

Restricting Money Talk

Freeing Money Talk

- I can't afford (this trip, organic food, movies, entertainment, fill in blank.) I choose to allocate my resources to what matters most to me.
- The mega-rich are indulgent. Sometimes the mega-rich make different money choices than me.
- Debt is not right. I feel fear in my ____ (belly, hands...) when I consider debt in my life.
- Insurance is a necessary evil. Insurance is one choice of financial protection.
- I will never have enough. I experience plenty and sometimes I feel scared.
- Giving back means giving away. Giving back is my expression of sharing when I feel sufficiency.
- With a clear budget, I will be in control. With clarity in how I spend my money, I feel more freedom.
- I love to shop; it is a fun outlet and release. I shop to avoid feeling my emotions.
- Money is dirty/is evil/causes pain. My beliefs about money and behavior around money cause suffering.
- I have to work really hard for money. Money flows in separate my experience and perception of ease or difficulty around work.
- I need money to fulfill my dreams. There are many ways to manifest my dreams. Money is only one of them.
- I should give money away. I enjoy plenty of money and delight in sharing my wealth.
- Money makes the world go around. Money is simply a means of exchange; it brings liquidity into our markets.
- Money doesn't grow on trees. Money is earned, saved or received.
- Money can't (can) buy love. Money has no correlation with genuine love.
- I am not smart with money. I negatively filter my money awareness.
- There is only so much money in the world. There is plenty of money in the world. Money in circulation works with the flow of the universe and creates abundance.
- I always buy the best. I spend my resources consciously with intention.