

Manifest Like a Mother™

WEEK ONE

DISMANTLING YOUR MONEY MINDSET BLOCKS & LIMITING BELIEFS

The exercises in this workbook are here to help you to work through the process of dismantling your limiting beliefs, money mindset blocks and old money stories.

Key Themes

Before you begin the process, it would be a good idea to review the discoveries you made in the first workbook and see if you can summarise or distil them into key themes and label them with words or phrases which represent each of the beliefs, blocks and experiences or events.

For example, if when re-reading your discoveries about money and the role it played in your childhood and adulthood you notice a key theme was “fear of running out of money” you would write that down. If there was a particular event in your past involving money which instilled a certain belief in you, find a way to name the event and the belief. E.g. if the event was being made fun of by kids at school for having holes in your shoes you could write down “school shoes incident” to name the event and you might summarise the limiting belief as “I’ve never deserved nice things”.

Use the space below to write these down. You will then use this list to take each item in turn through the dismantling process.

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Key Themes

Continued notes...

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Acknowledging and Admitting

Now go over your Key Themes list and either write down or say out loud - or both - the following passage, filling in the blanks for each of the beliefs, stories and events in your list.

"I acknowledge that I have been believing __[insert limiting belief or money block]__. This stems from __[event/person/experience that triggered this belief]__. I acknowledge that this has been making me feel _____. I admit that this belief has meant that __[insert details of how you have behaved or how your life has been shaped as a result]__. I honour these feelings without judgement.

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Acknowledging and Admitting
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Forgiving

Now it is time to forgive yourself and forgive the other influential people in your life for anything that was said or done and which brought about negative feelings and beliefs about money.

Here are some different ways that you can approach forgiveness. Use whichever works for you.

> **Acceptance:** By simply acknowledging that these actions and events are done and in the past and that keeping them alive in your mind serves no purpose, that alone for some is enough to forgive what has occurred.

> **Gratitude:** This might be hard for some of the events and actions but if you can find a way to see that all of your experiences have lead you to this point - this point of change and with a brighter more positive future ahead of you - then you might be able to forgive through that lens of gratitude.

> **Let Yourself and Others Off the Hook:** Acknowledging that you are human and that we all make mistakes, and acknowledging that the other people in our lives were acting as flawed humans, with their own fears and insecurities can be a great step towards forgiveness.

> **Learn From It:** This one is applicable just for the money stories that you feel personally responsible for. Try writing down the event but instead of writing what happened, write how you would handle the situation differently now. If you can reflect on this, then you learn something from that experience and therefore it served a purpose and you can forgive yourself for it knowing that you won't repeat the same mistake.

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Forgiving

> **Write a Letter:** This is one of my favourites! For any of the money stories which feel particularly difficult to let go of, write a letter. Either to yourself or the person, you feel was responsible for the limiting belief you acquired. Tell yourself/them how it made you feel. Tell yourself/them that you know it was a mistake, that it is in the past and tell yourself/them that you/they are forgiven.

You can simply throw away or tear up the letter when you are done (which helps to close a door on the past even more!).

> **Have a Conversation:** This is similar to the letter exercise above but instead is done out loud. You can have a conversation with yourself in the mirror, forgiving yourself for your past beliefs and actions. You could imagine a conversation with a person you feel is responsible for some of your money stories and imagine telling them they are forgiven and hugging them at the end.

> **Self Compassion Affirmation:** This is another exercise aimed at helping you to let go of the ways you dealt with money or thought about money in the past. Try writing it out in a journal or saying it out loud in the mirror. You can even repeat it each day until you truly feel forgiven.

"I am human and I have made mistakes. I know that [insert your money event] is in the past now. Continuing to feel [insert emotion] about it serves me no purpose. I am setting a new intention to treat money differently and am creating a new financial reality. I choose to forgive myself".

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Forgiving
Notes:

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Deciding

This one is simple but only works if you really mean it. So go back to the reason that you decided to join this course, go back to your motivation for changing your financial reality. Keep your eyes fixed on that prize of feeling in control of your destiny, feeling good about money, feeling able to manifest the things you desire. And muster all the conviction you can when you say the following statement out loud:

“Today I have made a DECISION.

I have DECIDED that all of these money stories, all of these limiting beliefs, all of these money mindset blocks are part of the past.

I have DECIDED that they will no longer dictate my present or future.

I have DECIDED that I am committed to dismantling them and releasing them.

I have DECIDED that I am no longer a person who thinks negatively about money.

I have DECIDED that I will change my financial reality.

It is done.”

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Questioning

Going back to your Key Themes list, take each limiting belief or money block in turn and start to question it using the following prompts. But don't be restricted to the questions below, challenge yourself to find numerous ways to keep questioning and pulling apart each belief or block until it is a mere shadow of its former self. Until it is no longer true.

- > Is this really, 100%, strictly true?
- > What isn't true about it?
- > When wasn't this true?
- > What is another way of looking at this belief?
- > What could be true instead?
- > Which circumstances could change which would make this less true or no longer true?
- > What could I do differently to ensure this was no longer true?
- > Is there concrete evidence to prove this is always true?
- > Could I gather evidence that this is, in fact, wrong or not true?
- > How could I reframe this in a more positive light?
- > What is the consequence of continuing to believe this?
- > What could I do differently if I didn't believe this to be true?
- > What is the outcome that I fear the most relating to this limiting belief?
- > What are the chances of that outcome really happening?

Use the space below (or use your journal) to pull apart each of your limiting beliefs.

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Questioning
Continued notes...

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Questioning
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Questioning
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Releasing

Now that you've rolled your sleeves up and dismantled all those limiting beliefs into tiny pieces, it is time to finally sweep the path clean.

Below are some suggested ways that you can release your old money stories, limiting beliefs and blocks. Use whichever works best for you.

> Visualisation

This one is my personal favourite. Find some imagery that symbolises releasing or letting something go for you. I like to imagine tying my limiting beliefs to a helium balloon and letting it drift up and away. You might imagine your limiting beliefs written on paper, inside a glass bottle and then tossing that bottle into a river and watching it float away. You could imagine my backpack analogy, shrugging off the heavy backpack full of limiting beliefs, taking each out one by one and laying them at the side of a path, folding the bag and placing it next to them and then marching forth down the path, free, light and unburdened. Whatever imagery works for you, it might help to write it down in the space below and then spend some time with your eyes closed visualising this release and imagine seeing your limiting beliefs getting further and further away from you, until, eventually they disappear entirely.

> Tear It Up

Alternatively, you might like to write down all of the blocks and beliefs that no longer serve you and then destruct the letter in some way. It can be quite satisfying to tear them up and throw them away.

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Releasing

> Affirmation

You might want to say the below statement out loud, or write it down, or create your own audio to listen to as you meditate. Feel free to get creative and add any statements that help you to feel this sense of release.

“I choose to acknowledge and admit my limiting beliefs about money.

The beliefs that [list your beliefs here].

These no longer serve me and I choose to release them.

These are no longer true to me so I choose to release them.

I choose to let them float away from me.

I choose to be free from them.

I choose to feel lighter, I choose to feel happier, I choose to feel unburdened.

I choose to release.”

Space for notes:

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Releasing
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You made it to the end of the process! Remember to take a moment to pause and reflect on how much better you are feeling already.