

Money Beliefs Breakthrough

Process: Close your eyes, take 5 deep breaths in, and out and then return here and answer the following:

1. What does money mean to me?

2. What opportunities would money create for me if I totally allowed?

3. What are the emotions I feel when I currently think about money?

4. What are the opportunities money has created for me in the past?

1		6	
2		7	
3		8	
4		9	
5		10	

	WHAT ARE THE LIMITING BELIEFS/DECISIONS THAT HAVE BEEN MADE SPECIFICALLY RELATING TO MONEY?	WHO OR WHERE DID THIS COME FROM?	IS IT 100% TRUE? IF SO, PROVE IT.	KNOWING THIS IS NOT SERVING YOU, WHAT IS A NEW & EMPOWERING BELIEF/DECISION YOU CAN MAKE?
1				
2				
3				
4				
5				

Website: <https://sequinconsulting.com.au>

Email: chrissy@sequinconsulting.com.au

SEQUIN
CONSULTING

Assistance questions to explore your limiting beliefs and decisions:

a) Why am I choosing this story?

b) Is this true?

c) Has there ever been a time in my life when this was not true? (Look for evidence that it's not.)

d) Is this true for everyone?

e) What is it costing me, to hold onto this negative belief, or decision? How are they holding me back from fulfilling my potential?
