

Money, money, money!

I believe money 'issues' are not about money. They are about your sense of self-worth, what you believe to be your value and about whether you think you are "enough".

Many people spend time every day creating scarcity in their lives without even knowing it. When you head directly for the sale rack you are thinking scarcity. When you stay in a job you hate, you are thinking scarcity. When you stay in a relationship with someone who treats you poorly, you are also enabling scarcity. And when you don't pursue a dream because you're afraid you can't afford it, you are also living in the land of scarcity.

All these actions have in common the underlying belief that there just isn't enough, that the possibilities are truly limited. They enforce the idea that you have to settle for less than you want. Is this true? Do you have to settle? Or do you give up too soon?

In working with several clients around the issue of settling, it seems that in order to not settle you sometimes have to wait a bit longer for what you want. One of my clients recently used the opportunity of moving into a new home to really explore what it would be like to not settle. She found she had to wait a while to find those perfectly soft, high-quality bath towels and to find furniture that really suited her taste, and now, she has a home that's decorated exactly as she's always wanted.

I often see people give up what they really want because of money. I'm not saying to totally disregard money or the cost of things. However, what I notice is that most people, when making purchases, have money in first position. It's the thing they consider first, and it trumps all other considerations. If the thing appears to be 'too expensive', whatever that means in the moment, you drop it, it is no longer considered. And then, you proceed to settle for something that is less than what you want.

What would happen if you shifted that just a bit and made money one of the considerations, but not THE consideration?

All this scarcity thinking builds, you start doing more and more of it on autopilot. You buy a blouse that you don't really want, because the one you REALLY want is \$20 more. What will you do with that \$20 that is more important than spending on the blouse? Have you not wasted more than that? When you buy something that you don't really like, do you use it as much as the things you love? Personally, I find those things wind up getting donated to charity in really good condition because no matter how practical they are, I just don't use them because I don't really love them. I've settled. And ironically, in that settling, that saving of money, I've actually wasted money because I don't use the item. If I could wait longer, search a bit more, broaden my perspectives, then I would probably find the item I do love and will use.

You have been brainwashed, primarily by yourself, for years. Every single time you say "there's not enough" you convince yourself of that. You look at the world through the "enough" glasses. And notice how effective you have been at creating enough! What would happen if you shifted to "there is not plenty", instead of "there is not enough"? When there is enough you dismiss it in a variety of ways. We use words to reinforce. We tell ourselves things over and over again. We perpetuate the pattern with the words. Words got us in this and they will get us out. Since you've spent years reinforcing your beliefs, you probably need to give some time and focus to changing your money beliefs.

We are actually chemically addicted to our emotions. When we consistently have a feeling our cells actually create receptors that welcome and expect that emotion, or rather the chemicals that that emotion produces. So to change the beliefs we have to change the feelings and the chemicals, and that takes time. New receptors have to get activated.

You are already in the process of changing your beliefs. You are here, reading and thinking about your beliefs on money. You're awareness' are already changing. Your money stuff is starting to change and you are already starting to change your chemical receptors.

The next step is purposeful self brainwashing, combining design + action = results.

Affirmations:

Affirmations are crafted positive statements. Some important aspects of affirmations to consider:

- Affirmations are not magical...you've been doing them for years. Every time you say "there's never enough money" that's an affirmation.
- Your brain pays no attention to the negative words. When you say "there's never enough" what your brain actually registers is "there's enough" and it creates that. *Just enough...not more, not plenty...enough*
- Affirmations cannot be based on scarcity or wanting. If you want more *your brain interprets that as you wanting to be in wanting, not getting.*
- *Affirmations need to be believable by you...no one else, just you.* If you are skeptical when you say the affirmation it's ineffective. Craft affirmations that are believable and incremental.

Questions to ponder:

- What do you believe about money and how do you reinforce that belief?
- What's your most consistent personal brain wash about money? What do you say over and over to yourself?
- You know, or are on the path to knowing what your current money beliefs are...what do you want them to be?
- Can you frame those ideas in words that are not just the opposite of what you don't want? Can you express them in positive statements?

Actions:

- Create 5 new affirmations / positive statements for yourself in regards to your self-worth and money.
- When you think a negative money thought, don't beat yourself up, just replace it...with one of your new, life-affirming, positive affirmations.

As you change your actions and thoughts around money, money will change. Your beliefs are powerful. They can support you and your goals. Make it a game, hold back the resistance and go for it. **You have experienced the ebb, now go for the flow!**