




# *5 Keys to Gaining Confidence in your Money Relationship*

TAKE ACTION NOW!





# *Key # 1*

## CHANGE YOUR SPIRITUAL MINDSET WITH MONEY

If you continually tell yourself you don't have enough or won't be able to make enough, then you probably won't. Having a positive mindset around money can lead to a positive manifestation of wealth. Work on eliminating the thought patterns that money is an evil and people who are wealthy are not happy. When you start to think positively about money, you start to attract wealth and in turn increase the opportunities that will come into your life.

## TAKE ACTION NOW

- Observe your thoughts over the course of the day and write down at least 5 thoughts around money.
- Identify if these thoughts are positive or negative and also when they arise.
- Practicing taking one of your negative thoughts around money and shifting the language to neutral as often as possible.



# *Key # 2*


## KEEPING A DETAILED RECORD OF YOUR EXPENSES KEEPS YOU ACCOUNTABLE WITH YOUR DHARMA

It is easy to spend money mindlessly, we all have done it. If you want to be crystal clear about how you are spending your money then keep a detailed record of your expenses. I know it can be cumbersome, but it will help you to highlight the areas where you are overspending. Over time a detailed record of expenses will be your key to making real changes in your finances.

### TAKE ACTION NOW

- For one day keep a detailed record of everything you spend money on.
- Notice how your relationship to spending shifts or changes when you are writing it down. Try to write down or make note of these shifts.
- Observe and track feelings that arise when you are keeping track.





## *Key # 3*

### DAILY PRACTICE ON YOUR DIVINE VALUE

How do you know you are valuing yourself and charging what you are worth? How do you know what you are charging for your services is accurate? If you have not done the research to identify what the market value of your services is and also checked in with the value you hold for yourself then you could be losing money. It is common to identify a price point when you first get started, but over time this price point could change. It is important to continually check in with yourself to make sure your price point reflects the value you hold for yourself.

### TAKE ACTION NOW

- Identify what you are currently charging for your services and be honest with yourself. Have you given discounts or free services?
- Write down what you would like to be charging for your services and Why.
- Start by putting your new price point out into the world and track how it feels.





## *Key # 4*

### CONSCIOUSLY CHOOSE FREEDOM OVER SCARCITY

Start to change your idea that there is not enough or that you don't deserve to have it. When we create fear around something, we prevent ourselves from receiving. If you are constantly worried about money or scared that you will never have enough, then you won't. Shift your mindset to one of abundance. As you change your scarcity mindset, be prepared to welcome in wealth and prosperity.

### TAKE ACTION NOW

- Observe your inner dialogue and notice when you are speaking to yourself from a place of lack or scarcity.
- Notice those around you and how they speak about money. Does this have a positive or negative effect on you?
- Practice shifting your inner dialogue to language that welcomes in prosperity. You made need to start with neutral language first if shifting from negative language.



# *Key # 5*



## STAY SPIRITUALLY ACCOUNTABLE TO YOURSELF & YOUR FINANCES

In order for change to occur in any area of your life you need to be accountable. Having a dedicated plan in place to remain accountable is key to financial freedom. What are the action steps you are taking to monitor your progress and track your wealth? How are you checking in with yourself or is there someone else in your life who you can work with to hold you accountable? We are most successful when we are held accountable with others, ultimately leading to accountability in ourselves.

### TAKE ACTION NOW

- Practice implementing an accountability system for yourself and monitor your consistency.
- Write down a list of accountability systems that have not worked for you in the past so you do not play games with yourself.
- Share your accountability plan with a friend, coach, mentor or someone you can trust. When we are witnessed we hold the most power and potential to move ourselves forward.



# *Let's Connect*

Schedule your FREE 30 Minute  
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