

STAGE 2 - MINDSET SHIFT

BUSTING YOUR MONEY BLOCKS

WORKBOOK



Life Coach Prosperity

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LESSON 1

ACKNOWLEDGING THE PROBLEM IS ALWAYS THE FIRST STEP

Exercise: Journal about your money blocks. Purchase a journal or use this space.

What Are Your Money Blocks?

What are you afraid of?

What's the best thing that could happen if you earned more money?

How would you handle success?

How would you handle failure?



LESSON 1

ACKNOWLEDGING THE PROBLEM IS ALWAYS THE FIRST STEP CONT . .

What financial events from the past are feeding into your fears?

What lesson can you/have you learn (ed) from these past events?

Other Notes:



LESSON 2

GET TO THE ROOT OF THE ISSUE

Exercise: Write out your earliest money memories and how you felt (or still do feel) about them.

What is Your First Memory about Money?

How did this memory make you feel?

Do you still feel the same way today?

What lessons can you learn from this memory?

How can you change this memory into something positive?



LESSON 3

WATCH YOUR LANGUAGE

Exercise: Keep a list of the negative things you catch yourself saying about money and the people who have it.

What Negative Things Do I say About Money?

What Negative Things Do I Say About People Who Have Money?



LESSON 3

WATCH YOUR LANGUAGE CONT..

How Can I Turn These Negatives Into Positive Statements?



LESSON 4

RECOGNIZE (AND ACCEPT) WHERE YOU'RE STARTING FROM

Exercise: Spend a few hours reviewing all your financials.

Monthly

Household

- Mortgage/rent
- Insurance*
- Phone/Internet
- Cable
- Utilities
- Car Payment
- Groceries

Business

- *check the fees for any services or software you use. Sometimes paying an annual fee will save you money in the long run.*

Personal

- Credit cards
- Entertainment
- Clothing
- Beauty
- Gifts

Annually

Household

- Insurance

Business

- Website hosting
- Cell phone/internet
- Computer Software/Maintenance

Personal

- Vacation

Other Expenses/Notes



LESSON 4

RECOGNIZE (AND ACCEPT) WHERE YOU 'RE STARTING FROM CONT . .

Exercise: Create a vision board of your biggest, scariest dreams.

What Is An Asset?

- An asset is anything of value that can be sold for money.
- For company, an asset might generate revenue.
- For an individual, an asset is: a bank account; land; personal property; or investments

How To Track Assets

Balance sheet: shows number and type of assets plus how those assets were financed.

Of course, there are apps to track business assets but many are designed to track fleets of trucks/ cars or inventory.

Glossary of Terms

Current assets = anything that can be converted into cash in 1 fiscal year; cash accounts receivable, inventory

Fixed assets = used in the production of goods and services; older than 1 year; vehicles, office furniture, machinery, building

Expense = anything you buy.

Apps for Tracking Expenses

Pocket Guard Home Budget with Sync Wally Honeyfi Clarity Money

Wallet DoolarBird Wela Fudget pendee IOU



LESSON 5

DARE TO DREAM

Exercise: Create a vision board of your biggest, scariest dreams.

if money
was no
object, what
would your
day be like?

What are
your fears?

What's the
most you
could
accomplish in
your business?

What's your
biggest
personal
dream?

What's
holding you
back from
these
dreams?

Exercise: Start a daily journal habit and write out your goals as if they have already come true.

Journal Your Dreams

Ex: Today I put a down payment on a new house! Can't wait to move in!

Ex: Today I took my dream car for a test drive. Going to order mine in__months!

Ex: I received an offer to be the keynote speaker at my favorite conference!

Ex: A book agent is interested in representing me!



LESSON 5

DARE TO DREAM CONT..

Use the space here to journal or print/buy/create your own journal so have lots of space.



LESSON 6

GENEROSITY BREEDS ABUNDANCE

Exercise: Research worthy charities and budget a portion of your profits each month to them.

Charity Name	Contact Info	Their Mission	How Much Do I Want To Contribute?



LESSON 7

USE AFFIRMATIONS TO CREATE YOUR NEW REALITY

Exercise: Create your daily money affirmations.

Money Affirmations by Louise Hay

- I am open and receptive to all the wealth in the Universe.
- I am a magnet for money. Prosperity of every kind is drawn to me.
- Today is a delightful day. Money comes to me in expected and unexpected ways.
- I move from poverty thinking to prosperity thinking and my finances reflect this change.
- I delight in the financial security that is a constant in my life.
- I am an unlimited being accepting from an unlimited source in an unlimited way.

Create Your Own Money Affirmations



Notes: