

Shine Bright

MONEY MINDSET

SHINE AND RISE MASTERMIND

INSPIRE | MOTIVATE | GENERATE

TOPIC

MONEY MINDSET

WHAT IS MONEY MINDSET?

- ❖ Its **feelings, stories, thoughts, beliefs and memories** you have towards money. This is closely linked subconsciously through your life experiences, particularly childhood and what you are conditioned as!
- ❖ Because our **thoughts really are everything**, they often shape our actions. A negative money mindset really will block you from abundance.
- ❖ If I ask you the question “**How do you feel about money?, what words would you use to describe it**”? This should give you some indications
- ❖ **Self love, self worth, value, purpose, energy** connection with yourself is all important for your money beliefs

IN THE LAST TWO YEARS MY MONEY MINDSET STORY HAS TRANSFORMED

- ❖ I have gone from thinking that I could only earn £1500 per month to earning 5 figures per month
- ❖ Last year I broke some serious money blocks. My biggest money block last year was based on judgement
- ❖ I used to think we would be the poorest Khaira's forever – HELL NO!
- ❖ I have to work reaaaaaallllly hard to earn decent money
- ❖ I easily now accept money from clients. Before I use to feel icky.

MY ABUNDANCE STORY

- ❖ Gone from being **super bad** with money to hitting income goals and savings
- ❖ **Manifested first class travel**, Canada, Marbella, Italy, Portugal
- ❖ **Gabby Bernstein**
- ❖ **Free stuff** all of the time!
- ❖ Find **money** in the streets!
- ❖ Found a **free speaking training** the other day!

MONEY MINDSET ISN'T JUST ABOUT MONEY

- ❖ **Money is connected** to self love and your self worth. It's closely linked to how much you value your time and energy and what you think of yourself.
- ❖ Money is **seriously just energy**. It's an exchange!
- ❖ It has nothing to do with **how good** you are in your job!
YOU NEED TO APPRECIATE YOURSELF.
- ❖ Currently if you **aren't booking ideal clients**, don't like talking about pricing or can't keep hold of money then you have money blocks. We all have them
- ❖ So we need to bring awareness to the blocks and smash them down. You can then create **more financial abundance**

LOVE IT AND OWN IT

- ❖ This is the **work I do and I bluddy love it** and it lights me up
- ❖ I **value the work I do, and I believe in my transformation** and for others
- ❖ How **much value are you creating** in the world and for your clients?
- ❖ When we go through ideal clients and branding this becomes clearer, but you need to be able to solve your **clients problems and what keeps them up at night**

THE ORIGINAL STORY

- ❖ Make a list of **20 – 80 stories** you have around money. Think of specific situations that have a specific memory attached which is around resentment, fear, shame, guilt or anger
- ❖ It can be specific examples such as “**Money doesn’t grow on tree’s**” or it could be things such as when you have argued about money. It could even be your parent’s money story
- ❖ Think about the **conversations or arguments** you have had money. Or when you have been continued been asked for discounts
- ❖ For me it’s been all around **my childhood** when we didn’t have any money

CURRENT PATTERNS

- ❖ From those stories look at what **current situations and stories** you have created in your life and what habits you have adopted
- ❖ For example when I first left my job, I created a story that as long as I was **earning the same as my corporate job** that would be OK.
- ❖ If your parents have ever borrowed money from other family members, then you may have a current pattern or story about **shame and guilt** around money
- ❖ Example was that I couldn't earn five figure months. I just wasn't **"that" person**
- ❖ Example was **"Only other people can manifest freebies etc, it just never happens for me"**

NEXT STEPS IS TO RELEASE AND FORGIVE

- ❖ Once you have written out the stories you need to do some **forgiveness**
- ❖ Go through story and say “**I release you**” cross it out and move onto the next story
- ❖ Once you have done this for each item **burn or rip up the forgiveness list!** Do this weekly or as you see fit. When you do this work regularly you are creating more space for abundance
- ❖ Each time I do this **I ALWAYS attract** in more abundance and money

YOUR MONEY LIMITS

- ❖ Now I want you to look at the income you have earned over the last year/months and **look for patterns**
- ❖ Normally you will hit a money limit **each month** when you think it's not possible for you to earn over that amount. **It's your upper limit again**
- ❖ This may happen for various reasons such as you don't feel **worthy, good enough etc.** You may feel like it's too much to handle or you might not know what to do when you get more clients.
- ❖ Really identify **what your money limit** is and look at the reasons you are stuck
- ❖ Is this because you have been **self sabotaging?**

SMASH THE LIMIT

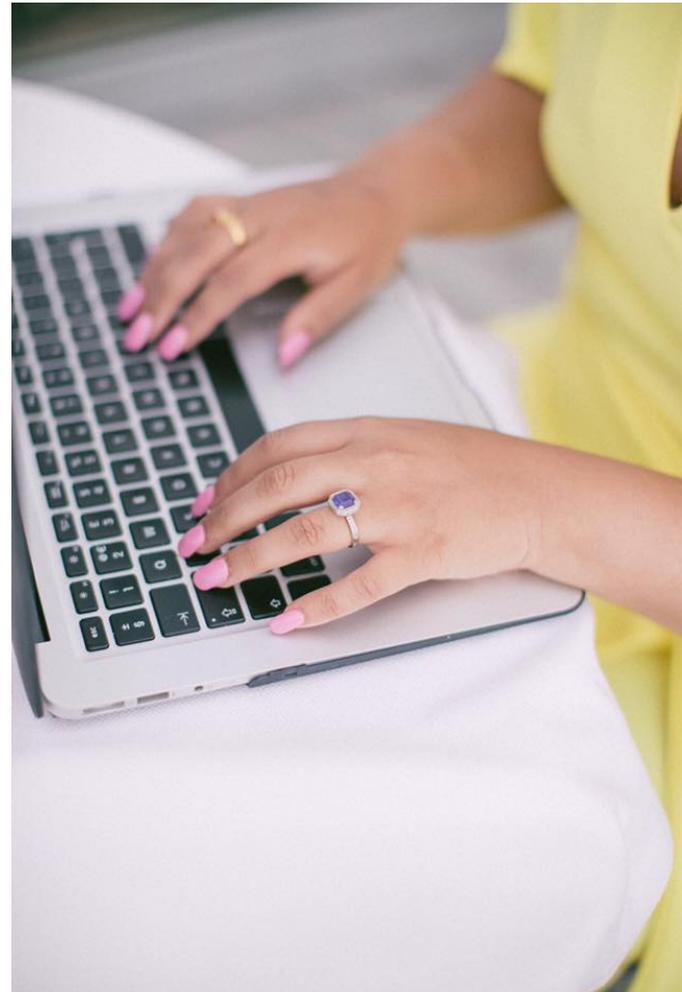
- ❖ Now **give yourself permission** to smash the limit you have set yourself. Because you are ENOUGH!
- ❖ Do you know what are you bringing in weekly or monthly? Do you check your bank account regularly? Are you on top of the outgoings?
- ❖ The affirmation cards really help with this. Affirmations such as **“It’s safe for me attract in abundance”** or **“Abundance flows to me easily”**
- ❖ Create **income goals** that are outside your comfort zone and have a purpose for that money. For example why do you want it?
- ❖ You can even use tapping here https://www.youtube.com/watch?v=_SQAvxEDL7A or <https://www.youtube.com/watch?v=2Z8bnF3gYT8>

NOW YOU HAVE YOUR GOALS WHAT IS THE WORST THAT CAN HAPPEN? LET'S GO THERE!

- ❖ I did this back in January last year. I wrote out all the things that would be the worst-case scenario if I earned more money. So if I wanted to be a millionaire this is what would be the worst-case scenario:
- ❖ People might not like me
- ❖ People might bully me online
- ❖ People will judge me
- ❖ My family might feel awkward around me
- ❖ People will think I am a snobby cow
- ❖ I might mess up as I grow my business
- ❖ My customer service might not be as good
- ❖ I may not be as dedicated to my clients
- ❖ My husband might feel awkward if I am the bread winner

WHAT ARE THE BELIEFS YOU NEED TO LET GO OF?

- ❖ Let's get really clear about what your ideal income. **How does that feel?** What is it bringing up for you?
- ❖ What **stories do you need to release?**
- ❖ What stories do you **need to choose believe?**
- ❖ What kind of **person do you need to become?**



NOW LET'S LOOK AT YOUR CRAP EXCUSES

- ❖ I need to lose weight first! I did my photoshoot in Italy when I was my heaviest
- ❖ I'm a mum now – it's all about the kids
- ❖ I am a single mum
- ❖ I can't do anything during summer due to the kids
- ❖ I'm not pretty enough or smart enough
- ❖ I'm awful with numbers
- ❖ I'm not confident enough
- ❖ I didn't go to university

NOW LET'S LOOK AT YOUR CRAP EXCUSES

- ❖ People don't make money in my industry
- ❖ It takes lots of time to build a successful business
- ❖ There are so many people out there doing what I do
- ❖ I don't have time
- ❖ I just don't have the energy
- ❖ I'm not talented enough
- ❖ I'm too old/young
- ❖ I am not good with social media

YOU NEED TO START MAKING DAILY CHANGES AND UP-LEVELS!

- ❖ I started to up level my daily life. I swapped my **crappy toothbrush**. I got my hair dyed professionally. I got myself a PT and started buying amazing food. I started wearing actual clothes!
- ❖ YOU NEED TO **FEEL GOOD** ON A DAILY BASIS!
- ❖ Look at your routine moment by moment throughout your day. What do your daily routines say about you? **Are you wearing your best pyjamas? Is your bag full of crap?** Do you have an office space? Do you only have positive people you follow and unfollow anyone that triggers you
- ❖ Really look at each area of your life and see how you can up level everything. **Not all upgrades cost money!**

NOW LET'S GET PRACTICAL!

- ❖ First get clear on how much do you actually want to earn to have an amazing life? Get super clear! **What do you actually want?**
- ❖ **Start tracking in everything you are bringing in daily! It will then motivate you to sell!**
- ❖ **Look after your money and be kind with it.**
- ❖ **Grateful** for each penny
- ❖ Write down **money goals** each day
- ❖ Work on your **money stories and beliefs weekly**
- ❖ **Change passwords** to your income goals
- ❖ Make sure you are conscious about your **money talk** and **don't use negative language**

NOW LET'S GET PRACTICAL!

- ❖ Have **daily reminders on your phone** of your money goals
- ❖ Consistently **look at your numbers as well as expenses**
- ❖ Treat money with **respect and love**
- ❖ Get a **Goddess Fortuna** and create an abundance corner. Citrine bring its more abundance
- ❖ **Crystals**
- ❖ You **look at your vision board each day**
- ❖ Get a whiteboard and put on there **“I am a 6/7 figure Entrepreneur”**
- ❖ Write your **goals everywhere!**
- ❖ **Be aware of value** and not just money!
- ❖ You can listen to a money meditation on insight timer. I love Gale Minchew's law of attraction one!

FINAL NOTE

- ❖ Be open to **receiving cash** in different ways. This happened to me in Miami. Track value too.
- ❖ If you want to bring in **certain things** in your life start setting intentions. For example start looking at your next holiday destination, Start speaking it out aloud
- ❖ You need to start acting abundant NOW. **Choose to be happy now**. The more joy and happiness you have the more abundance you will attract in – TRUST ME.
- ❖ We live in an **incredible abundant world**, so you need to change your thought process to this.
- ❖ If money stresses you out, then don't focus on the need. That is a lack mentality and what will be reflected back to you is lack. **Do anything that will raise your vibe**
- ❖ **Everything is ALWAYS working out**

HOMework

- ❖ How do you feel about money? Write 10 words to describe it
- ❖ Start owning what you do and show people you love it!
- ❖ What is your money story and memory?
- ❖ Once those stories are identified – forgive and release
- ❖ What is your income limit?
- ❖ What stories do you need to release and believe to hit your new income goal? Start writing these out daily
- ❖ Identify and write out your worse case scenarios
- ❖ Identify and write out your crap excuses
- ❖ How can you start to up-level your life? Write three things out
- ❖ Be mindful about your money language
- ❖ From the practical money mindset list – choose five activities that you are going to start to implement