

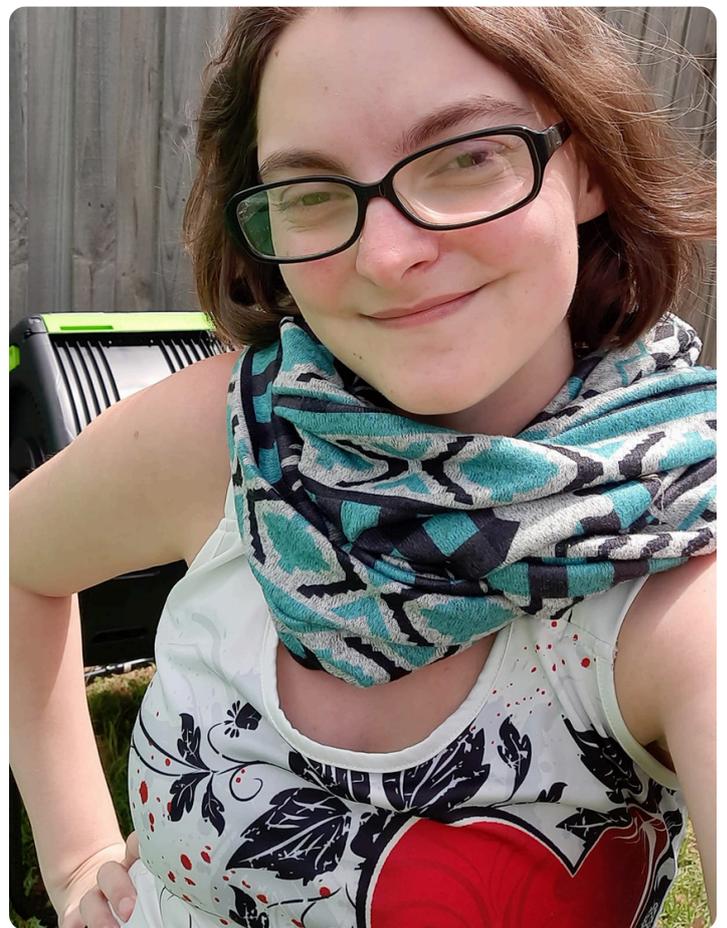
Clear Out Money Mindset Blocks Workbook!

Your Clear Out Money Mindset Blocks
Workbook

HOW TO TAKE ACTUAL STEPS TOWARDS A
BETTER RELATIONSHIP WITH MONEY!

A simple, easy workbook to help you work out
what money blocks you have, and how you
will clear them.

Finance Girl.



By Nicola Rattley.

Figure Out Your Money Blocks

Setting a finance goal is always exciting, however this is when money blocks tend to pop up and get in the way.

So first we have to figure out what your money blocks are.

Your best way to do it is to be focused and committed and to actually take the steps to work on clearing them.

It may not always be pleasant, and the money blocks may even come back or you will have new ones pop up.

That is completely normal and all you can do is just keep work on clearing them, this is not a one and done deal.

When you think about money, or plan to earn or save a certain amount of money, what comes up for you? What thoughts do you have? Write them out.

Some examples are:

- I'm not good with money
- I'll never be able to earn or save that much
- Money is evil
- If I have more it'll make me a bad person
- Earning money has to be hard

These are just some examples of Limiting Money Beliefs.

Now write out your own.

Your Limiting Beliefs

Before you can clear out your money blocks and start earning and saving more, you have to get crystal clear on your thoughts and the limiting beliefs that are holding you back.

List them in the table below.

Limiting Beliefs

Once you have your list, you can start to look at how many of these are actually true or if they are just self-imposed limitations.

Now it will not always be easy to remember your positive affirmation every time your limiting one comes up, especially if you are like me and struggle with depression.

But just try to be kind to yourself and do it when you remember.

And keep clearing, even when they keep popping up, or when new ones appear as you grow.

Reprint and reuse this workbook to keep clearing your money mindset blocks.

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“Financial abundance surrounds me everyday!”

– Finance Girl

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Affirmation

Congratulations! You have reached the end! You should be set and ready for action!

Now here is your free affirmation, feel free to print it out, cut it out and put it on your wall or vision board every time you need inspiration.



YOU CAN DO ANYTHING
That you believe

Finance Girl

Who Is Nicola Rattley

Nicola Rattley is a Personal Finance and Money Mindset Mentor for people online who want to manifest money and change the world.

She helps people like you figure out where you want to be, how to design a roadmap to get there and release fear and money blocks.

She has designed a How To Manifest Money - A Guide to Financial Abundance Course that delves deeper into manifesting money, setting goals that work for you, how to overcome all sorts of different obstacles, how to plan to succeed, manifestation techniques and how to take care of yourself while on your manifesting money journey.

She has also helped over 4000 people save money through her business NicolaDigitalDesigns with finance printables that encourage saving certain amounts in specific timelines.

Important Note: The content provided in this workbook is for informational purposes only and should not be construed as financial advice. I am not a licensed financial advisor. The views expressed are personal opinions and experiences and should not be interpreted as professional financial recommendations. Please do your own research or consult with a professional before making any financial decisions.