



# **CHAPTER 1:** **ABUNDANCE**



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# Therapy Session Number 1

Imagine you are in my office for your first therapy session. We'll explore how your life experiences with money may have shaped and molded your relationship with money today. Write your responses to the following questions below:

20 MINUTES

**What cultural, religious, and family belief systems about money were you taught?**

**What are your attitudes and beliefs about people with a lot of money? With very little money?**

**Growing up, did you notice expectations surrounding money were different for males than females, for the young versus the old, for different types of professions, or differing expectations resulting from ethnic or racial discrimination?**

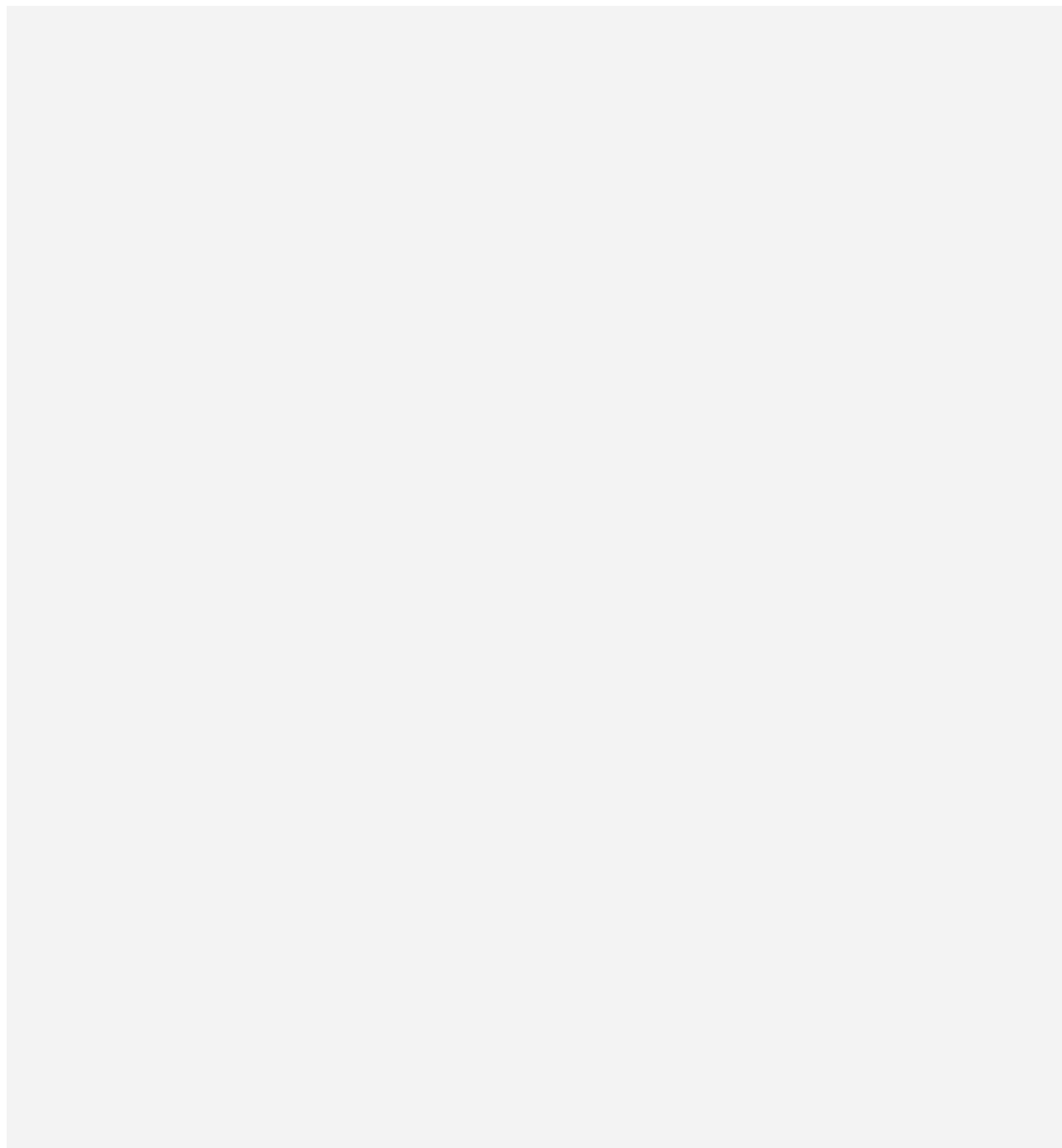
**How has this impacted your financial life today?**

**What do you think of when you hear the word money? For me, it was stress, which is negative. Are your thoughts positive or negative when you hear the word money?**

**Do you set income ceilings for yourself? If so, what have they been, and what is holding you back from breaking through those ceilings?**

**Do you feel truly capable and deserving of having an abundance of money and other resources? If not, why?**

Now, pretend you are reviewing your responses with me. Highlight the top three ways of thinking that might be preventing you from living an abundant life. For example, if you were taught that rich people are bad or men should earn more money than women, ask yourself how might you reframe those beliefs to receive abundance and take better care of yourself, your loved ones, and the world around you? Write this out. This is the type of work you need to do to start embracing The Financial Mindset Fix.





# Look at Your Financial Self in the Mirror

Answer the following questions:

**If your finances were a person, what would you name them?**

**How would they look and feel?**

**What is the nature of your relationship?**

**What's the connection between who you see in the mirror and your financial self-worth?**

20 MINUTES



# Examine Your Self-Worth

Answer the following questions:

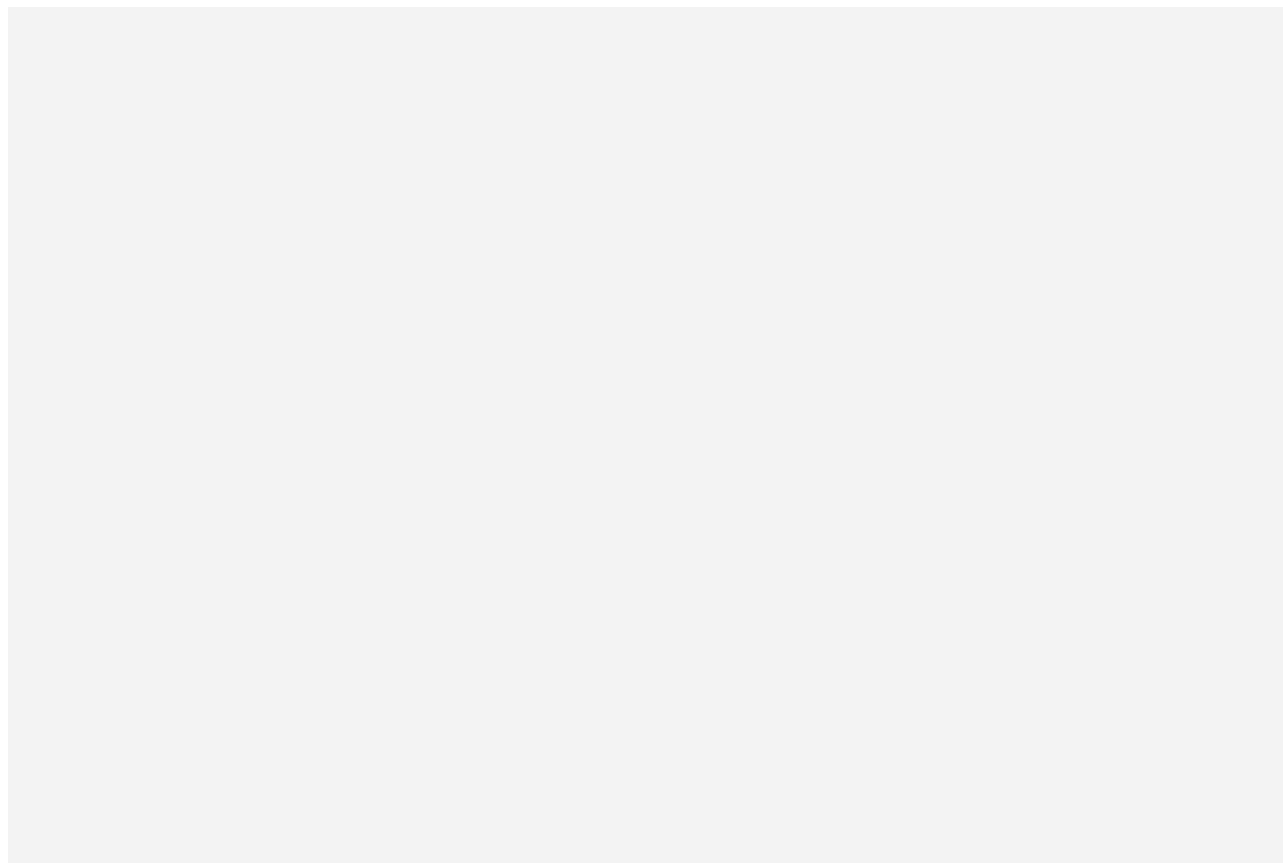
**Imagine somebody who believes in you (like your best friend, colleague, or mother) is asked to describe your unique gifts and strengths. What would they say?**

**Describe a time when you pleasantly surprised yourself on what you were able to accomplish. How did that feel? What did you learn from that experience that could translate to other aspects of your life?**

**When do you feel the most valuable? In which relationships? Why?**

10 MINUTES; LIFETIME PRACTICE

**Write about a time when you felt you were compensated appropriately for a job well done. How did that come to be? Did that opportunity fall in your lap, or did you welcome it somehow? What can you learn from this experience?**



***Your self-worth reflects how much abundance  
you are willing to let into your life.***



# Synergize for Success

Answer the following questions:

**With whom do you feel competitive? How might feeling competitive be hurting you?**

**How do your competitors inspire you? What can you learn from them? Identify the blessings.**

**How can you invite more collaboration into your life?**

**How will shifting from competition to collaboration help you welcome greater abundance?**

10 MINUTES; LIFETIME PRACTICE





# Record and Rewire Your Thinking

Cognitive behavioral therapy (CBT) helps people become aware of and change their negative thought patterns—or in simpler terms, to stop their stinkin’ thinkin’. CBT uses thought records or thought dairies as tools to identify and change negative thinking patterns to make thoughts more neutral or positive.

You will be using the following thought record chart. Think back to the last couple of weeks when you were emotionally distressed about something, especially your financial life, and write it down in your chart. I’ve included some example responses to get you started.

15 MINUTES; LIFETIME PRACTICE

| SITUATION  | THOUGHT   | EMOTION               | BEHAVIOR                     | ALTERNATE THOUGHT  |
|--|-----------|-----------------------|------------------------------|--|
| Your coworker received the promotion instead of you. | “I suck.” | Anger, sadness, shame | Sulky and passive-aggressive | “There will be a better opportunity for me in the future.” |
|  |           |                       |                              |  |
|  |           |                       |                              |  |

| SITUATION | THOUGHT | EMOTION | BEHAVIOR | ALTERNATE THOUGHT |
|-----------|---------|---------|----------|-------------------|
|           |         |         |          |                   |
|           |         |         |          |                   |
|           |         |         |          |                   |
|           |         |         |          |                   |

By changing the thought from negative to positive, the emotions you feel may be empowerment, peace, trust, or hope. These emotions lead to behaviors that are more celebratory of others' successes. Thought records are a lifelong tool that can change your thinking from negative to positive.



# The Abundance Wheel

Date \_\_\_\_\_

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

20 MINUTES

Poor

Fair

Good

Prosperous

1

2

3

4

5

6

7

8

9

10

**Self-Worth:** How would you rate your ability to embrace your innate worth and feel deserving of prosperity and all that is good?

**Positive Money Psychology:** How positive are your beliefs about the meaning of money?

**Remove Barriers:** How good are you at moving past guilty feelings for wanting more and replacing self-limiting beliefs with positive statements that welcome the flow of money to you?

**Abundant Thinking:** How would you rate yourself when it comes to abundant thinking instead of scarcity thinking and trusting in an abundant flow of resources?

**Limitless Perspective:** How well are you able you see past limits (other than ethical) and think big about your life and financial future?

**Positive Money Relationship:** How would you rate yourself at having an attentive and nurturing relationship with money?

**Collaborate:** When it comes to working together rather than working in competition, how would you rate yourself?

**Happy for Others:** While celebrating the joys and successes of others, how convinced are you that this does not mean there is less for you?

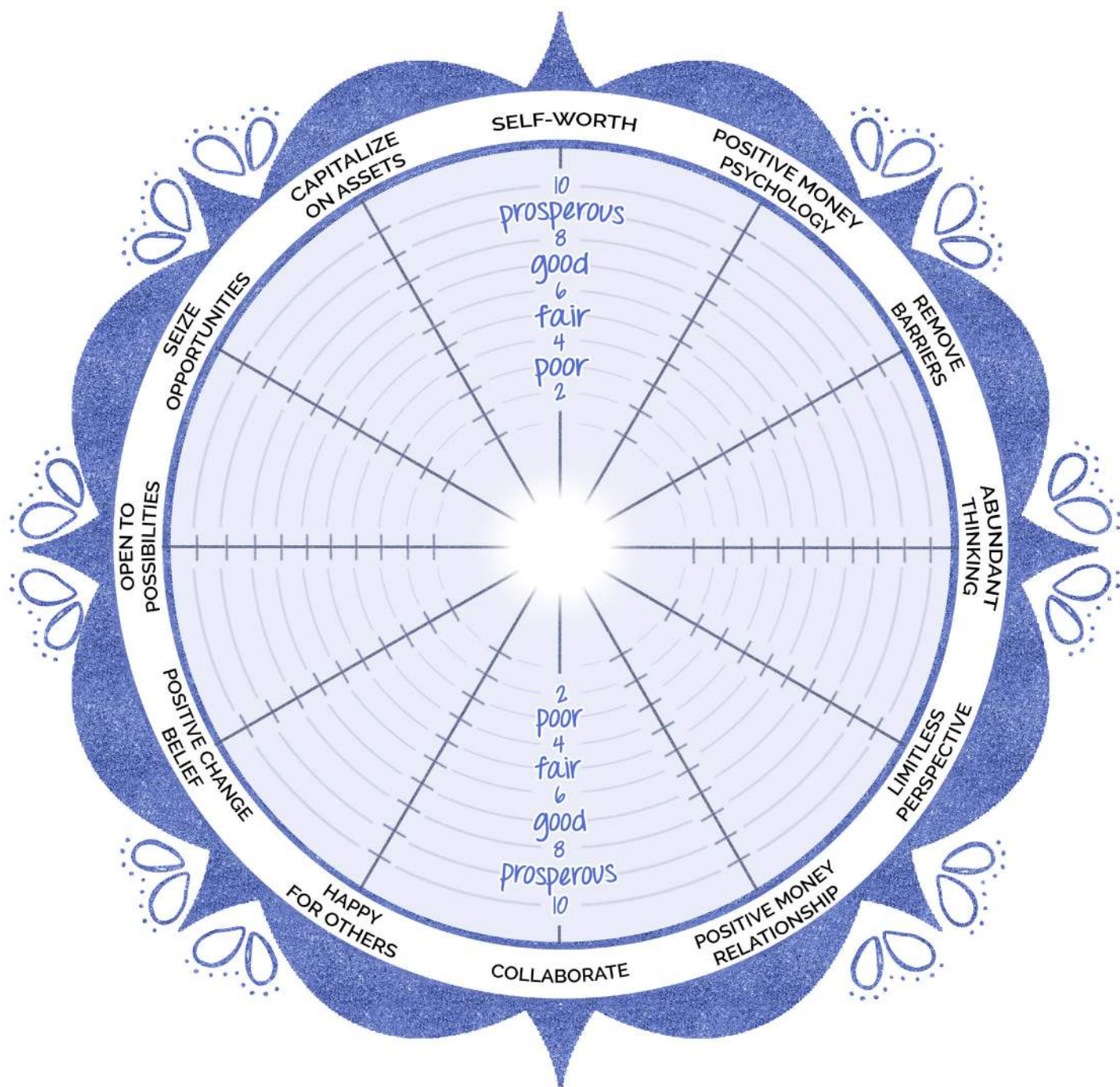
**Positive Change Belief:** Do you believe that even if life is difficult now or your finances are in bad shape, things can improve?

**Open to Possibilities:** Instead of seeing roadblocks, how willing are you to look at new ways of doing things so your work, finances, and life can grow and flourish?

**Seize Opportunities:** How good are you at accepting invitations, attending events, classes, online seminars, e-courses, and other opportunities extended to you?

**Capitalize on Assets:** How would you rate yourself at utilizing the gifts, talents, and resources that are available to you?

Chart your responses on The Abundance Wheel. Let's start at the top: are you Poor, Prosperous, or somewhere in between when it comes to Self-Worth? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle. Don't worry about your scores. Just be honest.

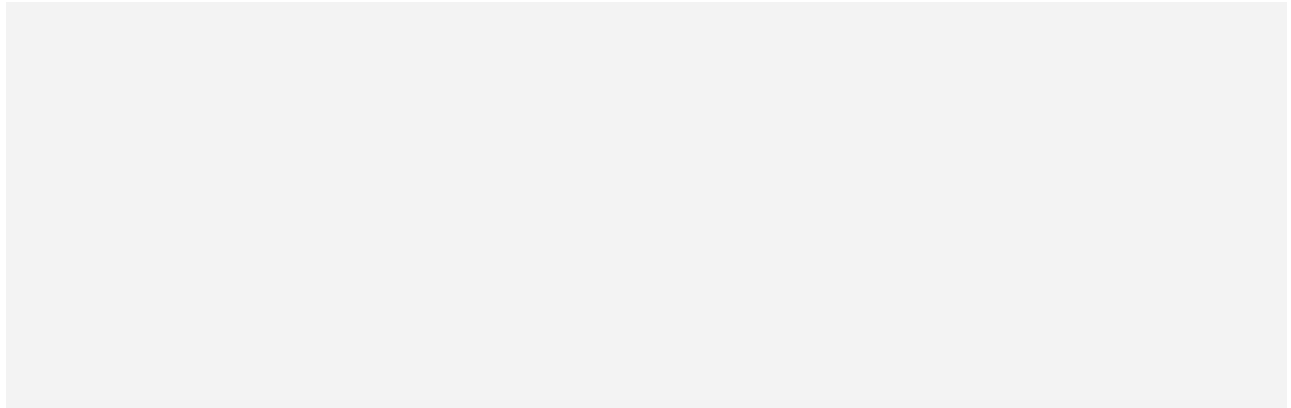


# The Abundance Wheel

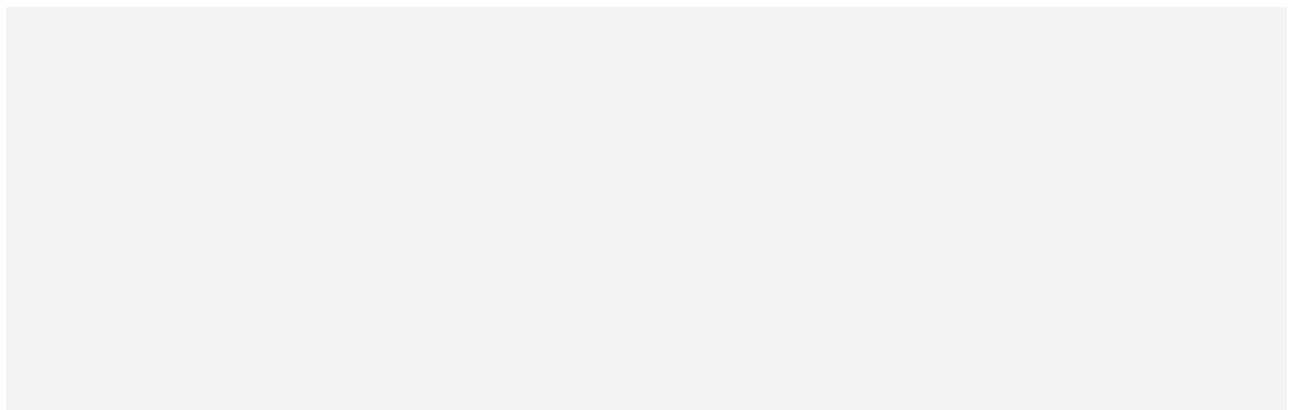
# The Abundance Wheel

To see where you are at when it comes to abundance, answer the following questions:

**Where are the three biggest “dents” in your wheel?**



**What do you see as the biggest obstacles to achieving a Prosperous rating in these three areas?**



**Any ideas on how you can transcend those limitations?**

