** *“The healthier you are, the wealthier you can be.”*
6. **Money loves to Circulate:** *Give money where you receive spiritual inspiration to attract more.*
7. **Money loves Respect:** *Money is a tool to facilitate your dreams.*
8. **Money loves a Mission:** *Make money to be able to keep doing what you love.*

→ Which one of the laws do you resonate with most?

→ Which one of the laws do you resonate with least or triggers you with doubts?



## MONEY (and) DREAMS

*According to Google, “50% of your goals/dreams should have 50% chance of \_\_\_\_\_.”*

What WILL I do with a _____ \$\$\$:	_____ will _____ from it:

### Arigato Money

A Japanese practice of thanking money for coming in AND going out.



## MONEY and MISSION

*If your mission doesn't appear "crazy", you're not thinking big enough.*

✚ Connect the answers from both columns on page 2 to define aspects of your mission. What are some keywords that you can distill?

✚ Finish the sentence:

I am here to \_\_\_\_\_.

✚ What (tools) do you need in order to accomplish your mission?

- Money/career:
- Health:
- Education/knowledge:
- Spirituality:
- Relationships:



### **Action Steps:**

1. Do or re-do your BUDGET.  
Plan for 2021 by breaking down into months, if applicable.  
Include your partner (and kids), if possible.
  
2. Practice *Arigato Money* regularly and continue noticing your beliefs about money.  
Remember to be 100% curious and 0% judgmental.  
We will transform them in an experiential belief-changing exercise next week.
  
3. Do the Money Journaling exercise on the worksheet 4-2b.  
Plan for about 30 minutes for this step.

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