

Edit Your Money Blocks

		
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Sage Grayson

LIFE EDITOR

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Edit Your Money Blocks

Thank you for downloading the Edit Your Money Blocks from <http://sagegrayson.com>. This simple exercise will help you bust through the negative beliefs you have around money and abundance.

Instructions

- In the first column, write your beliefs about money. Some of your beliefs may come easily, but others might require further digging.
- Here are some probing questions to help you find your money blocks:
 - What did your parents say about money when you were a child?
 - Did you ever have to struggle to pay your bills?
 - Do you like people who are wealthy or do they make you feel jealous and angry?
- Once you have determined your money blocks, think about how you can edit them from negative statements to positive statements. For example, if you wrote down that one of your beliefs is that rich people are greedy, then can you think of any rich people who share their wealth with people who are less fortunate?
- In the second column, write your edited statements about money. They should be positive, hopeful, abundant ways of thinking.
- The next time you feel stuck around money, try editing your beliefs into more optimistic statements.



Who's Sage?

Hey there! I'm Sage Grayson, a former book editor turned life and business coach. I'm a Life Editor . . . and so are you!

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