

## Let's dump the Money Junk

We know that many of us struggle with money.

It's a weird topic, for some making money is as easy as sliding off a log, for others, it's like birthing a baby hippo.

Here are some questions you can ask yourself to spot those tricksiesome thoughts and beliefs about your relationship with money. And possibly squash them once and for all.

Kate & Belinda



### BELINDA TIP:

Ask yourself the questions and write down whatever pop-ups... no judgement. No self-censoring.

### 1. What are you most frustrated by when it comes to money?

*Toon example: I get frustrated with my belief that I'll never have enough!*

### 2. When did you first feel a sense of money (having it or the lack of it)?

*Bill example: My parents worked very hard and scrimped for future gains.*

### 3. What decision did you make from that experience?

### 4. How does that impact you now?

*Bill example: How hard I work and how much money I earn = my value as a person.*





Self-sabotage: means taking action that's in conflict to what you want or what you've said.

**5. How are you sabotaging yourself when it comes to money?**

*Bill example: I spend on business courses that simply validate what I already know.*

**6. What do you get from sabotaging yourself?**

*Toon example: Not raising my pricing means people won't expect too much.*

**A. What are the negatives?**

**B. What are the positives?**

**7. What new belief would you like to have about money?**

**8. What kind of person has this belief? Who do I need to become to have this belief?**

Acknowledgement. These are questions asked by Linda Perry as part of a guided meditation from her group.

