

Lesson 10

Divine Money

a digital program to
Elevate Your Money Mindset
www.intuitivecoachingwithamy.com

Limiting Money Beliefs

“**Beliefs** are a feeling of certainty about what something means. The challenge is that most of our beliefs are generalizations about our past, based on our interpretations of painful and pleasurable experiences. The challenge is, most of us do not consciously decide what we’re going to believe. Instead, often our beliefs are misinterpretations of past events.” –www.tonyrobbins.com

Limiting beliefs are formed based on any event or relationship that creates an intense emotional reaction in childhood or your adult life. These “defining moments” show up in your relationship with money and create limitations on what you can be, do or have in your life.

Life is not happening to you, but through you. So much of lack you’ve experienced is the result of your own subconscious thinking and the actions you take based on those thoughts. The point of empowerment is recognizing that all these beliefs can be changed. To live an abundant life, you have to explore and release the limiting beliefs that may be blocking your cash flow. This is mindset work.

In this lesson, **you will identify and release your limiting money beliefs.**

Instructions: Read the list of common limiting money beliefs below. All of these beliefs are limiting. Even if they seem like the “right” thing to think about money, I promise you that every belief creates some limitation in your life as it relates to money and living the lifestyle you desire. These limiting beliefs influence what you allow yourself to have and the decisions you make at any given moment in your financial life.

As you read each of the statements below, ask yourself: Is there *a part* of me that believes this is true?

Circle or highlight the beliefs that you agree with. Be very honest with yourself. If it is even close to a belief you hold, circle it. Once you've reviewed all of your limiting money beliefs move on to the next section of this lesson.

Common Limiting Money Beliefs

I can't have or experience luxury in my life.

If only I had a little more money, I would be comfortable.

I never really get what I want.

There isn't enough money available for everyone to prosper.

Money goes out as fast as it comes in.

It is better to live on very little.

Making money is hard.

Money can't make you happy.

The path to financial security is a good job with benefits.

Money is the root of all evil.

Successful people are just lucky.

Only hard workers succeed.

The people with money are liars and cheaters.

People in my profession aren't well paid.

If only I could win the lottery.

I am not talented enough to make a lot of money.

I'm going to run out of money.

Luxury is bad.

I can't afford it.

When it comes to money the Universe is not on my side.

Money is ungodly.

I hate paying bills.

I'm on a tight budget.

The rich get richer and poor get poorer.

I have to do things I don't like to earn a living.

I'm not any good at my job.

Only professional and educated people have a lot of money.

Talking about how much money I make is impolite.

Rich people are snobby and selfish.

I have to save for a rainy day.

If I become successful, I will forget who I am.

Making a lot of money means working a lot- I'll never get to enjoy it.

If I was smarter and more passionate, I would have a better job.

People who come from where I come from are poor.

By being successful, I'll prove myself.

Poor people are nicer.

There is never enough time or money when I need it.

The more I have, the more I am at risk.

I can't make more money.

With more money, comes more responsibilities.

Why make more money; I'll just have to pay more taxes.

Only big thinkers get rich.

If I get rich, cool. If I don't, it's also cool.

I resent people that have a lot of money.

If I'm successful my tribe will be jealous.

If you have a good family, you don't need a lot of money.

Money makes people mean.

It's not a good time for me to make a change.

I am always in debt.

Money doesn't grow on trees.

I don't have the right education.

I only shop the sales rack.

I'm too old to start something new.

I refuse to pay full price.

Rick people are nothing like me.

I can't manage money.

I'll become arrogant if I get successful.

I'm not smart when it comes to money.

I can't budget.

I hate banks.

The stock market makes my head hurt.

I always fail or give up.

I can never hold on to money.

It's not okay to be rich when some people don't have anything.

It's disrespectful to make more than my parents.

If I do something differently, people won't like me.

I'm not sure what the balance of my checking account is.

I don't need to know my credit score.

I'm not good at saving.

Everything is so expensive.

I'm a proud penny pincher.

I can only earn so much.

Charging a lot of money is wrong.

Rich people are greedy.

I have to cut corners. That's the only way.

I've made so many financial mistakes- I can't trust myself.

I can't be spiritual and wealthy.

A good job is hard to get.

I can't understand financial documents.

I could never afford to quit my job.

Releasing Limiting Money Beliefs

Exercise: On the following pages, write down your limiting money beliefs. After you write them all down below, then burn the pages (safely). Say the following prayer: *I now release these beliefs for my highest and greatest good. I am now free.*

Again, BE SURE TO CLEAR & RELEASE YOUR LIMITING MONEY BELIEFS.

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