

Divine Money

a digital program to

Elevate Your Money Mindset

www.intuitivecoachingwithamy.com

Enjoy Paying Bills

This exercise can take up to 120 minutes. You may want to split it into multiple sessions.

Exercise: Imagine your bills are checks. (Honestly, I am not sure where this exercise originated. This is my version.) Every time you get a bill whether in the mail or online, I want you to imagine that it is a check. Add a zero to the amount. Keep a log of every check you receive (you can do this in Excel or in a journal or in whatever way works for you). Imagine that every time you log it on to your list, you are making a deposit into your cosmic bank account. Keep a total of all the cash. You can spend it however you please, but be sure to debit the amount on your log.

Example: I received a bill from ATT for \$189.00. I add a zero and log \$1890.00 on my cosmic bank account spreadsheet.

Why this works: Your subconscious mind does not know the difference between real money and imagined money. You will feel prosperous seeing your total increase. It will also help you to feel more positively about your bills. *Feeling good* opens the door to more abundance.

Bill Paying Accountability System

Instructions: Answer the following questions as truthful as you possibly can. The questions are designed to help you create a bill paying system that works for your lifestyle.

To develop a positive relationship with your bills, you will first have to release any fear, shame, guilt or anger you have around paying bills.

Releasing Exercise: Write down all your feelings about paying bills- both good and bad. Set your timer for 5 minutes and then dump your feelings on the page. Do not worry about spelling, grammar or writing complete sentences. Just write the first things that comes to mind when you think about paying bills.

After you complete the releasing exercise, then proceed with the rest of the exercise.

How do you make sure bills get paid on time?

If paying bills has been difficult for you in the past, what steps can you take to do it differently? How can you make bill paying more fun?

What is two actions you will take this month to enjoy paying bills more? (If need be, do some research on best bill paying practices. Be willing to experiment until you uncover the right system for you.)

How much are your monthly bills and expenses? Make a list of each bill and expense you pay. Take a moment and feel a sense of gratitude for each item on your list. Really go within and find some way to be grateful for each bill or expense.

Are there any expenses on the list above that don't make you feel good? Why? What can you do to feel better about it?

How much money do you need to have more luxuries in your life?

What limiting beliefs around paying bills (review the limiting beliefs section if you need to)? What did you learn growing up about bill paying?

Write a new bill paying story for yourself. Imagine you love paying bills. It is an easy and effortless part of your life. What would you do? How would you feel? What thoughts would you think? If it helps, imagine you are writing a blog post about making bill paying enjoyable. Be sure to share your personal experience with your audience. When you're done. Say a prayer of gratitude that this is your new reality.