BLOCKS TO MONEY

Unresolved negative emotional blocks or limiting beliefs may inhibit or stop you from getting into alignment with the universal flow of money. Some examples in the following list may be holding you back.

If any of the statements seem true for you–or variations that you produce from your own personal experience--then the negative charge can be neutralized, which will open the flow of more money and abundance in your life. I offer a choice of simple techniques that we can use for accomplishing this purpose.

- ☐ I don't deserve to have plenty.
- ☐ If I get it, I'll just lose it.
- ☐ If I get rich, nobody will like me.
- ☐ Making lots of money is not for the likes of me.
- ☐ I'm not good enough.
- ☐ Money is the root of all evil.
- ☐ My family didn't have money, so I can't either.
- ☐ I'm just a born loser.
- ☐ Having lots of money is too much responsibility.
- ☐ Money is dirty.
- ☐ I don't want to be *filthy* rich.
- ☐ I am no good with success.
- ☐ I am not in control of my life.
- ☐ I am powerless (helpless).
- ☐ I am weak; I don't have what it takes to make it.
- ☐ Only poor people are honest.
- ☐ I am too stupid (not smart enough).
- ☐ I am too insignificant (unimportant).
- ☐ You have to be mean to get rich.
- ☐ I am no good at money management.
- ☐ Money is easy come, easy go.
- ☐ I cannot get what I want.
- ☐ I deserve to be miserable and go without.
- ☐ Successful people are self-centered and ruthless.
- ☐ You have to work hard for everything you get.
- ☐ People would expect even more of me if I got rich.
- ☐ I wouldn't know how to act if I was rich.

You can use the blank lines to write in your own personal limiting beliefs and old negative messages that you picked up along the way.

These old negative emotional blocks hold outdated beliefs in place and can come from family, caretakers, peers, school teachers, friends, community and media while growing up.

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