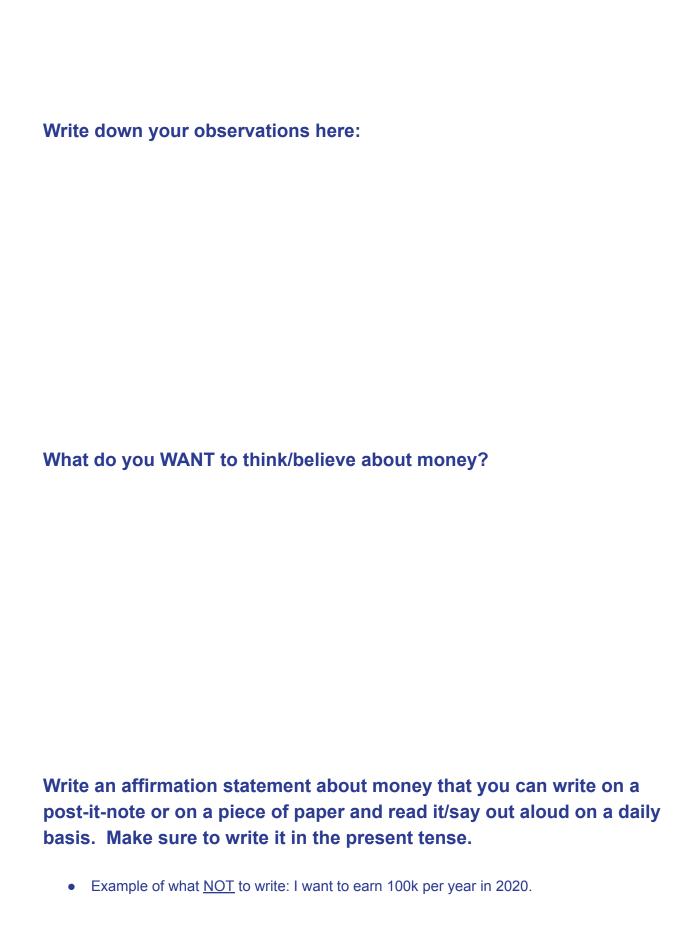


Money Talk

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.



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