

## **Exercise 1: Thought Record Exercise**

Common negative statements about money include:

- “I can’t do the work I want to do because I have to pay the bills.” This scarcity mentality (I couldn’t earn enough doing what I love) prevents you from thinking about how you could pay your bills doing work you love.
- “Nobody in my family is rich.” Maybe this is true, in some ways, but is that always going to be true, including for you?
- “I will never get to travel like that.”
- “I won’t have enough for retirement.”

Positive statements about money include:

- “I am able to pay all my bills and I still have \$50 left each week to invest in myself.”
- “I will earn more every year I work.”
- “I will be promoted in the future.”

You can examine your negative and positive thoughts about money too. Let’s start by noticing whenever you say anything negative about money.

1. For the next three days, keep a thought record each time you have a thought or statement about money. Write down anything that pertains to the flow of money, such as your job, career opportunities, spending, other people’s financial situation, etc.
2. At the end of each day, reflect on what you have written by highlighting the words that reflect abundance. Highlight words that reflect abundance such as, “plenty”, “more than enough”, “possible”, “create”, “find”, “discover”, “succeed”, etc. Also highlight any positive thoughts about money or your relationship with it. This is the way you need to continue thinking! Nice work!
3. At the end of each day, cross out words that reflect negative thoughts about money or your relationship with it. Cross out any words associated with scarcity thinking such as “poor”, “not enough”, “running out”, “impossible.” These are the thoughts that need to be reprogrammed to reshape your relationship with money.

## Exercise 2: Positive Abundance Cognitions

After you read each positive belief or cognition about abundance, see how true the statement feels to you with 1 representing “Completely False” and 7 representing “Completely True.” Write the corresponding number after each statement.

Typically, this kind of scale is used to measure confidence in Eye-Movement Desensitization and Reprocessing (EMDR), an empirically supported trauma therapy.<sup>8</sup> While the full EMDR protocol needs to be conducted by a trained therapist, completing this exercise will provide some insight about how well you are aligned with abundant thinking. In the first column, there’s a statement, the second column shows a positive belief. In the third column, rate how each statement reflects an abundant mindset.

Completely False

1

2

3

4

5

Completely True

6

7

Statement	Positive Belief	How it Feels (Rate 1-7)
“I deserve a prosperous life.”	Self-Worth	
“Money is a good thing when earned and managed consciously and compassionately.”	Positive Psychology of Money	
“The world is full of more than enough resources for myself and others. If these resources aren’t apparent, I trust they can be discovered or created.”	Abundant Thinking	
“I can live a vibrant, full, and rich life.”	Limitless Perspective	

<p>“I regularly try new things that challenge me and cause me to grow.”</p>	<p>Expanding comfort zone</p>	
<p>“I care about others and help them through my routine acts of generosity.”</p>	<p>Altruism</p>	
<p>“I work in collaboration with my teammates and colleagues.”</p>	<p>Collaboration</p>	
<p>“I celebrate the success of others, knowing I am also deserving of greatness.”</p>	<p>Happiness for Others</p>	
<p>“I am willing to consider and explore how new ideas can work, rather than focusing on the barriers.”</p>	<p>Open to Possibilities</p>	
<p>“I know that even if things are tough now, financially or otherwise, they can get better.”</p>	<p>Belief in Positive Change</p>	
<p>“I am willing to consider and explore how new ideas can work, rather than focusing on the barriers.”</p>	<p>Open to Possibilities</p>	
<p>“I utilize my talents and gifts and the resources that</p>	<p>Capitalizing on Assets</p>	

are available to me.” (Capitalizing on Assets)		
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If you rated yourself less than a 7, do the following:

- Journal about what is keeping you from feeling this statement is completely true. Address those roadblocks. Visualize how it would feel to move past those roadblocks. Know this is possible.
- Print the affirmations out and hang them up so you can see them.
- Make those affirmations your wallpaper or screensaver on your computer or mobile device.
- Recite them three times each before you go to bed and when you wake up until they become your new way of thinking.