

SMART WOMEN *love* MONEY

Financial independence through fearless self-inquiry.

Redefining Your Relationship with Money

Money is life energy. The deeper you explore your relationship with money, the clearer you will become about you use your other life energies. How you relate to and respect money is a mirror of how you respect yourself and relate to other areas of your life.

Life is a hologram. How you relate to money is how you relate to time is how you relate to health is how you relate to relationships and on. All of these energies are interconnected.

1. Many of us learned early lessons about money from our families. What messages did you grow up learning from your parents?
2. What did your parents teach you about tithing or making a contribution to society?
3. What have you learned throughout your life about your ability to generate money?

Your Relationship with Money

1. What does wealth mean to me? Rate your satisfaction.

Low 1 2 3 4 5 6 7 8 9 10 High
2. Start a 'Prosperity Journal' to explore your relationship with money. Write about what's working, what feels good, and when and where do you feel frustrated and powerless or just not right? Write one paragraph..."My current relationship with money is...."
3. In your 'Prosperity Journal' write at least one to two pages about how you would live if you had unlimited finances. "If I had all the money in the world I would...."
What would you do, become, purchase...dig deep into your aspirations.

Now review what you have written (above) and choose ten words or phrases that describe *how you want your relationship to money to feel*. Write a new heading your journal: *Top ten adjectives or descriptive phrases that describe your ideal state of wealth*.

List the ten words or phrases. Free associate and don't worry if the ideas seem crazy. The goal is to get you to connect to your subconscious.

Review your list and mark the words or phrases that resonate with you. Narrow the list down to your top three choices and put them in a place you will see them often during your day.

- 1.
- 2.
- 3.

The way you handle money is directly tied to your experience of your own energy and to your connection to life itself. Your three key words or phrases are your guide to an ideal financial future.