

Raise Your Money Threshold

How to uncover and release your limiting beliefs around money that are keeping you from success

We all have an emotional connection to the word money. Whether you are conscious of it or not, when you hear the words money, finances, wealth, rich people, you have a visceral reaction. This bonus, I created just for you, is about uncovering your true beliefs and changing them.

As artists and entrepreneurs, we get to be comfortable with asking for money, negotiating deals and receiving money into our lives. You deserve to be paid and paid well for what you love to do. You deserve to be compensated for the gifts you share with the world.

In order to ask someone for money, whether you are crowdfunding a project or seeking out investors or selling your product or services or negotiating a rate, you **MUST** be aware of your own beliefs.

We all have an emotional set point when it comes to money. It is this emotional set point that we project all over everyone.

Imagine a friend standing in front of you. She is asking to borrow money from you. What are you comfortable giving? \$20? \$50? \$100? \$150? \$300 \$1000? What number starts to freak you out? I am not talking about how much you have in the bank, but rather, the amount where you start to feel a tightness in your gut.

Now flip it around, you're standing in front of your friend and you need to ask her for money. It's a donation for a film project you're producing that you are raising funds for, you need capital to start your new business, or maybe you're just having a light month and need some support. What are you comfortable asking for? \$20? \$50? \$100? \$150? \$300 \$1000?



Those simple scenarios allow you to discover where your current money threshold lies. When I first this did work years ago, my money threshold was around \$50. I felt comfortable asking for and receiving \$50. I learned that I was playing small and projecting my \$50 threshold belief on everyone around me. I was leaving money on the table and devaluing myself. Now, through the work that follows, I am able to ask investors for upwards of \$500K comfortably.

If you have a low money threshold how can you expect to get \$500K from an investor? How can you expect to charge what you're actually worth? How can you negotiate a day rate for your skills that is equivalent to your value? How can you audition for huge roles in Film/TV and not self-sabotage? The short answer is - you can't.

Don't let your limiting beliefs system in the way of your true success and your abundance.

Here's the great news - you can raise your money threshold! First, you get to know where you are and uncover all that is holding you back from your highest abundance potential.

How you do one thing is how you do everything. Beliefs carry over in all that you do. Fear will carry over in all that you do. Guess what? Successful people feel fear too! They are just aware of it, understand it and push past it.



In the following, you will learn:

- How You Really Feel About Money
- How to Change Your Money Beliefs
- How to Craft Your New Truths

Money is not 'the root of all evil.' Money will allow you to live out your dreams AND to give back in this world. So, it's time to change your mindset, and learn to love money.

I have to thank T Harv Eker and his teachings for opening my eyes up to this many years ago. I urge you to check him out to continue your financial education. This is the beginning.

How Do You REALLY Feel About Money?

Exercise #1 - My Money Baseline

Answer each question below as fast as you can without overthinking it. Take as little time as possible. Think with your gut to determine what you really feel. Be honest with yourself.

Money is...

Money is...

Money is...

Wealth is...

Wealth is...

People who have money are...

People who have money are...

The reasons I can't or may not become extremely wealthy are... (List several)

My greatest worries and fears regarding money and wealth are... (List several)

The worst thing about money is...

How Do You REALLY Feel About Money?

Exercise #2 - What You Learned About Money

Write down all that you heard about money, finances and rich people when you were a child.

How Do You REALLY Feel About Money?

Exercise #3 - Impact of Authority Figures

Write down the habits of the authority figure(s) in your life in terms of how they dealt with money as well as their thinking about money when you were a child. Do you feel you model this way of thinking and behavior or have you chosen the opposite path?

How Do You REALLY Feel About Money?

Exercise #4 - Childhood Money Incident

Describe an incident surrounding money from your past that was extremely emotional and involved another person. Please write your perspective of the incident.

Changing Your Money Beliefs

Exercise #1 - Awareness and Change

1. Write three to five beliefs you have around money that are unsupportive or fearful.

2. Write an argument against each one of these unsupportive beliefs.

Changing Your Money Beliefs

Changing Your Money Beliefs

Exercise #2 - Reframe Childhood Incident

Take the incident you wrote about from your childhood and rewrite it from the other person's point of view. Take on their person and use the word "I". Beliefs get formed from your own perception. Identify someone else's perception and break your hindering belief.

Changing Your Money Beliefs

Exercise #3 - Purpose of Money to YOU

Write down 10 specific things you would do with your money when you become wealthy. Then rate each of them on a scale of 1-10. 1 being the lowest priority and 10 being the highest priority.

Changing Your Money Beliefs

Exercise #4 - Your Purpose to Have Money

Take your top 3 highest rated items from the previous exercise and expound on what that would look like, what it would mean to you, how it would help people, etc. Whenever you have fears about money, think back to these 3 things. This your reason why you must be wealthy and abundant.

Your New Money Beliefs

Exercise #1 - Creating your New Truths

Are you willing to stop limiting yourself? Are you willing to let go of the limiting beliefs of the past and reframe them into actionable new truths?

Four Steps to Releasing Your Limiting Beliefs

1. Identify the limiting belief
2. Acknowledge it is not a fact - it is just an opinion you once formed
3. Reframe the belief and try on a new one
4. Take on a new action

Look back at three to five beliefs unsupportive beliefs you wrote about on page 8. Acknowledge they are NOT fact. They are simply what your little child brain determined from all that he/she saw.

Use the space to below to write a positive reframing of each of those beliefs. They get to feel true to you and feel possible.

Examples:

The rich get richer and the poor get poorer **becomes** I create the life I want and the exact amount of my financial success.

I'm just not good with money **becomes** I learn and use knowledge about money every day.

You have to work too hard to get wealthy **becomes** I deserve to be successful and wealthy because I add value to other people's lives.

Your New Money Beliefs

What are **YOUR** Truths?

Your New Money Beliefs

Exercise #2 - Create Actions for Each New Belief

Change occurs in action. To fully take on and invest in your new beliefs you get to take action on them. Especially when the old limiting belief creeps in.

Examples:

1. *I create the life I want and the exact amount of my financial success.*

The **action taken** can be: Meditate on my big vision, create a vision board, call 5 potential clients, reach out to a power player in your industry and ask them to coffee, etc.

2. *I learn and use knowledge about money every day.*

The **action taken** can be: Read 15 pages of *Smart Couples Finish Rich*, research 2 stocks that are interesting to you, login to Mint and categorize your expenses, etc.

3. *I deserve to be successful and wealthy because I add value to other people's lives.*

The **action taken** can be: Create free content for your people on social media, reach out to someone you admire and acknowledge them, volunteer, etc.

Use the space below and create actions for each of your new truths.

Actions for New Belief #1:

Actions for New Belief #2:

Actions for New Belief #3:

Actions for New Belief #4:

Actions for New Belief #5:

Your New Money Beliefs

Exercise #3 - Go the Extra Mile

1. Release your old beliefs:

Take your old limiting beliefs and excuses, write them on a piece of paper and burn them or throw them in the ocean! Do a ceremony of releasing them because they no longer serve you.

2. See your new truths daily:

Take your new truths you wrote above and place them somewhere that you can see them every day. Mine are printed and hanging in a frame by my desk ☺ Print them and hang them on your fridge or make it the screensaver on your computer. The possibilities are endless!

3. Say your new truths aloud daily:

There is power to speaking your truths aloud. It becomes more and more real and strengthens the mind/body connection. The more you say it, the more you'll believe it.

Condition yourself to think differently. Then watch opportunities and abundance unfold around you that you would have missed with your limited thinking.

