



Personal Online Coaching ©

DAY 14 – Financial Fear

Key Topics:

- Exercise – Belief Inventory Checklist
- Instructions
- Rate the intensity of your belief

Belief Inventory Checklist

In the section on “More Tools and Resources” near the end of your daily email, there is a document called “**Belief Inventory Checklist**”. Please take a moment to print that document and then return here for instructions.

Instructions

The Belief Inventory Checklist is a list of many different reasons that people use to rationalize why they don’t have money, enough money, or a surplus of money. In A Course in Miracles it says, “Healing is accomplished the instant the sufferer no longer sees any value in pain.”

ACIM TM.5.I.1

You might remember from one of the earlier emails, that reasons and values are the same thing. This means that “the healing” (in this case we are referring to the healing of your financial condition) will be accomplished once you have no more reasons for it to be unhealed.

As you review the Belief Inventory Checklist, you are asked to check off every reason that pertains to you and your mindset about money. Be sure to check off all the reasons that apply, or even slightly resonate with your own belief system.

Rate the intensity of your belief

After you have checked all the boxes that apply, go back through and place a number (from 1 to 10) to the left of each box you checked. The number 1 represents that you have only a slight feeling about that particular belief, and the number 10 represents that you have a very strong feeling of resonance, or agreement, with that belief.

Today’s exercise is about “becoming aware” of some of the beliefs about money that you are still holding on to. Tomorrow, we will go through a release exercise together, to help you to release and let go of these old, limiting beliefs about money, that are delaying your natural flow of abundance, as given by God, Himself.