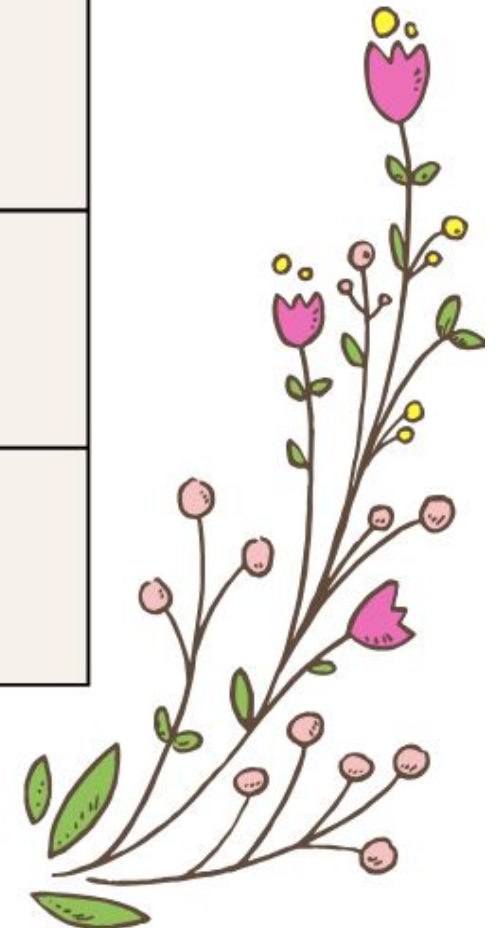


*Money*

# BELIEF GARDEN



Please fill in your limiting beliefs around money and success in the boxes and then do the exercises on page 2.

## *Steps for Change: Verbal Programming*

**AWARENESS:** Use the boxes on the previous page to fill in all the statements you heard about money, wealth, and rich people when you were young.

**UNDERSTANDING:** Fill in how you believe these statements have affected your financial life so far.

**DISASSOCIATION:** Can you see that these thoughts represent only what you learned and are not part of your anatomy and not who you are? Can you see that you have a choice in the present moment to be different?

**DECLARATION:** Place your hand over your heart and say...

***“What I heard about money isn’t necessarily true. I choose to adopt new ways of thinking that support my happiness and success.”***

Touch your head and say...

***“I have a millionaire mind.”***

New affirm a new belief that reverses the old negative beliefs. Do this with each and every one of them. Choose to adopt five per day and repeat until they stick.