



Money Talk

In this week's video lesson, we dive into the thoughts, words, and beliefs about money. This follow-up to an earlier money module is KEY if you find yourself having a difficult time manifesting/creating more financial abundance in your life.

If you have financial scarcity in your life, you almost certainly have a negative thought pattern looping in your brain about money and it's availability to you. You likely *don't even realize it*.

In this week's actionable, we want you to dump out all of the negative beliefs out of your head that you are not wanting to recreate about money. Keep a journal with you and notice when things pop-up. Write them down. At the end of each day, observe what your money talk has been like that day by going over what you have written in your journal.

Write down your observations here:

What do you WANT to think/believe about money?

Write an affirmation statement about money that you can write on a post-it-note or on a piece of paper and read it/say out aloud on a daily basis. Make sure to write it in the present tense.

- Example of what NOT to write: I want to earn 100k per year in 2020.

- Example of what to write: I am so thankful and grateful for the \$100k/year or more that I am earning this year in a way that feels so good to me.