

Your financial success mantra

Workbook

Your beliefs about money play an essential role in shaping your success. Limiting beliefs can hold you back, but transforming them into uplifting beliefs can unlock your true potential.

Transforming your limiting beliefs

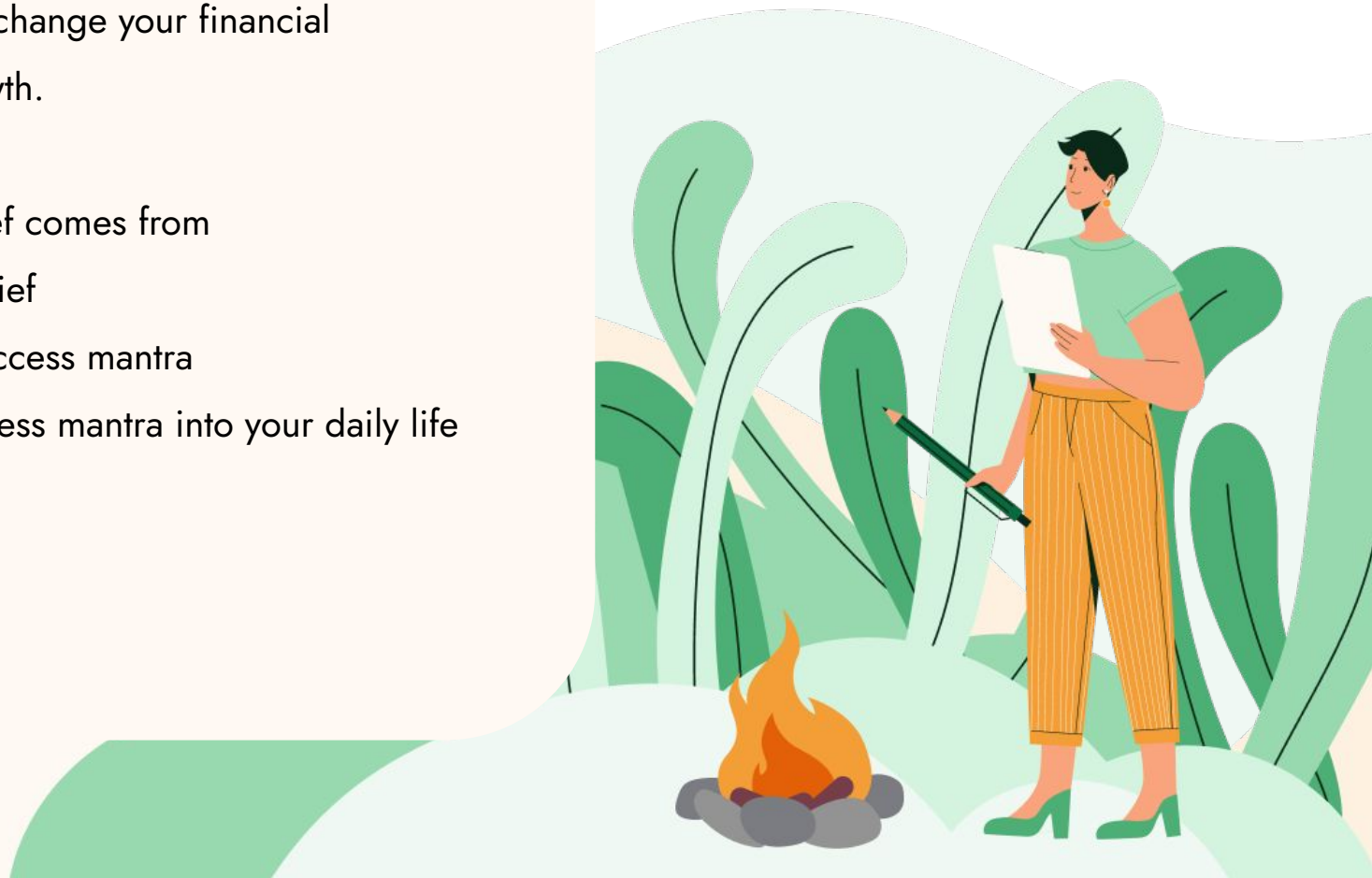
Here are the four steps to help you change your financial mindset and embrace financial growth.

Step 1: Understand where this belief comes from

Step 2: Challenge your limiting belief

Step 3: Formulate your financial success mantra

Step 4: Integrate this financial success mantra into your daily life



Step 1: Understand where this belief comes from

Let's take a moment to think about our beliefs about money. Remember the weeds you removed from your dream garden? Which of those familiar limiting beliefs do you have? What other limiting beliefs can you recall right now?

Are these beliefs helping you grow, or are they holding you back? It's important to understand where these beliefs come from so you can change them. Being aware of your beliefs and knowing where they come from can help you understand and, when necessary, change them.

Tips:

- ◆ **Reflect on your past:** Think about your childhood and past experiences. Do you remember hearing things like: 'money doesn't grow on trees' or 'rich people are greedy'? Or have you had a negative experience you still carry with you?
- ◆ **Recognise patterns:** Pay attention to any recurring thoughts you have about money. How often do these thoughts cross your mind? What are they based on?



Step 1: Understand where this belief comes from

Take a moment to write down your limiting beliefs about money and life.

Limiting beliefs	Origin
<div>Which limiting beliefs can you recall?</div> <div>...</div>	<div>Where do they come from?</div> <div>...</div>

Step 2: Challenge your limiting beliefs

Can you see any patterns in your limiting beliefs? What do they have in common? Which one do you hear the most in your head? Which one is holding you back the most?

Take a moment to choose one limiting belief you'd like to turn around.

Tips:

- ◆ **Ask critical questions:** Challenging your beliefs helps you see them in a new light.
- ◆ **Consider alternative perspectives:** Seek out stories of people who have succeeded despite similar beliefs. Their stories can inspire you to do the same.



Step 2: Challenge your limiting beliefs

Write down one of your limiting beliefs and challenge it.

Limiting belief

...

Answer the following questions about the limiting belief above

- Is this belief fact or fiction?
- What evidence supports or contradicts it?
- Is that really true? Are you sure it's absolutely true?

- How do you react when you believe that thought?
- Who would you be without the thought?
- How did others overcome this limitation?

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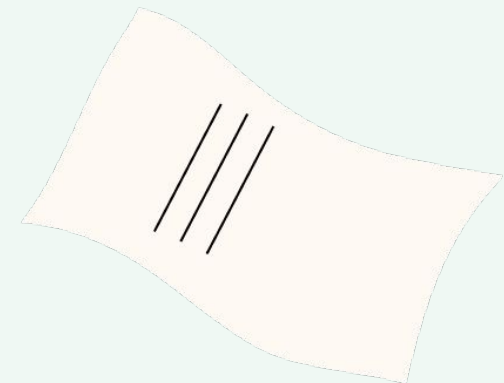
Step 3: Reformulate your limiting beliefs

It's time to let go of your old limiting belief. Imagine symbolically burning it away. If you want, you can even write it down on a piece of paper and actually burn it. Once it's gone, you can start rewriting your story. A story that aligns with your vision for financial success.

Transforming your limiting beliefs

Beliefs start as thoughts. That's why we will craft a financial success mantra. A phrase or words that through repetition will help you move forward whenever you feel stuck.

Remember, simply writing it down won't make you believe it right away, and it won't magically change things overnight. But if you keep repeating it, you'll start to see changes over time.

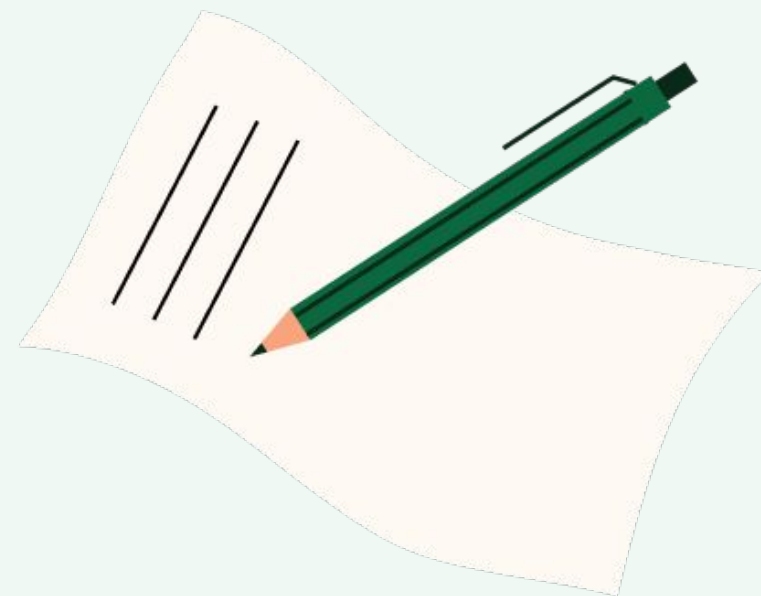


Step 4: Formulate your financial success mantra

Consider where you want to be and what you need to tell yourself to get there. Focus on something that moves you forward.

How to craft a financial success mantra:

- It can be the opposite of your limiting belief, for example, change “I’ll never be good with money” to “I am capable of managing my finances effectively and wisely.”
- What would you tell your best friend if they shared their limiting belief with you? How would you encourage them? You’d encourage them with kindness and support, right? Now, give yourself that same encouragement.
- Make sure your new belief aligns with your vision of financial growth. It should inspire and motivate you to take action.



Here is a list of financial success mantras to inspire you.

- ◆ I am capable and competent in managing my finances.
- ◆ Every step I take, no matter how small, brings me closer to my financial goals.
- ◆ I deserve to be financially successful and independent.
- ◆ My ability to manage and invest money grows every day.
- ◆ I have the strength and knowledge to make smart financial decisions.
- ◆ My financial future is bright and full of possibilities.
- ◆ I trust in my ability to earn and save money.
- ◆ I am worthy of achieving my financial goals and making my dreams come true.
- ◆ I am a smart and successful investor.
- ◆ My efforts and dedication lead to financial abundance.
- ◆ I am not afraid to seek help and advice when it comes to my finances.
- ◆ I am proud of my financial progress and celebrate every milestone.
- ◆ Money is a tool that I manage with confidence and wisdom.

Step 4: Formulate your financial success mantra

Please write your financial success mantra here.



Step 1: Understand where this belief comes from

You've done fantastic work identifying your limiting beliefs, challenging them, and turning them around. Now, it's time to weave your new, uplifting belief into your everyday routine.

Tips:

- **Affirmations and visualisations:** Start your day with affirmations. Say your new mantra out loud with confidence and excitement. Visualise yourself living this uplifting belief. Picture your success and financial abundance, making it real in your mind.
- **Mindful practice:** When old thought patterns try to sneak back in, catch them and gently replace them with your new belief. Remember, consistent practice is the key to lasting change!
- **Daily reminders:** Set a phone reminder with your mantra at 12:00 and place a sticky note with it on your laptop for a daily boost of positivity.



Well done!

Great job finishing your workbook!

By following these five steps, you're on the path to transforming your limiting beliefs into empowering ones. Embracing a positive financial mindset is essential to unlocking your potential and achieving your dreams.

