

HOW TO SMASH THE TOP ROADBLOCKS KEEPING YOU FROM EARNING, SAVING & INVESTING

*so that you can feel confident and less
stressed about managing your finances*

EARNING

Do you hold yourself back from negotiating a better salary or increasing your business prices because you grew up believing “it’s rude to ask for money” or “you have to work hard for money”? These words heard over and over could have conditioned your mind to believe you were unworthy of getting paid your worth or your normal abilities were not good enough. They could also paralyse us from necessary taking action. Showing up as fear of rejection and procrastination.



SPENDING

Do you feel uncomfortable or guilty having more money than you feel you need? Maybe you grew up exposed to greedy people who became rich from stolen or embezzled money or maybe you were told “people like us don’t need to be rich”. So every time you make money you unconsciously find ways to spend it all or give it away.



INVESTING

Do you save so well, that you are stingy to yourself and others? Are you so risk-averse that any form of investing outside your savings account is a big No-No? Maybe you grew up under vulnerable circumstances of lack or loss that you never want to experience again. You might find yourself saying thinking thoughts like “I never want to be broke again”.

SMASHING ROADBLOCKS IN 3 STEPS

1. Be aware

Be aware of what you are thinking. Our thoughts create our lives, so when you start thinking negative thoughts in your mind, question them before you believe or act on them.

2. Live and Laugh

Laugh at the mistakes and find something to be grateful for. There always something to be thankful for. If you can't find anything, be thankful for life... This is important because you can't be grateful and negative at the same time.

Breathe in with gratitude and exhale all the negative emotions building up.



3. Retrain your mind

Retrain your mind to start thinking in alignment with how you want to feel.

Reframe negative thoughts into positive affirmation.