

resource

MONEY SELF-TALK

Free Yourself From
Restricting Self-Talk

somaticfinance[®]
with Gayle Colman

Restricting Money Talk

Freeing Money Talk

I can't afford (this trip, organic food, movies, entertainment, fill in blank).

I choose to allocate my resources to what matters most to me

The mega-rich are indulgent.

Sometimes the mega-rich make different money choices than me.

Debt is not right

i feel fear in my (belly, hands...) when I consider debt in my life

Insurance is a necessary evil

Insurance is one choice of financial protection.

I will never have enough.

I experience plenty and sometimes I feel scared.

Giving back means giving away

Giving back is my expression of sharing when I feel sufficiency.

With a clear budget, I will be in control.

With clarity in how I spend my money, I feel more freedom.

I love to shop; it is a fun outlet and release.

I shop to avoid feeling my emotions.

Money is dirty / is evil / causes pain.

My beliefs about money and behavior around money cause suffering.

I have to work really hard for money.

Money flows in separate my experience and perception of ease or difficulty around work.

I need money to fulfill my dreams.

There are many ways to manifest my dreams. Money is only one of them.

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I should give money away.

I enjoy plenty of money and delight in sharing my wealth.

Money makes the world go around.

Money is simply a means of exchange; it brings liquidity into our markets.

Money doesn't grow on trees.

Money is earned, saved or received.