

# Beliefs About Money – Helpful or Not?



Beliefs are on/off switches for our thoughts and our reality. The beliefs that we form when we are young are often given to us by our parents, our teachers, our grandparents or society and the media. We take decisions about money at an early age and then develop beliefs which are an unconscious filter which then creates the world that we live in. For instance, if we believe that we don't deserve money, then we never notice the times when we do. If we think that managing money is hard, then we won't open our bills or talk to the bank or even want to earn money. If we think that people won't respect us if we have a lot of money or won't talk to us if we have money, then we are likely to stop ourselves earning money so that we keep our friends and family close

We have many beliefs about money and the core beliefs that these can be categorised into are:

- I'm not good enough to have money
- I don't exist – so I have no right to have money
- Money is for other people
- People won't respect me if I have money
- Having money isn't spiritual
- I can't manage money

Do any of these sound familiar or can you find others?

Score the ones above on a scale of 1-10 where 1 is "it doesn't apply to me" and 10 is "this is definitely me".

Reflect on your scores and write down the ones that apply to you in the box below and reflect on the amount of money and emotional upset these beliefs are causing you.

Then think about what empowering beliefs you have and what you could earn if you adopted these fully and what the money would enable you to do.

My limiting money beliefs are.....

I am losing ....££ as a result of my beliefs about money

My beliefs about money have come from ..... (people or society or circumstances)

My empowering beliefs about money are.....

If I held empowering beliefs about money I will earn .....££ and that will enable me to  
.....

(think big, dream big!!!)

Beliefs are something that can be changed very quickly by working with an NLP Trainer or coach so get in touch if you think that you have limiting beliefs that are losing you money or causing you emotional upset.

It literally takes a few hours to change these beliefs and the changes are long lasting!

Ring me on 07973 635102 or send me an e-mail on [enquiries@onelifelife-coaching.co.uk](mailto:enquiries@onelifelife-coaching.co.uk) to start these changes.

Dr Bridget