

MONEY BLUEPRINT

Does talking and thinking about money tend stir up your anxiety? Do you feel overwhelmed and frustrated trying to manage your finances? Do you project fearfully into the future when you think about retirement and college accounts? Do you fear you will never have enough money, no matter how much money you actually have? Is possible to flip your script from financial fear to financial freedom?

Of course it is!

The first step to decoding your relationship with money is to understand your financial culture. As we discussed, you have downloaded into your subconscious mind a blueprint of *How It Really Is* when it comes to money. If you came from a family culture of financial fear and lack, you may pinch your pennies, be wary of investing, and regardless of how much money you save, still feel there will never be enough. At the other end of the spectrum, if had a parent with a debt issue, you may find yourself spending beyond your means and then playing all sorts of weird “management” games to get the bills paid just in the nick of time. Therefore, the stress and drama that comes from spending and trying to play the system becomes how you relate to money.

The good new is, just like the architectural blueprint of a house, you can change your mind’s framework. To move from the fear of financial lack into the freedom and financial abundance, you need to clearly see your current blueprint.

Answer these questions to gain clarity

1. What was your family culture about money?
2. Who controlled the finances?
3. Was money used as a reward?
4. Was money withheld as a punishment?
5. As a child, did you worry about money?
6. Were your basic needs met?

7. Did your parents fight about money?
8. What were you taught about money from your parents or caregivers?
9. Was there an open or closed dialogue about money in your home?
10. Did your family consider themselves wealthy, middle class, or poor?

Take time to really marinate on your answers and allow yourself to dig deep and really *feel* what the financial climate was like growing up. Once you write down your answers, you will gain insight into your downloaded money myths.

The second step in creating a healthier relationship to money is to realize that there is no “reality” about abundance. Your parents taught you what they did and that became your reality about money, which does not make it permanent. Many parents pass their money fears down to children thinking they are protecting or preparing them for *the way it is*. The way it was for your parents does not have to be the way it is for you. Family systems that teach children money-management skills, a strong work ethic, and concrete tools create a more abundant blueprint. Financial fear creates constriction around money. Since we are all made up of energy, feelings of constriction block your flow of abundance and cloud your ability to see potential opportunities for financial gain.

Since we are creating it as we are going you might as well create financial freedom as you Flip the Script on Fear!

FLIP THE SCRIPT
ON FEAR & BECOME
UNSTOPPABLE
— WITH —
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