

Money Mindset

a Hidden Moments Lifestyle training
by Samantha Conway



Let's talk about money. . .

- Earliest money memory
- Limiting money beliefs
 - How we learn them
 - Which ones are on replay for you
- Let's reframe:
 - Money is an amplifier
 - Money is energy
 - Tools

Earliest money memory

- What is your earliest money memory - dip deep and try to remember the moment you started to understand the concept of money
 - How old were you?
 - What is the memory?
 - What is the significance?

Limiting money beliefs

1. I'm not worthy of money
2. Money is scarce and there's not enough to go around
3. Money is HARD to earn
4. Money is out of my comfort zone
5. Money comes and it goes just as easily
6. I wasn't born rich so I can't ever be rich
7. I am bad at managing money
8. Money is scary
9. Money is evil

How we learn our limiting money stories

- Family patterns passed down through generations
- Language we hear all around us
- Coworkers
- Media
- Friends
- Past experiences

How do your money stories play out?

Which of the old money stories do you relate to and how does it play out in your life?

You might have several, or a couple dominant ones

Refrakme

Money is an amplifier

- Money is not good or bad, it simply is
- Money is an amplifier of who you **ALREADY** are: if you are a good person who wants to do good in this world, money will simply amplify that, not alter your core personality

Money is everywhere and it is plentiful

There is \$90.4 trillion in the world right now

Money is energy

- Money is simply energy
- We exchange money the same way we exchange any other currency, any other energy
- But, the value and human-like characteristics we place on money distorts our perception of it
- If money is energy, we can attract it the same way we attract anything else using the law of attraction
- But, to fully accept money, we must address how we receive

Money is energy continued. . . .

So, if money is energy and the key word is *exchange*, I want you to think about how you currently engage in exchanging energy...

Asking and receiving...

So, how do you receive?

- Do you ask for what you want and need in other areas of your life? Your relationships? Your career?

AND

- How do you actually receive?

Think about how you receive:

- Compliments
- Praise and recognition for your work
- Love

Tools for repairing your relationship with money

- Affirmations
- EFT (Tapping)
- Visualization
- Law of attraction: declare what you want
- Journaling and releasing
- Actually keeping track of your finances
- Write a letter to money
- Reframe how you think of debt: "leveraged money for future opportunities"
- List all of the reasons you want to have an abundance of money, keep two categories: the material vs. the altruistic, then repeat this affirmation:

"I am entitled to enjoy my human experience and all of the material joys that come with being human. I am able to receive and enjoy abundance and this does not dim my altruistic light".

Discussion