

Release Your Money Blocks: *Day 2*
5 day challenge



Life **EMPOWERMENT** ·
P R O J E C T .

Day 2: **Language**

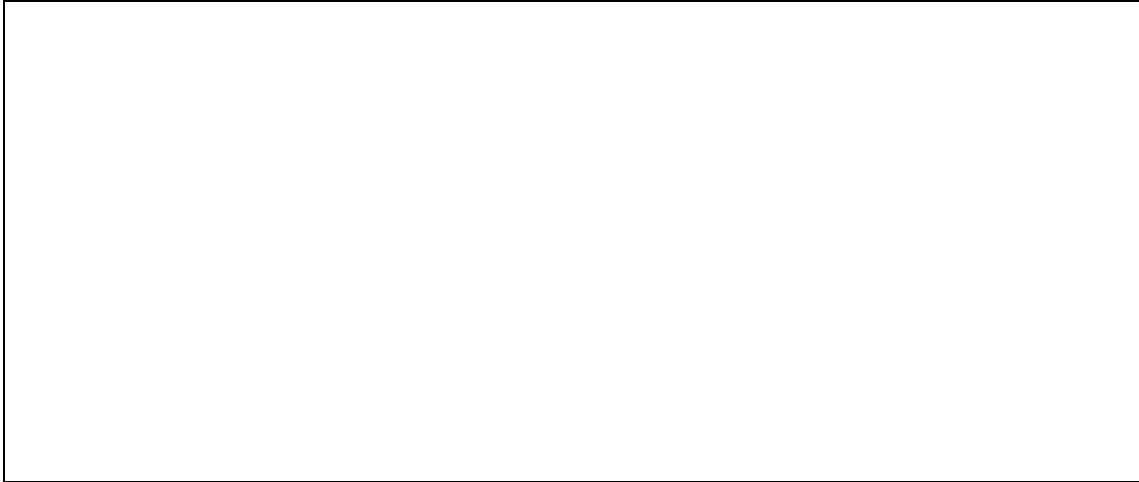
Today is about uncovering some unconscious limitations. If you want to make a change, the first thing you have to do is become consciously aware of what the problem is.

For the majority of us, and definitely those of us who are struggling to create abundance, the conditioning around money, finance and wealth are so deeply conditioned and ingrained that we've never questioned them. Those limitations are our truth...and if the Universe is constantly saying YES to you, that's a big problem to hold onto that truth!

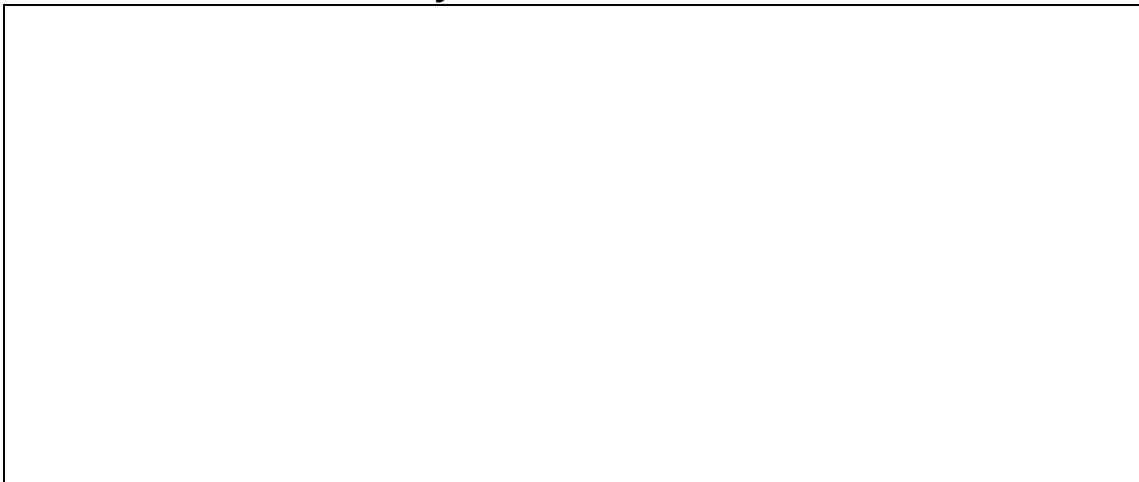
So we'll get consciously aware of our limitations by focusing in on the language we use around money. Then there are a couple of fantastic exercises to go with today's lesson too. Be sure to complete them all in as much depth and details as you can, no matter how much resistance you come up against! This is *essential* for you to get the breakthroughs you deserve!

What did you learn from your parents about money, wealth and wealthy people?:

What did you learn from your grandparents about money, wealth and wealthy people?:



What did you learn from your parents & grandparents about hard work, sacrifice and scarcity?:



What did you perceive as a child about money, wealth and wealthy people?:



What are your beliefs/what comes to mind around the following prompts from your perspective as an adult?

Wealth:

Debt:

Expenses:

Investments:

Spending:

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Wealthy people:

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Poor people:

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Uncovering your emotional charges around money:

The less emotion you have around money, the more will flow to you. The Universe only hands you what you can handle, no more. The less charge you have around money, the more you'll build.

How do you feel and what do you say to yourself when you spend money (and just after you've spent it)?:

How do you feel receiving money?:

Break this down further - from clients and your business, from friends at dinner, from your partner or your parents...

Exercise #1!

Please note, this exercise MUST be done all at once, so ensure you allot enough time to complete it fully.

Take a piece of paper from your notebook and on it, write out all of your limiting money beliefs, using today's workbook as prompts to ensure you cover all your bases!

Sit for a while each time you feel you've written them all down or hit a wall and can't think of any more, the likelihood is you'll uncover some more with that little bit of patience!

Once you've got them all written down on your sheet, take the sheet outside with a lighter or match, and in a safe space, burn the piece of paper to ash. Ensure it is all thoroughly burned and nothing remains.

(Disclaimer: be sure you are outside, in a safe space, be careful, etc...etc!!!)

As soon as you've done that, get a fresh sheet of paper and write out all the beliefs you'd love to have about money, beliefs that would support you, support your dreams and everything you want. Again, be thorough, push beyond any perceived resistance and sit with the question for a while longer when you think you've got them all down – you'll always uncover more gold!

When that is done, utilise your journaling prompt for the day from the lesson page, and stick your 'supporting beliefs' sheet you've just completed up somewhere where you'll see it often – keep this in your front of mind awareness and you'll be sure to change what you're attracting into your life!

Exercise #2!

Track your thoughts and language around money and get conscious of how other people around you speak about money. Keep a journal with you at all times this week, with a few pages spare for you to continually add in the insights you're uncovering.

Great prompts to spark your conscious awareness include – your thoughts as you go to spend money on yourself, what comes to mind when people around you are spending money on themselves, what crosses your mind as you open your bills (especially those that you might not have expected/the amount wasn't what you expected), how do you feel when someone tries to pay for you (even something as small as a coffee!)

End of the week exercise...

If you've noticed any more big money limitations coming up from your 'thought tracking' exercise this week, simply repeat the burning exercise...get it all out, free up the space, and welcome in the abundance that will flow as a result!

Be sure to use your journaling prompt for the day (at the bottom of today's lesson page) and the mantra listed below it (the more you use your mantra, the better!!).

See you over in the Facebook group – ask in there and we'll answer any questions you have!!

To your infinite abundance,

Vicky xx