



Life
with
Passion[™]

*Learn how to deal
with money in a
whole new way*

3

THE INCOME REPLACEMENT FORMULA LIVE
YOUR MONEY



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Assignments

- Participate in the group call on Tuesday, October 2nd at 12PM EDT

Recommended Reading:

- You Are A Badass At Making Money by Jen Sincero
***Skip this one if language bothers you!*
- Think & Grow Rich by Napoleon Hill

Complete this PDF by Monday, October 8th

** This PDF is for you, so feel free to be completely honest here--you'll only share what you choose with me and the group.*

In this module, you're going to:

- Reframe your mindset about money from stressed & obsessed to grateful so that you lose the pressure and feel empowered and clear
- Assess your current situation & make a strategic plan so that you know exactly what to do each day (hint: it's not as scary as you think!)



Your Money

Money. Just that word has caused me major anxiety and stress (tensed shoulders, stomach pain, fight or flight mode) for most of my life.

Early in my life, I picked up the story and belief that there was never enough to go around. Even when I became a successful entrepreneur, no matter how much I made, this belief stuck with me and held me back from taking risks for years.

Whether or not we're aware of it, we ALL have deeply held beliefs about money. Consciously learning what they are allows us to decide if they're helping us build our businesses and lives or not, and to change them if we choose.

Are you ready? I know you are, and I'm here to help you every step of the way.

Let's do this.



— Your Goals & Feelings —

What do you want to learn about money this week? Why is it important to you?
Be specific! What concerns, fears, and hopes do you have around money?

How do you feel about money? When I first started doing this work, I was shocked to learn that our beliefs about money are set for us by the time we're 8--far before we're capable of choosing what would be helpful for us to believe.



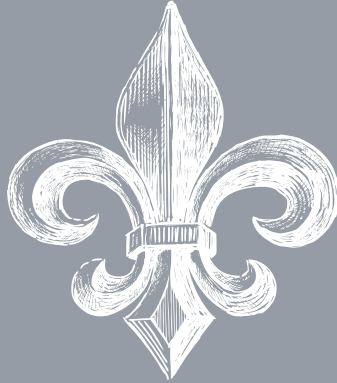
That means that most of us are living out someone else's "money story"--usually, it's a parent, a grandparent, or someone else close to us when we were young--and we're not even aware of it!

Here are some of the beliefs I uncovered in my own life:

- There's never enough money for everything you want to do.
- Making money is hard.
- Focusing on making a lot of money means you have to give up something more important, like time with your family.
- I have champagne taste on a beer budget, and that's a bad thing.

- It's wrong to buy nice things or spend money on yourself that's not practical.
- You should only buy something if it's on sale.
- Horses are a king's sport and not for us.
- Your friends' families have a lot more money than us.
- You have to make decisions--you can't have it all.
- Debt is shameful and you're wrong if you have it.
- You should always live well under your means.
- You can have nice things someday, when you retire--maybe.



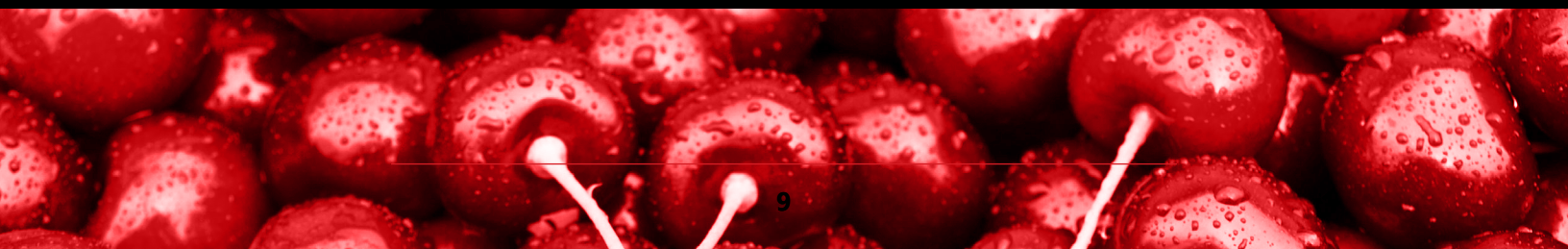


— What About You? —

What beliefs do you currently have about money? How do you feel about it? Write out whatever comes to mind when you think about money (no judgment!).

What do the people closest to you have to say about money?

When you think about money, what are the first words and phrases that come to mind?



Open a note on your phone, start a page in your journal (if you carry it with you), or start recording voice memos on your phone when you notice yourself thinking about money this week.

What did you catch yourself thinking?

How have those beliefs helped keep you safe?





“Clarity
comes from
engagement
not thought.”

—Marie Forleo



— Writing a New Money Story—

Now, take the negative thoughts and beliefs you discovered, and flip them to their opposite. (Ex. take “I never have enough money” and turn it into “I always have enough money.” Write them below.



How did it feel to write down your new, positive beliefs?



On a scale of 1-10, with 1 being “impossible” and 10 being “totally possible,” how likely do you feel it is for you to be able to start believing these new beliefs? Why?



— Sticky Notes —

This is one of my favorite exercises, and one we'll repeat during the course. It's a powerful way for you to get into new thought habits and get feeling much better about what's possible for you, right away.

I want you to take the positive beliefs you wrote down, and write them on sticky notes. Plaster them everywhere--your mirror, the dashboard of your car, your kitchen. Set reminders on your phone, make them your computer and phone desktop, make a positive phrase your computer password.

They will catch you as you're going about your day and snap you out of your old thought habits into new ones.

Where will you put your paper and digital sticky notes?





— Reading —

This week's two books are foundational in developing a new way of thinking about money. Countless people have used them to move from a place of poverty to a place of true wealth, not only in money, but in true riches--quality, generous, joyful life of freedom.

The first time I read them, many of the concepts seemed a bit shocking, but I've come back to re-read and listen to them again and again to help replace my negative stories and beliefs with ones that actually support me.

Pay special attention to any parts of the books that really trigger you or that you have a strong reaction to. These triggers are revealing something important--they're like a mirror.



Ask yourself, "Why am I reacting to this?"

Many times, we just need to step outside of the reaction in order to see it for what it is, and learn from it.

Initial impressions from *You Are A Badass At Making Money*:

Initial impressions from *Think and Grow Rich*:



Next Steps

- Make your sticky notes, digital and/or paper, and post them!
- Put time in your calendar (even 5 minutes) every day to re-read your sticky notes and your "why."
- Journal your biggest a-has at least once this week.



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