



## Clearing Financial Limiting Beliefs

### Money is...

Take 3 minutes and just write down everything that comes to mind when you think about money. (i.e. money is precious, money is scarce, money is green, money is everything...)

Just write for 3 minutes straight and let it all come out.

What did you become aware of by making that list?

### Family's influence...

What did you learn from Mom about money?

What messages did she send? What was her relationship with money?

How about with Dad?

Grandma/Grandpa...

Anyone else pertinent....

## **Fear of money...**

What I fear most about money is...

What I fear most about charging is...

What I fear most about making money is...