

Money Shift Worksheet

Financial / Wealth Values

Exercise 1: Take a look at your personal checking bank account. Write down what that number is. If you're unable to write the number down there may be some associated fears at play in the belief systems.

\$ _____

If you are also an entrepreneur, write down the dollar amount of your current business checking account.

\$ _____

Note: The current dollar amount represents your current belief systems about money in your personal life and business life.

Exercise 2: What are the "self-talk" conversations you have about money? For example, do you say, "I can't afford it"? Do you tell your kids, "Money doesn't grow on trees"? What would be the belief systems associated with these types of beliefs? Consider writing down what you've heard as a child about money.

Self-talk Affirmations	Associated Belief Systems

Exercise 3: In the financial / wealth values, imagine what would be that wonderful and exciting life for you? What changes would take place? How would you begin to follow your excitements in making money?

In this exercise write down the money number that will excite you. Even consider numerology for this exercise. What is your power money number for business and personal checking account?

Business Checking Account

\$ _____

Personal Checking Account

\$ _____

Exercise 4: New belief systems will need to be incorporated to move into this new money energy.

- a) What new self-talk or affirmation will you use to support your new direction? For example, “money comes easily and quickly to me.” “I am in the field of abundance.”
- b) What emotions will be associated with your affirmation or self-talk? For example, the emotions of love, the emotions of appreciation, the emotions of gratitude!
- c) What new belief systems will you incorporate to establish this new money energy? For example, my business is soaring with the new ideas incorporated! I am working in the field of my dreams! Remember believing is seeing!

New Affirmations	New Emotions	New Believes