

# CREATING A HEALTHY MONEY MINDSET

Your thoughts, feelings, and actions create the amount of money you have (or don't have) in your life. This means, if you figure out what you're thinking about money, where you are blocking your abundance, you can evolve your money beliefs and create better results.

- What were you taught about money growing up?
- What were your thoughts as a child about making money?
- When you think about money, what thoughts come to mind?
- What were you taught about rich people? Poor people?
- What are your thoughts about things you've splurged on in the past?
- Does anything else come up for you when you think about money in the past?
- What do you think about money now?
- What do you think about saving money?
- What are your thoughts about "having" money?

- Write out some of your thoughts about debt?
- Do you think \$100,000 is a lot of money or a little bit of money?
- What are your current beliefs about rich people? Poor people?
- When you think about not having money, how does that feel?
- What future purchases are you thinking about?
- What do you think about money and retiring?
- What do you think about saving for the future?
- Does anything else come up for you about your future with money?

You earn money based on the "value" you provide to the world.

Value creates money. Time and effort do not.

The more value you provide and the more willing you are to receive money, the more money you'll earn. This principle applies whether you are an entrepreneur or an employee.

If you want to earn more money, you need to create a plan to provide more value and be open to receiving more money.

- How much money can you earn? Why? How?
- How much money do you want to earn per year? Why?
- What value will you give in exchange for this money? (For example; I create art, I paint houses, I build houses, I help people get out of debt, I create art.)
- Do you ever over deliver on value? (Example: No. I have been doing the bare minimum and watching the hours pass by, looking forward to Friday at 5 PM when I can leave work.)
- Are you comfortable with "receiving" money? Example: Do you feel guilty for bonuses and raises. Do you feel like you earned them? Do you feel like it takes from someone else?)
- How can you offer more value, blow your own mind?

One of the most important things you can do is learn how to "have" money.

Having money has to do with your relationship with money. It does not have to do with what money can buy you are how much you make!

The difference is everything. How you feel about having money is going to determine how much money you have.

The more comfortable you are with having money without spending it, the more money you'll have.

- How do you feel about having money? (Do you feel guilty? Do you enjoy it?)
- Do you prefer to have \$100 or spend \$100? Why?
- What are you spending money on that increases the value of your life?
- What are you spending money on that decreases in value as soon as you buy it?
- What do you want your money philosophy to be?
- If you had 10x as much money in your life, what would be different?
- What would be exactly the same?

The way you think and feel about money will either generate more money or more scarcity in your life. When you set money goals for yourself, you will learn to be a person who creates, invites, generates and attracts more.

To create the result of having or earning more money, you have to have the beliefs about money that generate the feelings that drives the actions that creates the result of more money.

- What are your money goals? List your goals, including earning, having, saving, spending, paying off debt, and investing.
- When you think the thought "I want more money" how does that feel?
- What do you want to feel about money?
- How do you think you'll feel when you have more money?

Complete the following Model with your money goal in the R line. You can put anything that you want on the R line. Now, how will you feel when you have that money? What will your thoughts be when you have that money? How will you show up in the world thinking those thoughts and feeling those feelings? Fill in the blanks.

Circumstance: Creating, inviting, generating, attracting, more money

Thought:

Feeling:

Action:

Result: My money goal is:

This is your intentional thought model for your money mindset. Bam!