

Primetime PAY DAY: OUR MONEY STORIES

"It's not my responsibility."

Do you secretly believe that someone else should take financial responsibility for you?

FOR REFLECTION:

To whom are you giving away your financial power?

What do you believe about yourself that leads you to give away this power?

DAILY MICRO HABIT:

The money check-in. Start each day by checking the balances in your account and the revenue in your business.

"I am not enough."

Do you secretly believe that you are not worthy of wealth or abundance because you have a personal shortcoming?

FOR REFLECTION:

What is the shortcoming you are blaming yourself for? Write it here.

What would you tell a friend or loved one who shared this shortcoming and believed she deserved to be poor because of it?

DAILY MICRO HABIT:

Journal daily "3 Things I value about myself" or "How I added value to someone's day."

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"I am not good with money."

Do you secretly believe you're bad at math or can't handle money based on money mistakes you've made in the past?

FOR REFLECTION:

Write about three money mistakes you've made in the past.

Viewing those mistakes through the eyes of a loving friend, what valuable lessons did you take away from those mistakes?

DAILY MICRO HABIT:

Link gratitude to finances—check accounts daily and list three things in your life you are grateful to provide to yourself and others.

"It's better to give than to receive."

Do you secretly believe that it's selfish to receive, and the way to compensate is to give to excess? Or that you are not worthy of love or value unless you give something away?

FOR REFLECTION:

Write about the feelings you have when someone gives you a compliment or an unexpected gift. Journal what your common responses are in that moment.

DAILY MICRO HABIT:

Do mirror work. With your hands on your heart, look at your reflection every morning and recognize perfection. Tell your reflection that you are unique, and you are loved. Give yourself a pet name.

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“Money is bad or unethical.”

Do you associate the accumulation of wealth with greed or bad ethics? Do you assume that wealthy people take more than their fair share at the expense of others?

FOR REFLECTION:

Respond to these writing prompts:

Rich people are....

Wealthy people should...

And then take a look at the judgments you’ve made about others with money, and how that judgment might be blocking money that’s meant to come your way.

DAILY MICRO HABIT:

At the end of each day, reflect on the “value exchanges” you had with others. Journal about the reciprocal agreement of value (money) for value (your service).

“I don’t have what it takes to be successful.” Or “When I’m successful, people won’t like me.”

Are you secretly afraid that other peoples’ (or your own) negative beliefs about money (see above) will be applied to you in the form of judgment?

FOR REFLECTION:

On a separate sheet of paper, write down the anxieties you have about success. (“I’m not responsible enough to have a lot of money.”)

Then write down the reasons you have to contradict those anxieties. Make sure to put these statements in the PRESENT tense, rather than future. (“I live in purpose and am a responsible human. With great sums of money, I do great things.”)

DAILY MICRO HABIT:

Repeat to yourself each morning the positive statements you wrote down. Get comfortable with your greatness.