



Do You Hold Limiting Beliefs about Money?

Introduction

If you are not wealthy, it means that you may hold some limiting beliefs about money. There are several great ways to test your beliefs about money and to understand what is blocking you from the free flow of money.

These exercises require you to take action. If you do the steps honestly you will uncover the beliefs that get in the way of you becoming wealthy. If some of the steps seem uncomfortable to you (when you think of them or when you are doing them) it means that you hold strong resistance towards money.

You will then need to question what it is so uncomfortable about that situation, and this way you will be able to uncover a limiting belief.

You can also remove limiting beliefs about money by doing one of the tests below that is least comfortable over and over again, until you feel comfortable in such situation. This way you can leave your old comfort zone around money and step into a wealthier comfort zone.

You may think that some steps are easy to do but when it comes to doing them, you will find them hard. This also shows that you have a limiting belief about money that is so deep inside you that you were not even aware of it. It is great to discover such belief and take action to get rid of it.

Understanding where your beliefs come from

What statements did your parents make about money? What were their opinions about money? What did they say? (Or other authoritative figures in your life eg teachers) What were the kind of feelings in your household about money?

Your mind may try to block these feelings and statements so that you feel you can't remember, particularly if it is uncomfortable. Write these statements down. Then read them out loud.

When you read them if you get uncomfortable feelings about them – that's a belief that's impacting on your life. When you uncover such beliefs you can deal with them. This may take a little while.

Ask yourself the question – Is it useful for me now to have such beliefs in my life?

The beliefs that you hold about money from your parents were not your beliefs – they were your parents'. They don't have to be yours. You took them into your subconscious mind and made them yours. You had no need to question them. Your parents just did the best they could with the resources that they had available at the time. Is it helpful for you to hold onto these beliefs or are they getting in the way?

Exercises to check if you hold limiting beliefs about money

Expensive car

You can firstly do this check first as a visualisation exercise and when you have an opportunity, put it into practice.

Imagine that you are in a busy street and a beautiful luxury car worth more than some houses stops right next to you. You can see how shiny and new it is, it is black and one window of the car is open so you can see beautiful white leather interior.

How does this make you feel? What are your thoughts about this situation? Try to become aware as soon as some thought comes into your head and write it down.

If you hold limiting beliefs about money, your thoughts would be along the lines of:

“What’s the point of buying a car which is more expensive than some houses?”

“The person who drives this car is such a show-off.”

“The driver thinks that everyone will be looking at their car, so I will ignore it.”

“That person could donate money to those that really need it rather than buying cars like that.”

“That is a great car but I will never be able to afford it.”

“It is so out of my range. I would have to work all my life to afford such car.”

“Only extremely rich people can buy such cars and I will never be among them.”

If you don’t hold limiting beliefs about money, you will have thoughts similar to these:

“What a beautiful car! I am sure that in the future I will be able to afford something like that.”

“That is one of my favourite cars!”

“It is so great that people can afford such cars!”

“I am sure that the owner of this car has achieved so much, it is great”

“I hope that this person has everything that they want.”

“I am sure that I will have this type of car in my life and I am going to make it my reality.”

And if you are really in tune with the source, you might also think like this:

“I can easily afford this car. (Does not mean you can but if you keep affirming this you will in the future.)”

“I can feel that this car is something that I am going to have in the future.”

“Money comes so easily into my life that owning this car would be effortless only if I intended it.”

Visualise such a situation. When this happens in your real life, become aware of the immediate thoughts that you have when such situation happens. This will give you a great understanding about what kind of beliefs about money you hold.

The same applies to other situations that are described below. Try to visualise them and then to experience them in your real life. Then become aware of the thoughts and this way you will uncover any limiting beliefs about money that you might hold.

Wealthy person

Imagine that you are on holiday in some hot country near the seaside. You are taking pictures near a luxury hotel and suddenly you notice that a great looking young guy is walking out of the hotel. You immediately notice his designer sunglasses, shiny black hair and white stylish shirt. He is talking on a mobile and smiling. A black luxury car pulls up in front of him, a driver gets off the car and opens the door for him.

How did this situation make you feel? What thoughts did you have whilst visualising? Write them down and when similar situation happens in your real life become conscious of the thoughts that you have. So whenever you see a very wealthy person, become aware of what you think about the situation.

Luxury restaurant

Walk into the most luxurious restaurant or hotel you can find, and order a drink. Can you even do that? Do you need to force yourself to do that? Does even a thought of doing that make you feel uncomfortable about this situation or do you become uncomfortable whilst entering the restaurant/hotel?

Your reaction shows the degree of how strong your limiting beliefs about money are. If even a thought about doing that makes you feel uneasy, then you have strong limiting beliefs about money. And if the whole process is a seamless or exciting experience to you, then you are on your way to wealth.

If you find this task uneasy, then you should keep doing it until it becomes comfortable. This way you will step into a new comfort zone.

Luxury Shop

Go to the most luxurious department store or shop you can find. You don't have to buy anything, but just see how it makes you feel.

What's your experience? Do you feel that you didn't belong there? Do you think people also notice that you don't belong there? Do you feel really felt uneasy about looking at items on display, can you touch them?

This exercise can also indicate whether you have a limiting belief about money. Once you have recognised this and raised your self-awareness, you can choose to do something about it.