The Abundance

Bundle of Goodness

Are you ready to overcome those money blocks, those negative beliefs, the feeling of guilt and a lack of self-value when it comes to Money?

Let’s delve in & get started!

*Money Beliefs*

What are your negative or limiting beliefs about money?

Why do you think you have these beliefs?

How does having these beliefs affect your financial life?

What positive beliefs or thoughts do you have about money?

How do these beliefs of thoughts affect your financial life?

How often do you feel guilty about money and why do you have guilt associated with this?

Do you believe that if you are financially secure and successful that you can then go on and help others from that place of security? If yes, why. If no, why?

Write out your Money Story

I would like you to write out the experiences you have had with finances from as far back as you can remember until the present moment. This is a brilliant exercise that I was once taught to help me understand where my beliefs came from, how I approach money and how I am where I am right now. Take your time to do this and don’t stop until it is done. It will be a real eye-opener!

Letter of Forgiveness

I would love you to write a letter to yourself and others (where applicable) around forgiving any issues to do with money.

For example, I forgive my parents for not teaching me it is ok for me to have financial comfort. I forgive myself for not valuing myself enough financially through my income or otherwise. I forgive myself for any past financial mistakes.

Dear \_\_\_\_\_\_\_\_\_\_,

I forgive

What areas of life are you wealthy in now?

Sometimes when we want to change our mind-set towards money and abundance, we can be coming from such a negative place that we almost block this from happening. Today’s exercise is to help you pivot and move into a better feeling place by looking at all the abundance you currently have.

What richness or abundance do you currently experience in all of the below areas:

Health & Wellbeing:

Family:

Friends:

Romance:

Career:

Social Life/Hobbies/Interests:

Home Life & Physical Home:

Repeat this mantra:

*“I am so very grateful for all of the abundance I am experiencing every day”.*

If you had more money would you change any of the following:

(Please write yes/no beside each one)

Your friends:

Your family:

Your romantic life:

Your health and wellbeing:

Your job:

Your home:

Your clothes:

What we are discovering here is just how abundant you already are and how you more than likely wouldn’t change everything. Of course some things may change with more money but you are abundant right now!

It is an act of self-care to have your finances to be secure and abundant so that you are able to live a comfortable and stress-free life.

Every aspect of our life is important and finances are just as important.

We can associate having more money with it changing who we fundamentally are or that it makes us greedy!

This may or may not be your belief and if it is, you need to ask yourself if you would like to change that and why?

Enjoy the printables in the Member’s Area to help you even more around this topic this month and beyond!

Much love,

Caroline xxx