



Eliminating Your Money Blocks Workbook

Many of us have and may still be carrying money blocks which you are unaware of.

The reasoning behind this is usually due to being aware of the emotion but not knowing the impact this has on your money and potential earnings.

It is important to become clear on the emotions which we are carrying, as well as our beliefs around earning money. Money is and always has been an emotionally loaded word, with many of us being made to believe that to live an abundant life, we must be emotionally full, 'in it for the people', 'you can't be spiritual and rich' and many more.

Society has taught us that to be in business to earn a good amount of money is wrong and will actually have the opposite affect when approaching your clients with this mentality.

If we do not become clear on our relationship with money now, this will determine how much of it you make in order to stay within the entrepreneur world.

Our money blocks and clutters are the result of fears, anxiety, worth and can be the result of self-sabotaging yourself and your business.

Money Block Examples

Many of you will have heard about money blocks, but will be uncertain as to what they actually are and how to identify them. Below are some examples.

- You feel uneasy when it's time to sell. You don't enjoy the feeling and so you avoid it as much as possible.
- You're fearful to ask for a higher investment from your clients.
- You are scared of investing with a coach due to not having the clarity and understated between spending and investing (good debt and bad debt).
- Money doesn't flow into your life with ease, so making money feels like hard work.

- You are fearful of setting big goals due to not feeling empowered enough and so you do not enrol clients.

So many of us are fearful to admit our want for money, and so we continue to bury our head in the sand, in the hope it will happen without having to speak out and up their prices.

What so many do not realise is that whilst you are doing this, it will impact your happiness and bank account. If you grew up around conversations over lack of money, or negative venting towards wealthy people - the chances are, you are carrying the same mentality. This is learnt and can be unlearned.

If you were brought up around wealth, unhealthy spending habits, being over indulged and watching others over indulging, again this will affect the way you handle and perceive money.

Without dealing with and processing the money blockages within our life, and continue to grow our self-development - your marketing, branding, products, services, you will still be unable to attract money with ease.

We are all destined to live an abundant life - emotionally and financially.

When you begin to clear the blocks, you will begin to see the cash flow coming in to your life, much easier.

Below are some more indicators that you may have money blocks.

- You avoid money conversations due to them making you feel uncomfortable.
- You believe to 'not be in it for the money' is how you need to be perceived and accepted.
- You over-deliver on services, only to realise you are not charging enough
- You have so much work on but earn not enough money
- You worry about your finances and feel it is a constant struggle You start working with clients without deposit or paying in full.

Identify Your Blockages

Going through all of the previous examples of money blockages, identify which apply to you and what you can do to overcome these.
