



STORYSPEAK ENTERPRISES

## ***FREE YOURSELF FROM SCARCITY***

### Wealth is a mindset.

I recommend journaling these 6 steps weekly to keep track opportunities to improve your relationship with money:

1. What excuses are you feeding yourself that are permitting you to not make more money?

For example, there's not enough clients, my prices are too high, my clients aren't paying me, etc.

2. What feelings do you have about spending and receiving money?

For example, guilt, unworthiness, undeserving, fear of being greedy, etc.

3. What money habits do you have that are sabotaging your ability to receive more?

For example, not saving, not investing,

4. What do you need to think and feel differently to BECOME the kind of person who can create opportunities to receive money from others?

5. Associate all of the negative feelings you listed in Numbers 1 & 2 and the negative money habits with pain. Because if YOU are holding yourself back from giving or receiving, you are holding yourself back from what you deserve.

The principle of abundance is this: we receive BECAUSE we give and we receive TO give.

Your excuses, your lack of resourcefulness, your guilt and fear of money is NOT because of money, your job, your clients, your circumstances -- it is because you have not learned to show up as you need to for money.

Did this cheat sheet help you? Be rewarded for telling the truth [here](#).