

## Exercise. My Deepest Money Beliefs

Write down all your current money beliefs. A money belief is a thought you have about the way money, wealth or success is in life. This money belief is the root of your money story. Some of the beliefs you might have or that could help you access your money beliefs are:

- I have to work hard to achieve success.
- Wealthy people are evil.
- I don't deserve to be successful (or have money)
- If I create financial success someone will just take it from me.
- Money shouldn't matter.
- I hate money.
- I'm not good with money.

Now start writing your beliefs below. If you get stuck or feel like you've identified all of them, ask yourself "What Else?" five times before stopping. I also recommend keeping this by your desk and adding to it as new a-ha's come to you.

[illegible]