

*Client Exercise*

# Restructuring Our Beliefs

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*Money. Abundance. Freedom.*

**M**anifesting can be one of the most joyous activities...when it's effortless; however, it is absolutely the most frustrating thing when we are struggling to realize our desires. We're going to take a good look at the various perspectives surrounding your 'desire' so we can determine what it is that is misaligned, blocking or interrupting the flow.

## Manifesting

The art of 'manifesting' can sound so luxurious and exhilarating – thinking and speaking our desires into reality is just so magical, right?! However, the fact is that many of us struggle and fight with manifesting on a regular basis.

The good news? In my own journey, I've discovered subtle aspects to manifesting that are seldom talked about and it's these 'secrets' that I'd like to share with you.

Physical life IS manifesting in action – we manifest the world around us moment to moment. Just...most of us, are completely oblivious to it and presume that life is happening to us (you and I know different 😊).

The basic 'process' of attraction or manifesting is simple:

*Creation = Thought + Word + Action*

As an initial principle, process or 'law', the art of attracting what we desire is pretty basic; we create the world around us via our thoughts, our words (written & spoken) and our actions. So, basically, if we clear out the clutter and master our mindset (thoughts), we should be able to manifest effortlessly, right?

Unfortunately, it's not quite that simple.

**First off**, we complicate the hell out of this relatively simple process on a subconscious level. We often refuse to acknowledge that we are continually thinking & processing in the back recesses of our minds (you know, the thoughts we pretend to not be thinking?!).

Our conscious thoughts occur on the 'surface level'...but there is MUCH more that goes on below the surface level that is contributing to and regulating the results of our manifesting!

Regardless of whether we consciously ‘think’ about our fears, insecurities and beliefs or not, the reality is that these ‘programs’ are running on a continuous loop in our subconscious. So, it becomes paramount for us to unearth, dig up, acknowledge, heal and declutter our subconscious patterns so we are running the same ‘programs’ – creation patterns – on both the conscious and subconscious levels.

**Second**, it’s not just a matter of ‘think it, talk about it, do it!’...manifesting takes time. To think, talk and take action around something *begins* the process of creation – but it doesn’t instantly manifest it. So, we must implement consistent habits, patterns and actions *towards* our desires.

Know this, the habits, patterns and actions that you have been taking, have been creating the results you are currently experiencing. If where you’re at and what you’re experiencing don’t match your desires, then you’ve got some work to do!

Take a good honest look at the habits and patterns you currently employ, ask yourself where they need to change or shift to support you in creating your desires and then implement an action/habit plan to begin the process.

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# Acknowledge Your Beliefs

\*\*Work your way through each of the questions & statements below. Go with whatever pops into your head (ignore the impulse to self edit or change your answers!). Even if it seems 'ridiculous' or 'wrong', write it down. Write until there's nothing else that comes to mind.

## Money is...

For me, money means...

**Society, advertising and social culture implies or suggests that:**

- Money should be \_\_\_\_\_
- If I don't have money then I am \_\_\_\_\_
- In order to have money, I must \_\_\_\_\_
- When I have money, wealth and abundance, it will look, feel and sound like this  
\_\_\_\_\_

Indicate all that apply to you regarding 'money':

\*\*go with your 'truth' – not what you know is true, have been told to believe or think you 'should' believe

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|--|--|
| Money is the root of all evil                | Money makes people greedy                          |
| Wealthy people are inconsiderate             | Rich people are snobs/ lack integrity/ stuck up    |
| Money creates divisions in communities       | The rich just keep getting richer, the poor poorer |
| It's selfish to want more money              | I work hard for money                              |
| I fear becoming a slave to money             | Wealth, abundance & money reflect my worth/value   |
| Money is necessary & nourishing              | Money doesn't mean anything/isn't important        |
| Money is a priority in my life               | I struggle to love & appreciate money              |
| I enjoy & have fun creating money            | I'm scared of money, financials, wealth & expenses |
| Money is there to be spent                   | The money I don't spend, makes me rich             |
| My financial reality is up to me             | You're either born into money or you're not        |
| I'm just not good with money                 | I enjoy learning about & creating money            |
| My parents were bad with money               | I never learned to enjoy/create/appreciate money   |
| My family has never been rich                | Money is a limited resource                        |
| Money is abundant and unlimited              | My spending always matches my income               |
| It's either 'rich' or 'happy' (not both)     | It's either 'rich' or 'healthy' (not both)         |
| Money reflects the value I create for others |  |

**Money** is EASY/ AN EFFORT/ HARD (circle one) because...

I learned by observing my Mom that **money**

Requires....

Means I am....

Results in a LOW/MEDIUM/HIGH (circle one) level of fulfillment

I learned by observing my Dad that **money**...

Requires....

Means I am....

Results in a LOW/MEDIUM/HIGH (circle one) level of fulfillment

## STEP 2: Release your beliefs to create simplicity for manifesting

\*Read through all of the beliefs, habits and patterns that you've identified in the previous questions out loud. Then read through the statement below. This statement lets your subconscious know how to rewire your mindset, beliefs and patterning.

**Statement:** Everything that these beliefs, statements, patterns, mindsets and habits are and everything that they bring up, I destroy and un-create them all times a Godzillion, right & wrong, good & bad, pock & pod, all g, shorts, boys and beyond.

Now that you've decluttered your beliefs and mindsets, it's time to begin rewiring your daily intentions, habits, beliefs and patterns. As you go about your days over the coming weeks and months, hold the intention and awareness to reflect on, make progress towards and experience money abundance, ease, security and freedom in your life.

## **Here are some suggestions to support you in implementing and integrating these changes into your life:**

### **1. Celebrate**

Seek out moments of abundance in your life & acknowledge them! From little to big, money and abundance are seeking you out – but you must acknowledge, receive and find your gratitude for them in order to experience them in your life. Take a moment daily to celebrate the small ways that money continually blesses you and shows up in your life. It's the repeated small wins that lead to big changes!

### **2. Reflect**

Make it a practice to reflect back over your week at the end of each week. Acknowledge what went well in terms of money, finances, income, expenses and wealth and celebrate them! Also, acknowledge what could've went better so you keep yourself aware of the habits that are & aren't working for you.

### **3. Plan**

Take the time to get clear on what you desire, why you desire that and what it would feel like to experience that. Revisit these intentions regularly (once/month) to review, revise and celebrate progress that you're making towards these desires...we can't make a 'road trip' if we don't know where we're going!