

## Restricting Money Talk

- I can't afford ..... (this trip, organic food, movies, entertainment, fill in blank.).....
- The mega-rich are indulgent.....
- Debt is not right.....
- Insurance is a necessary evil.....
- I will never have enough.....
- Giving back means giving away.....
- With a clear budget, I will be in control.....
- I love to shop; it is a fun outlet and release.....
- Money is dirty/is evil/causes pain.....
- I have to work really hard for money.....
- I need money to fulfill my dreams.....
- I should give money away.....
- Money makes the world go around.....
- Money doesn't grow on trees.....
- Money can't (can) buy love.....
- I am not smart with money.....
- There is only so much money in the world.....
- I always buy the best.....

## Freeing Money Talk

- I choose to allocate my resources to what matters most to me.
- Sometimes the mega-rich make different money choices than me.
- I feel fear in my \_\_\_\_ (belly, hands...) when I consider debt in my life.
- Insurance is one choice of financial protection.
- I experience plenty and sometimes I feel scared.
- Giving back is my expression of sharing when I feel sufficiency.
- With clarity in how I spend my money, I feel more freedom.
- I shop to avoid feeling my emotions.
- My beliefs about money and behavior around money cause suffering.
- Money flows in separately my experience and perception of ease or difficulty around work.
- There are many ways to manifest my dreams. Money is only one of them.
- I enjoy plenty of money and delight in sharing my wealth.
- Money is simply a means of exchange; it brings liquidity into our markets.
- Money is earned, saved or received.
- Money has no correlation with genuine love.
- I negatively filter my money awareness.
- There is plenty of money in the world. Money in circulation works with the flow of the universe and creates abundance.
- I spend my resources consciously with intention.