



## **Your Beliefs and your Financial Health**

This exercise is designed to let you know whether you are truly open to financial abundance in your life. By knowing your core beliefs about money, you will know what you have been thinking and as a result doing for the past years to reach the financial state you are in at this moment.

Our core beliefs are behind the majority of our actions. These beliefs are conscious and subconscious and can be changed. There are specific techniques for changing these systems of thought and as a result changing your systems of behavior.

The answers to these questions will enable you to realize whether you are truly ready to create more financial abundance in your life at this moment.

### **I. What are your Core Beliefs about Money?**

Please write down the answers to each of the following questions as quickly as possible. Do not over think or over analyze your answers. Simply write the very first thing(s) that come to mind instinctively after reading the question or statement. Failing to write down the answers that immediately come to you after reading each question will keep you from knowing what your true beliefs are.

**1. What are your thoughts on working to earn money?**

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**2. What is your opinion of people who have a lot of money?**

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**3. How do you feel about having lots of money?**

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4. **What makes you feel uncomfortable about money?**

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5. **Where do these beliefs about money come from?**

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## **II. Change your Beliefs to Change your Financial Reality.**

Now that you have finished the above exercise, you have a better idea of how you really feel about money. These beliefs can be self-sabotaging and limiting whether you have been aware of them or not.

Knowing your beliefs about money, you can now change them and replace them with new beliefs. As a result, you can change your behavior patterns and create more financial success in your life.

Just as you did in the top exercise, make sure to write the very first thing(s) that come to mind instinctively after reading the question(s).

1. **How do you feel about having financial abundance in your life?**

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2. **What changes must you make to change the limiting beliefs you listed?**



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3. Name 5 activities, behavioral patterns, or habits that are currently stopping you from achieving financial abundance.

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_