

# UPGRADE YOUR MONEY MINDSET

*The thing about money, is that it's not about the money.*



ARE YOU READY TO  
**UPGRADE YOUR  
RELATIONSHIP  
WITH MONEY?**

## Wealth Consciousness

*Malorie Nicole*

The thing about money, is that it's not about money.  
Sounds contradictory right?

You might be thinking.. how could my relationship with  
money have nothing to do with money?!

That doesn't logically make any sense.

Wrong! Money is just a thing, it's paper, it's a currency, it's  
ever evolving on the planet. Funny enough, there's so much  
of it, it is impossible that money would ever just "run out".

YET... one of the biggest mindset challenges I hear about  
money is that... it's just going to disappear...dry up, like the  
Sahara Desert, never having access to it again.

## *If money isn't about money, then why does my relationship with money feel so difficult?*

Because all of your subconscious beliefs about life are getting caught up in that little green piece of paper. All the programming, all the stored perceptions, all the past experiences, are being brought into the current relationship and experience with... money. The green piece of paper.

The subconscious mind is like a huge filing cabinet that stores every experience you've ever had, and this is what creates the skills and habits that come into play in our daily life. Most of our beliefs are programmed before we're even 10 years old, (WHOA!) now we continue to grow and learn, but our values and perceptions stay the way they are until we challenge and question them.

Kind of like the tooth fairy. You believe in the tooth fairy, until you hit a certain point in your life where you start to question it. Then, you do question it and you decide what you want to believe, not what you've been told. Chances are you probably don't still believe in the tooth fairy, correct? If you do, there's other things we should be talking about. :)

## *If you want to change what you are experiencing in your life, you must change your current perception of reality by **changing your belief system.***

When we come across different experiences in our life, we receive sensory signals that get sent to the mind to process. The subconscious then compares it with its past (where the belief system lies) and then gives it order by reacting or responding. If the new thought doesn't match up with the old programming (subconscious mind) it creates a mismatch.

We actually don't actively control a lot of what we do because (it's hard to give an exact number here..) but studies show the subconscious programming creates a baseline for 88-97% of our thought, and as a result, our habits every day are controlled by the subconscious programming (without active thought) Your arm knows to scratch something if you feel an itch, this applies to a lot of other areas of your life when it comes to your programming. You don't really think about it, it just happens.

So this is why these new "money habits" sometimes don't work, because you try and do things like... create more money... spend less... save more... or not experience so much stress around money... (all conscious mind efforts) and it's tough because there's this programming in there that isn't getting addressed. We have to truly question how much of it is serving you having your best interest at hand?

*The conscious + subconscious must act in harmony.*

# Upgrading your Money Mindset

## **False Belief + New Habit = Zero Lasting Change**

## **New Belief + New Habit = Desired Outcome**

What must one do to change their beliefs? First, they need to have awareness in what the programmed beliefs are to begin with.

Go through these 3 phases to help you uncover the history of your money story.

Don't skim it, don't just think about it.

WRITE IT OUT, give your brain a chance to do a little upgrade work, that's why you're here, right?

## **Phase 1 Uncover the False Belief(s)**

### **Q. What did my parents relationship with money look like?**

Maybe, you remember your parents arguing about money often. Maybe, you remember money being scarce. Maybe there was a lot of it, but you weren't allowed to ask for things.

Remember, you're just observing. You're not here to judge the situation, because if you start judging you can easily shift into a victim mindset. We call that the blame game, the blame game is completely disempowering. We're here to empower your relationship money and remove the false beliefs.

### **Q. How do you feel when you receive money?**

Maybe what comes up is that you actually feel a bit guilty when you receive it, you feel like you don't deserve what's coming, you might feel like there are kids in Africa that need food and you can't stop thinking about that when you see the numbers rolling in every month.

### **Q. How do you feel when you spend money?**

Maybe you feel shameful, like you're not suppose to, like you're breaking the rules, like it's not ok, like you'll be judged for what you buy, like it's going to run out if you actually spend it.

### **Q. What is your deepest fear about money?**

Just, be honest.

## Phase 2 Question it

Take each answer to the questions above and unravel them. Use the 4 questions below and apply to each answer.

*What evidence do I have to disprove the belief showing up?*

*Are there times in my life where I don't apply this belief?*

*Am I only applying this belief to myself?*

*What doesn't make sense about this belief?*

## Phase 3 Your Upgraded Money Story

At this point, you've uncovered the old beliefs, you've questioned them, you've proved them wrong, now it's time to write the truth.

What is your new money story? What is the real truth?

Write it out, don't stop now, **you're almost done.**

**Take this simple process and apply it further if need be. As you continue to grow your business, you'll find different levels of personal and mindset blocks will show up. Removing them is exactly how you will find financial success.**



To take yourself further into the process of healing your subconscious mind and release the limiting beliefs that are getting in the way of your relationship with money, consider it's time to become a student of the **Abundantly Clear Money Mindset Course!**

**[www.abundantlyclearcourse.com](http://www.abundantlyclearcourse.com)**