

Money Mindset

Learn more about money mindset by visiting moneymindsetcoachonline.com and signing up for my email newsletter.

Hello and welcome to this Money Mindset PDF guide!

Developing a positive money mindset is a major key to success with money. If you harbour negative ideas around money, it will very likely substantially hinder you in your journey towards financial success.

Developing a positive mindset about money will help you focus on long term success, and stay positive and focused on your direction. ***Rid your mind of all limiting beliefs around the subject of money.*** If you find yourself stalling, negative and frustrated at times, take time out to clear your mind of the limiting ideas you may have encountered.

It's difficult to maintain a positive outlook about money if you hold negative ideas about it. These ideas can take route and sabotage your best intentions. Ideas like "money is the route of all evil", "money makes people corrupt", rich people are greedy", for example are going to impact you negatively. If you have these kinds of thoughts in your mind, they will probably hinder you from taking consistent and persistent forward action towards your goals.

Lets have a ***look inside your mind*** to see what potential ideas might be a barrier to you achieving the success you desire.

Positive Money Mindset - Money Association Exercise

This is an exercise to help you get more clarity about *how you think about money*. Be honest with your answers and write anything positive/negative which may be in your consciousness. The more fully you answer these questions, the more you will discover about ***the potential hidden "blockers" to money in your mind:***

- Money is....
- Wealth is....
- Rich people are...
- The reasons I can't or may not be extremely wealthy are...
- Some of the possible negatives about being rich, or going through the process of trying to get rich are...
- My greatest worries and fears regarding money and wealth are...
- The worst thing about money is...

Write as much as you can to answer these questions as fully as possible. Be brutally honest in your answers. The point isn't to think about what you think you should think about these ideas, but to uncover what you really think to ***shine the light of conscious awareness*** on your negative and limiting ideas around the topic of money.

Remaining Positive About Earning Money

If you have a particular goal about money which you want to achieve, negative ideas can act as "success blockers". If you have any *negative reasons* for ***not making the money you say you want***, they can easily ***manifest unconsciously***, holding you back.

Here's a quick exercise to set a forward objective about your monthly income:

- My current monthly income is...
- At the end of the month I usually have this much money left in my back account...
- My monthly income goal is...
- At the end of the month, my goal for how much money I have left in my back account is...

Positive Money Mindset: Money Belief Questions

Holding negative ideas/beliefs about money will hinder your progress *if you intend to create greater financial success*. Here are some questions/beliefs about money. Rate yourself from 1-10 as you read through them.

1 = **disagree 100%**, 10 = **agree 100%** .

- Money is the route of all evil
- It is more enlightened to be poor than rich
- Rich people earn their money dishonestly
- Having a lot of money will make me less spiritual or pure
- Getting rich takes too much money and struggle
- Having a lot of money is a big responsibility
- I don't feel good enough to be rich
- Realistically, chances are I'll never be rich
- I'm striving for wealth but it doesn't allow much time for anything
- If I get rich, everyone will want something from me

- If I get rich there are certain people in my life who wouldn't like me
- If I have a lot of money it means someone else will have less
- Having excess money means you are greedy
- I'm not very good in the area of money and finances

More Belief Questions

- If I got a lot of money I might lose it

- If I put a lot of effort into creating wealth and don't succeed, I'll feel like a failure
- I have the potential for wealth, all I need is a break
- This just isn't the right time for me to start going for it financially
- You can't create wealth, and be happy and fulfilled at the same time
- Money causes a lot of problems

- It's not right to make a lot more than my parents
- You can't get rich doing exactly what you love
- It takes money to make money
- Driving for wealth can cause stress and health problems
- Most of the good opportunities are gone
- It's difficult to get rich these days
- Given my past it would be difficult to get rich
- I'm too young to get rich
- I'm too old to get rich
- I don't like promoting or selling

- I wish I didn't have to deal with money

- I don't enjoy managing money
- I don't have time to manage money
- I don't need to manage my money because I hardly have any

Money Association Questions

- Money corrupts artistic and creative endeavours
- It is not right for me to be rich while others have nothing
- If you are not born rich, chances are you will never be rich
- Rich people aren't happy
- If success comes easy, it's not worth while
- I'm too busy to put a lot of time and energy into learning
- If I become rich that's great, if not that is fine too
- I don't enjoy taking on responsibilities
- I'm not a strong leader
- I have some resentment towards extremely wealthy people
- I'm a good giver, but not a good receiver
- I'm already quite comfortable, I don't need to push myself
- When I have a lot of money, I'll finally feel secure
- By being rich, I'll prove myself
- To be rich, you have to use people and take advantage of them
- Other people's opinion of me are important
- I'm not educated enough to get rich
- Financial security comes from having a good job and a steady pay check
- Money isn't really that important

Money Association Exercise: Further Questions

These questions can help you identify limiting beliefs around money which you may have inherited from your surroundings as a small child.

- What did you hear around money, wealth and rich people as a child (from your parents, family, society etc.)
- What are 3 unsupportive beliefs you have or have had around money, success and being rich?
- Write a positive or more empowering belief for each of the above.

A Final Exercise: Journaling Your Reasons For Making More Money

In this final exercise, you're going to journal your reasons for becoming rich. If you don't [believe](#) your becoming rich will be a good thing, for yourself, anyone else, or the world, that's a huge barrier to you attaining it. Getting clear on this will remind you of your reasoning for becoming rich/wealthy/financially free. If you are attempting to become rich because you feel it will solve a feeling of not being good enough, *or some other inner conflict*, you might find it's not a strong enough reason, or you can resolve the conflict in another, easier way. By writing about your reasons, you can create a clear picture of what success looks like to you.

Spend some time journaling out all the reasons it will serve the world for your to become rich, what it will allow you to do, who you will be able to help and so on.

- *Why does it serve the world for me to become rich?*

If you're unclear on this, there could be some internal resistance to your continued success if you carry conflicting ideas on this topic.

Thanks for using this quick guide. Keep revisiting these exercises and reading the material on my website (moneymindsetcoachonline.com). You will see over time your ideas around money will change as you read through the materials on the website and continue to shine a light on the ideas you are holding around the subject of money, wealth, financial prosperity and the rich, for example.

More info available on moneymindsetcoachonline.com