SMART COOKIES

# WORKBOOK

## EXPANSIVE MONEY MINDSET







YOUR RICHEST YEAR

# *Hello!*



We all have them (including myself who resisted this idea for YEARS) - patterns, beliefs and reactions that can hold us back from the wealth and abundance we really want. Yep, those thoughts that pop up even when we're just beginning to play with the idea of setting more expansive financial goals and wanting more money and abundance.

## Any of these sound *familiar?*

"I don't know where to start when it comes to wealth and money...I need to realize that I am worth the wealth and life I really want."

"I'm afraid of creating financial goals that are unobtainable. I don't know what type of system to use to keep myself on track and believe my goals are actually possible,"

"A lot of it [creating financial goals] turns into mindset issues of not knowing whether I'm setting myself up for failure with lofty goals."

"I think it's my mindset about money in general. Scarcity of the subject about money in and of itself."

"What scares me most is making a financial goal without knowing HOW I will achieve it, and then not achieving it and feeling like a failure and losing momentum and motivation for the future and falling back into old self-destructive patterns"

If you find yourself nodding at any or all of these, you're not alone - these came directly from amazing successful  women in our Smart Cookie community.

## (AND YEP, I'M NODDING RIGHT ALONG WITH YOU!)

To truly gain freedom from these patterns and beliefs around money that keep you stuck in a state of fear, you have to recognise them and do the work to reshape them. I know it's not easy, but trust me, if this girl - who was once allergic to the phrase "limited beliefs" can make the shift, so can you, and I'm going to show you how.

Beliefs are formed when you repeat things  in your mind as a result of what you've experienced or heard - that form as a response to what you believe will keep you safe. Your body then learns to have an automatic response connected to the thought as well. Please remember: there's nothing wrong with you and nothing you need to "fix" about yourself.

# Think of this process as a little *experiment...*

What if you challenged yourself to gently observe your assumptions and reactions related to money for just a few days?

In other words, when those thoughts and reactions arise, can you take a step back, become aware of them, and explore with curiosity.

Ok, you ready? Let's try this together.

## STEP ONE: UNTANGLING

MONEY IS

Money is _____.

What money means to me _____. (When I think of money my first thought is:_____)

I don't have the wealth and abundance I really want  because _____.

I'd love to have more money, but _____

When I think about having more money I feel like

Give yourself 5-10 minutes for this part (you may also want to come back to this as you notice different beliefs popping up over the coming days and weeks). You'll be surprised what comes up when you give yourself the space to tap in. Just write whatever comes to you, just let it flow with no real effort or judgment. The idea is to become aware of any non-serving thoughts hiding out in that powerful, beautiful mind of yours.

To get you started, I've included the 5 most common limiting beliefs I've heard throughout my fifteen years of coaching women to achieve their next level of financial success. Feel free to play with these or use them as a jumping off point.

- It's bad, greedy and superficial to want more money.
- I'm just bad with money.
- To have more money I need to hustle hard, sacrifice and put in the grind to earn it.
- There's only so much money to go around and when it's gone, it's gone.
- If I pursue or want more money and wealth I'll just set myself up for failure.

Money Beliefs Brain Dump

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## MONEY & GROWING UP

What is your first memory of money?

What did money represent in your household growing up?

How was money talked about growing up?

“When was the first time you learned that other people had more money than your family?”

## ABUNDANCE + SUCCESS SHADOW

What fears do you notice that come up when you start to let yourself dream about being wealthy, being seen, and being wildly successful?

What is the biggest judgment you have when it comes to money, and others who have money?

What is the biggest judgment you have when it comes to those who don’t have money?

Think about people you know who are more successful than you or have what you desire that you judge, or can’t stand. What is it that you judge about them?

Where in your childhood did you first witness this or see this modeled?

## STEP TWO: EXPANDING

*Bring to mind a situation related to money where you felt/reacted in a lack state*

Describe the situation

Describe what you felt emotionally

Describe what you felt and where you felt it in your body

What was the false belief taking hold

What was the false belief protecting you from?

*Think about the previous situation again*

What would have felt good to feel & believe instead?

How can you rewrite that looping belief anchored in truth?

What proof can you find of that truth?

## STEP THREE: REINFORCE

*Think about the previous situation again*

What would have felt good to feel & believe instead?

How can you rewrite that looping belief anchored in truth?

What proof can you find of that truth?

# *Reinforcing*

Describe situation

## Untangle

Describe how you were/are feeling emotionally + in your body?

What is the looping thought/story in your mind while it's happening ?

How do you believe that thought/story is keeping your safe?

Space for important details

## Expand

What would have felt good to believe instead?

How can you rewrite that belief in truth & possibility?

How can you find proof of what is really possible?

Space for "ah-ha's" + pings to remember

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