



MONEY MYTHS - SETTING THE RECORD STRAIGHT!



THE MONEY MYTHS WORKBOOK

From Ilana's Desk



So many of us have been told that “money is dirty” or “money is evil” or even to “Marry someone rich, as you wont make money”. But these are **all** lies.

In this exercise, I’d like you to circle each of the money myths that you believe to be true. Next, become aware of the thoughts these money myths are triggering - even if you want to argue with me that it is a myth! Our goal here is to transform all negative money myths into powerful positive affirmations. You need to make your new affirmations personal and meaningful to you. That way they’ll become transformational and very soon you’ll start to notice the difference.

Write them out, stick them on post-it’s, create a screensaver with them, whatever works for you. Just make sure you read them aloud each morning.

Ilana

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M i n d f u l M o n e y C o a c h i n g . c o m



SETTING THE RECORD STRAIGHT

I hope you enjoyed writing about your first interaction with money in the previous module. Now, you're going to have the opportunity to uncover anything that's hidden about your beliefs around money.

This exercise is designed to help you see your hidden beliefs so you can distinguish them. Those initial memories can guide you as you're working through it. Because we're introduced to these ideas as small children, they usually go unexamined. So now's your chance, as an adult, to consciously and intentionally design your own beliefs around money.

Step 1 - Check all of the beliefs below that resonate with you, even slightly.

☐ Money is the root of all evil.

☐ Never mix friends and money.

☐ Money is for other people, not for me.

☐ I don't have to understand money, I just have to use it.

☐ Rich people are selfish. I can't have money and free time.

☐ Everybody wants more money.

☐ If I get rich, then I'll be showing up my parents, who never had enough.

☐ Money is too hard.

☐ I can't trust myself with money.





I never have enough money.



I can't earn a living doing something I love.



As soon as I make it, I spend it.



Men are better with money than women.



I'll never have enough money.



I'm a failure when it comes to money.



I'm not mean and greedy, so I'll never be rich.



I should have worked out my money situation by now.



Every time I save money, I end up needing it.



I thought money would just be easy to make.



This is too hard. Money just disappears.



There's no reason to save money.



You have to work too hard to have enough money.



I have to hustle to make money.



No one else has the same issues with money that I do.



If I was a smart woman, I would have made enough money by now.



Everyone else understands money. I must be stupid.



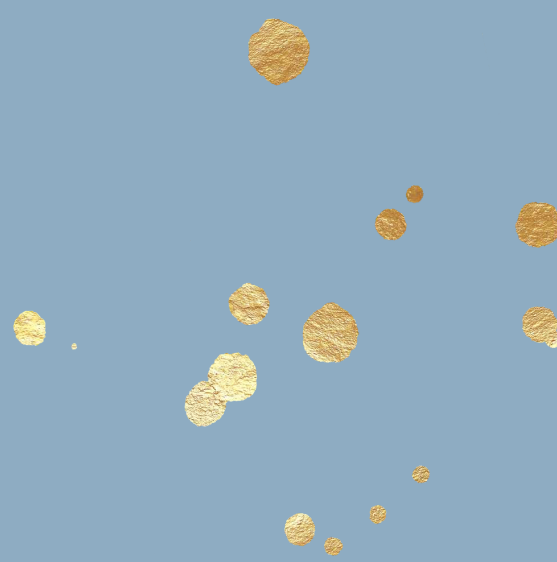
Money isn't that important.



If I make money, I might just lose it all anyway and then I'd feel stupid and hate myself.



It's selfish to want a lot of money.



If anyone ever found out how bad I am with money they wouldn't like me

I don't really want money anyway.

I'd be so ashamed.

If I'm successful, people will hate me.

Money is everything.

It takes money to make money.

The rich get richer and the poor get poorer.

It's tough times.

I'm not that good with money.

My prosperity takes away from someone else's prosperity.

I can't do what I love and make money.

I'm blocked when it comes to money.

I'm broke.

Only a select few get to have money.

There's not enough money to go around.

You get what you deserve, which means I don't deserve much.

Money doesn't grow on trees.

I'm powerless over money.

I didn't earn the money I have and I feel gross about that.

Money is just too complicated to understand.



- ☐ I already have too much, there are others who need money more than I do.
- ☐ Daddy (spouse, friend etc) will like me better if I don't spend that much.
- ☐ I can be either rich or healthy, but not both.
- ☐ All those people making money know something I don't, and I probably never will.
- ☐ You have to suffer to be close to God.
- ☐ It's filthy being rich.
- ☐ Accepting money obligates me.
- ☐ It's impossible to make lots of money.
- ☐ My family has never been rich, so I won't be either.
- ☐ have to have a job I hate in order to make money.
- ☐ You have to work hard, scramble, struggle, suffer to pursue money.
- ☐ More money means more problems.
- ☐ I'm more spiritual if I'm poor.
- ☐ Getting enough money is just too hard for me.
- ☐ Money goes out faster than it comes in.
- ☐ Are there any other beliefs or thoughts that come to mind?

Congratulations! You've distinguished your beliefs about money, whether they were hidden from you or not.

Now they're out in the open! Look back over the list and, using a different coloured pen or highlighter, pick the three which resonate most strongly for you.





REFRAMING YOUR BELIEFS

In the space below, you're going to rewrite the statements you circled. This time, you're going to write them as you want to see the world now, with the truth of who you are. You're now powerful enough to rewrite the way you think about these beliefs.

Einstein once said that the most important question we can answer in our lives is, *"Is the Universe a friendly place?"* How we answer that question dictates everything we experience. Chances are, because you took this course and you're doing this exercise, you believe that the Universe is a friendly place. Use that concept as a filter as you rewrite your beliefs. If you believe the Universe is a friendly place, then how can you rewrite these beliefs to support that? Start with your top three money beliefs. Rewrite those first.

As an example, let's say you circled, *"You have to suffer to be close to God."* If you believe the Universe is a friendly place, maybe the new belief you write would be something like, *"God loves me and supports me and wants me to feel safe, secure and happy. And that includes having enough money."*

This is a powerful exercise when you really dive in and do the work. You're committed to breaking old habits, to working through the invisible and creating something new. As you look over your new beliefs, start thinking about whether or not you're charging enough for what you do. Is it time to ask for a raise? Are you honoring your clients, customers or job with the work you do?

See where you can break up old patterns and behaviors and start living with this new perspective right away.



REFRAMING OLD BELIEFS



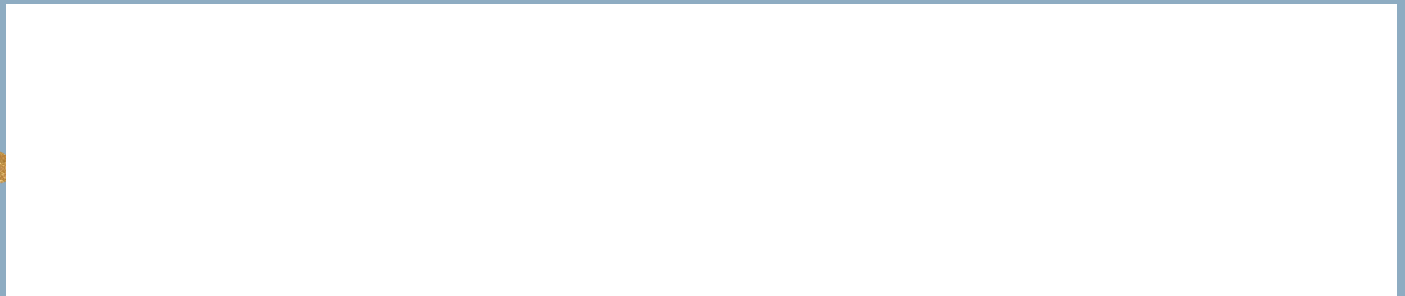


NEW MONEY BELIEFS

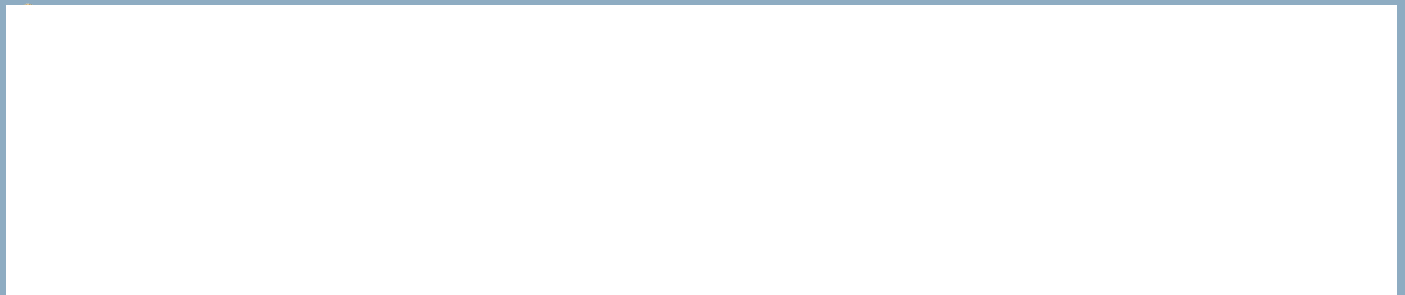
My top three beliefs around money:



My Top Three Old Beliefs (Remember to keep these handy!)



My Top Three NEW Beliefs (Remember to keep these handy, too!)



Congratulations on doing the work to create a new way of thinking around money. Now find a way to put those top three new beliefs in front of you every day. Each morning, read them out to yourself (in front of a mirror if you wish) and find ways to remind yourself of them during the day. You could stick them on post-it notes, or set them as the wallpaper on your phone, or record a voice memo to replay every day. The more you repeat these affirmations, the stronger your belief will grow.

You might like to share your top three new beliefs in the Facebook Group. By sharing them with others, you are committing to them in a safe space.



Notes

