



MONEY BREAKTHROUGHS

A 21-day
money cleanse

JOY. ABUNDANCE. POSSIBILITY.

What money beliefs need to shift?

Week 1 | Explore

Part III – What money beliefs needs to shift?

Today is all about taking a big step back and analyzing what is at the root of some of your money stories and beliefs.

Before we dive in to your personal beliefs, let's talk for a minute about scarcity vs. abundance.

So much of today's world is all about promoting the scarcity mentality. We are constantly bombarded with images and stories of "rich" people who have it all and we are often led to compare ourselves leaving us feeling inadequate, less than, and not enough. Lots of marketing focuses on all the things we don't have but we "should" want. When it comes to money it is really common to compare yourself to what you think everyone else has.

What if abundance was simply a point of view? What if you were magic with money?

So many of us have money memories that involve guilt and shame. Guilt that you have credit card debt, shame that you don't have more money in your retirement account. Guilt that you haven't opened your bills in the past few months, shame you don't make more money.

What if you stopped judging yourself and left the guilt and shame behind?



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[Download the worksheet](#) and take some time exploring your money beliefs and stories on a deeper level. This can be a huge on-going process, so be gentle with yourself. Money memories can trigger all sorts of emotions. This is about unpacking the baggage you may have been carrying with you for years (or lifetimes) without even knowing it was there. Even if you uncover one or two things you are doing great.

You get to choose what is working for you and what isn't. You may discover that a story you told yourself about money is no longer true, or a belief you had about money is really a belief that belonged to someone else in your family.

[Follow this link to download the What Money Beliefs Need to Shift Worksheet](#)

XOXO

A handwritten signature in black ink that reads "Candy". The signature is fluid and cursive, with a long horizontal stroke extending to the right.