

Tapping into Your Money Potential Stop Your Self-Sabotage!

By Gayle A. North

"We are all so powerless as children and money looms so powerfully. As we grow up we claim our power in one way after another, taking on jobs, families, commitments, responsibilities. Yet we don't grow up to claim our financial power until we look money in the eye, face our fears, and claim that power back. Each one of our memories is different, but they all lead to similar places, places that are riddled with self-doubt, unworthiness, insecurity, and fear. Fear that has paralyzed us into thinking of all the things we can't do, not all the things we can. No financial advice you can get or financial book you read is worth anything unless you put the advice into action.

– Suze Orman, Author of *The Nine Steps to Financial Freedom*

I have worked with many clients over the years. Some have had great financial wealth and some have been on welfare with all shades of financial status in between. Most everyone harbors limiting beliefs, thoughts, and emotions about money.

A stock broker came in to do some sessions with me to clear up some money related issues among other things. In his mid forties at the time, he felt like a failure because he had no portfolio of his own. He had not saved or invested any of his own money.

As we explored the shame and guilt he felt in his body related to his self sabotage with money an old childhood experience popped into his mind. The allowance his parents gave him was budgeted by them. He was told exactly what he had to do with all of it. By the time he paid all the "necessary" expenses there was nothing left for him to spend on anything he wanted. When he was about ten, he had a big desire to buy his sister a birthday present and just couldn't get enough money saved in time to buy it for her. He felt defeated and bitter about it.

He developed several beliefs and patterns with money at that young age. "I will never have enough money – never enough for me to do things I want." "Planning and saving makes me feel bad." "I'll never have everything I want."

He had no idea that his experience as a child was driving his behavior now. As an adult now he was subconsciously afraid that if he didn't get what he wanted right away the money would disappear and he would never be able to have it. His money just seemed to run through his fingers as he spent it every payday. Despite his good intentions to save and invest (he knows how to do it very well) the years slipped away and something always took a higher priority.

After clearing the emotion he had around his childhood experiences with money, he noticed a shift in his thinking and found it easier to use his expertise for himself as well as others. He now does the things he tells others to do – pay yourself first.

Every one of us has had childhood experiences that influence our feelings and behaviors related to our financial life today.

In Suze Orman's book, *The Nine Steps to Financial Freedom*, the first and second steps involve clearing fears about money.

Following are some steps you can take to begin clearing out some of the old beliefs that may be sabotaging your success with money.

1. Make a list of your disempowering beliefs about money and your lack of ability to make it and manage it.
2. Put your beliefs to the test. Ask : Is it really true? What is absurd or ridiculous about it? What evidence am I using to confirm this? How would I need to change this to be really successful with money? Where will I be with money in five years if I don't change this perception? What is the real truth about that experience or my limiting belief? What belief would you prefer to adopt in the future?

Doing this exercise will help you get started questioning the beliefs that sabotaged your success with money in the past so that you can replace them with new healthy ones.

The weekend of October 2nd and 3rd I am facilitating a retreat entitled "Tapping Into Your Amazing Money Potential" at the Deep Bay Conference and Retreat Center in Lakeside, Montana. This retreat offers the opportunity to explore your relationship with money and create positive changes. You will discover AND CLEAR limiting beliefs, emotional blocks and outmoded patterns with money. As these old "energy blocks" are cleared away, a friendlier relationship with money emerges and it becomes easier to attract it and handle it wisely.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

changeiseasy@montanasky.net

www.PositiveChangeInstitute.com