

Launch

in full flow 

Day 2

Money Mindset

LETTER TO MONEY

Write Your Letter to Money - tell money how you feel and describe your relationship

Dear Money,

.....
.....
.....
.....
.....
.....
.....
.....
.....

Re-Write your Empowered Letter to money - remove any negative words, sit in your power and take back control, tell money what you are going to work on in your relationship.

Dear Money,

.....
.....
.....
.....
.....
.....
.....
.....
.....

4 H DEEP DIVE & ALLOWING STATEMENTS

Think deeply about Mélissa’s 4Hs of Money Mindset Health.

HISTORY - Deep rooted mindset beliefs that come from your upbringing or history.

HABIT - Mindset beliefs you have due to poor/fearful/risk averse/limiting habits you have had in the past or you have now.

HYPOCHONDRIA- Beliefs often rooted in future money - things you are afraid will happen if you get more or “too much” money. This also includes fears rooted in expected judgement or deep seated shame.

HOMIES - Beliefs that are reinforced by the people you have in your personal or professional circles.

1. What are common limiting money beliefs you have in each category?

HISTORY

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

HYPOCHONDRIA

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

HABIT

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

HOMIES

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

Note:

List of Common Money beliefs has been added to end of worksheet

2. Write your allowing statements for each of these areas? What data or examples can you find to debunk your current beliefs?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

MILLIONAIRE MANIFESTO

For Each Category:

1. Get excited about what you are going to do with all that Money!
Write your Millionaire’s Manifesto!
2. Once you have written your manifesto, reflect on how it makes you feel to read it -write it down in positive present tense statements. Examples: “I feel excited about my money” “I feel empowered to help children with my money” “I am thrilled to be able to build my school in Brooklyn.”
3. Close your eyes and visualize this new dream you have created

When I become a millionaire I will...

1.
2.
3.
4.
5.

How I feel about my Manifesto:

1.
2.
3.

How did it feel to visualize it?

MONEY MANTRAS & REMINDERS

Look back at your work for today and come up with a few short money mantras/ positive phrases you can repeat as you continue on your money journey.

Examples:

"I love Money and Money loves Me"
"Money shows up for me whenever I want it"

Commit to having reminders in your physical space.

Examples:

heart shaped money stones in my room
citrine bracelet
something material you invested in for yourself that you use daily
post it note with your money affirmation

Money Mantras I will remember:

1.
2.
3.

Money Reminders:

1.
2.
3.

REFERENCE

COMMON MONEY LIMITING MINDSET BELIEFS

- You can't be rich and spiritual
- Money isn't important people are
- Never go into debt
- Save your money for a rainy day
- Rich people are lucky, gross, selfish, entitled, bougie, shallow, arrogant
- You have to work hard to make money
- You can't make money doing X
- I'm too irresponsible, Lazy, Clueless to make money
- It's not polite to talk about money
- It's important to have a secure job
- If you get excited about money it means you're shallow
- He is only about the money
- Money Doesn't grow on trees
- You must go to a good college to make money
- Money causes stress
- There's never enough money
- Money is Trouble
- I don't want to be a sell out
- You have to sacrifice a good/fun life to make money
- Money is out of my reach
- You have champagne tastes on a lemonade pocketbook
- Always have a backup plan
- It's lonely at the top
- Who has that kind of money??

RECOMMENDED BOOK LIST

You're a Badass at Making Money - Jen Sincero

Think and Grow Rich - Napoleon Hill

How Rich People Think - Steve Siebold

The Science of Getting Rich - Wallace Wattles