

Money Matters

According to a financial research firm, an average of 1 out of every 53 US households filed for bankruptcy in 2005! I wonder if people consider bankruptcy as their only course of action because they are so deep in consumer debt. Or could it be that people believe they have nothing to lose now or in the future?

If it's the latter, this apathetic attitude becomes a self-fulfilling prophecy. Money is a very emotional topic. Most people would rather discuss sex than money!

Strong underlying rules or beliefs about money such as "Let's face it, I'll never be rich.", "Who am I kidding, I won't be able to afford to do or have _____." drive (or justify) a person's decisions every day and limit his/her personal potential.

Let's explore some money matters.

✓ **Make a list of all the things you remember hearing about money when you were growing up.** Did you hear limiting beliefs like... "Money is the root of all evil", "Money doesn't grow on trees.", "We can't afford that.", "Don't waste your money."?

✓ **How have these beliefs affected your financial situation to date?**

Whether you believe money is good or bad, you're right! Ask yourself, the last time you took a new job, how much did you negotiate the salary/compensation? We tend to limit our earning potential (how much I'm "worth") and thereby limiting our personal goal potential.

✓ **Replace each limiting belief with an empowering belief.**

For example: "Money doesn't grow on trees." gets replaced with "*Money doesn't grow on trees, unless you have fertile ideas that can foster growth.*"

Or, "I can't afford that", gets replaced with "*HOW can I afford that?*" (without the sarcasm, of course.)

These empowering beliefs will feel abundant and energizing, while limiting beliefs tend to feel restrictive or stifling. By transforming your underlying limiting beliefs about money into empowering ones you can expand your attitude, earning potential and personal achievements.

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