

Money Mindset Checklist

5 Steps To Transform Your Mindset & Your Results With Money



Marguerita Korobioff

Pit Bull

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The experience of the lack of money for individuals is epidemic in society, and this problem causes incredible stress for people which leads to a wide variety of health issues, relationship breakdowns, mental illness and even suicide.

Money in our society is an essential resource for us to survive and thrive, so why do so many struggle with it and what's the answer to overcome that struggle?

The answer is simple: it's mindset. When you change your mindset around money, which addresses your fears, beliefs, worthiness issues, your money problems will be solved for good. Here are 5 simple steps you can take to change your money mindset and start achieving the results you truly want with money.

1. Decide How Much Money You Want To Attract & What It Means To You

Most people experience the pain of not having enough money, but they don't declare how much money they would like.

The Universe likes specificity, so dare to declare how much money you would like to attract. Then go further than that and declare what you will do with that money when you receive it. Tell the Universe how you will attribute those riches when it sends them to you.

This is where visualization is a powerful practice because it tells the subconscious mind in images, which is the way the subconscious processes information, what that money means to you and how it's going to be used. A vision board or mind movie are also valuable tools to shift your mindset.

Make sure you associate emotion with your vision. Your ability to attract what you want magnifies with the amount of feeling you send out as this is how you change your vibration. As you get into the feeling of having those things you dream of, you change your vibration and align with those things which opens the door to receiving for you. Gratitude is the most powerful feeling of all.

2. Change Your Focus

I can guarantee if you are struggling financially and are stressed about money, whether you're aware of it or not, your focus will be on lack and you have a fear based relationship with money.

If you want a different relationship with money, you must build your awareness of where your focus is and make a conscious choice to focus on abundance at all times.

This will take practice, but it will pay off dividends. Pay attention to the abundance that you are surrounded with and this will extend to your finances.

Money is just a resource, and once you recognise the impact your focus is having on your results with it, you have the power to start to change your experience with money.

3. Uncover & Release Your Fears & Negative Beliefs Around Money

Your relationship with money began to be shaped the day you were born. Your environment and the experiences you had around money caused you to make decisions about it that is impacting how you're experiencing it now.

People who had positive role models and experiences around money will have a positive money mindset, where those who didn't will have negative belief systems, fears, doubts and worthiness issues about money.

Self worth is a very big reason many people struggle with money. Also beliefs like there's not enough, money is evil, rich people are greedy, money causes conflict, people won't like me if I have money, are just a few examples of the limiting decisions people make that cause them to struggle financially.

Set time aside every day to explore how money was viewed and experienced in your household when you were a child. Then use powerful tools like Emotional Freedom Technique and other transformation techniques to release those fears and limiting beliefs so you can change how you experience money.

This is an ongoing process that, if you make it a daily practice to explore how your mindset and belief systems are affecting your relationship with money, there is no limit to how much money you can make throughout your lifetime.

Remember, everything is just a story. And any story that doesn't support you having a positive experience with money is untrue. Let go of all your old stories and replace them with new positive ones and watch your experience with money change.

4. Educate Yourself About Money

Rich people understand money and how it works.

Our financial system is complex, and whilst it's not necessary to have an in depth understanding of financial investments, there are 3 things that rich people do well that most people don't. Rich people know how to make money work for them instead of them working for money.

Firstly, the know how to make money. This takes understanding what the public wants and / or needs and creatively meeting this effectively for as many people as possible. The more people you serve with your solution based product or service, the more money you will make.

Second, you must know how to keep money. The vast majority of people are programmed to be good little spenders. The more we make, the more we spend. It's encouraged so those at the very top keep making more money out of us. It's imperative that you change your spending habits and start to put a certain amount of money aside to make money work for you.

Third, learn how to grow your money. How you invest your money will have a dramatic impact on your financial future. One of the best investments you will ever make that will bring the biggest return is to invest in your own personal development. This is imperative if you want to keep growing your financial return. And you must either educate yourself about financial investment strategies that bring the greatest return, or turn that responsibility to someone who has proven results that are above average. The average return for most financial institutions and investments is poor at best. Explore how to get spectacular returns consistently and grow your money over your lifetime.

5. Reconnect With Your True Self

You were born abundant, worthy and capable of achieving anything you put your mind to. You are the essence of abundance, joy, freedom, health and love. You understood this fully when you entered the world as a tiny baby, but over the years you came to believe that you were separate from everything you wanted and you were separate from your source. This is just a misconception that is affecting your entire human experience.

Through our experiences we also develop a strong sense of identity based around how we see ourselves in the world which creates stories based on 'I am' or 'I am not'. Your results will also reflect these identity models as your behaviour will be in alignment with who you believe yourself to be. This can be changed by recognising the identity beliefs that aren't serving you in achieving your goals and replace them with ones that do. Remember, you can be anything you wish to be, you just need to make the decision and do the work to adopt a new identity.

Realise who you truly are, reconnect with your true self and with source, and your entire experience with money, and in fact all aspects of your life, will be transformed.

The 3 most damaging beliefs of this human experience that are shaping your results are that you are separate from others, separate from what you want and separate from source.

Release those beliefs and reconnect with All That Is, and you will master your money mindset, as well as all other aspects of your life.

This checklist is a brief outline of what you can do to change your relationship and your results with money. It doesn't have to be hard, but you do have to decide to take positive action to alter your experience. Explore each of the steps I have outlined and make a definitive decision right now to change your beliefs, release your doubts and fears and reconnect with who you truly are so you can achieve all your goals and dreams and live life on fire.

Marguerita Vorobioff

www.PitBullMindset.com