



“Abundance is not something we acquire. It is something we tune into.” Wayne Dyer

Money Chef Recipe # 1

WHAT IS YOUR ABUNDANCE FACTOR?

Active Time: 10 Minutes

Ingredients:

1. Your thoughts?
 - ◆ What are your attitudes, beliefs, feelings, thoughts and decisions you have made about money?
 - i. When you were growing up, who were your financial role models?
 - ii. Was money abundant or was it scarce?
 - iii. Did either of your parents or a relative coach you about money?
 - iv. Did you speak about it at the dinner table or was money a subject that was taboo?(Your family may never actually have taught you about money but you learned by watching them.)
2. A large piece of paper;
3. Two writing instruments in different colors.

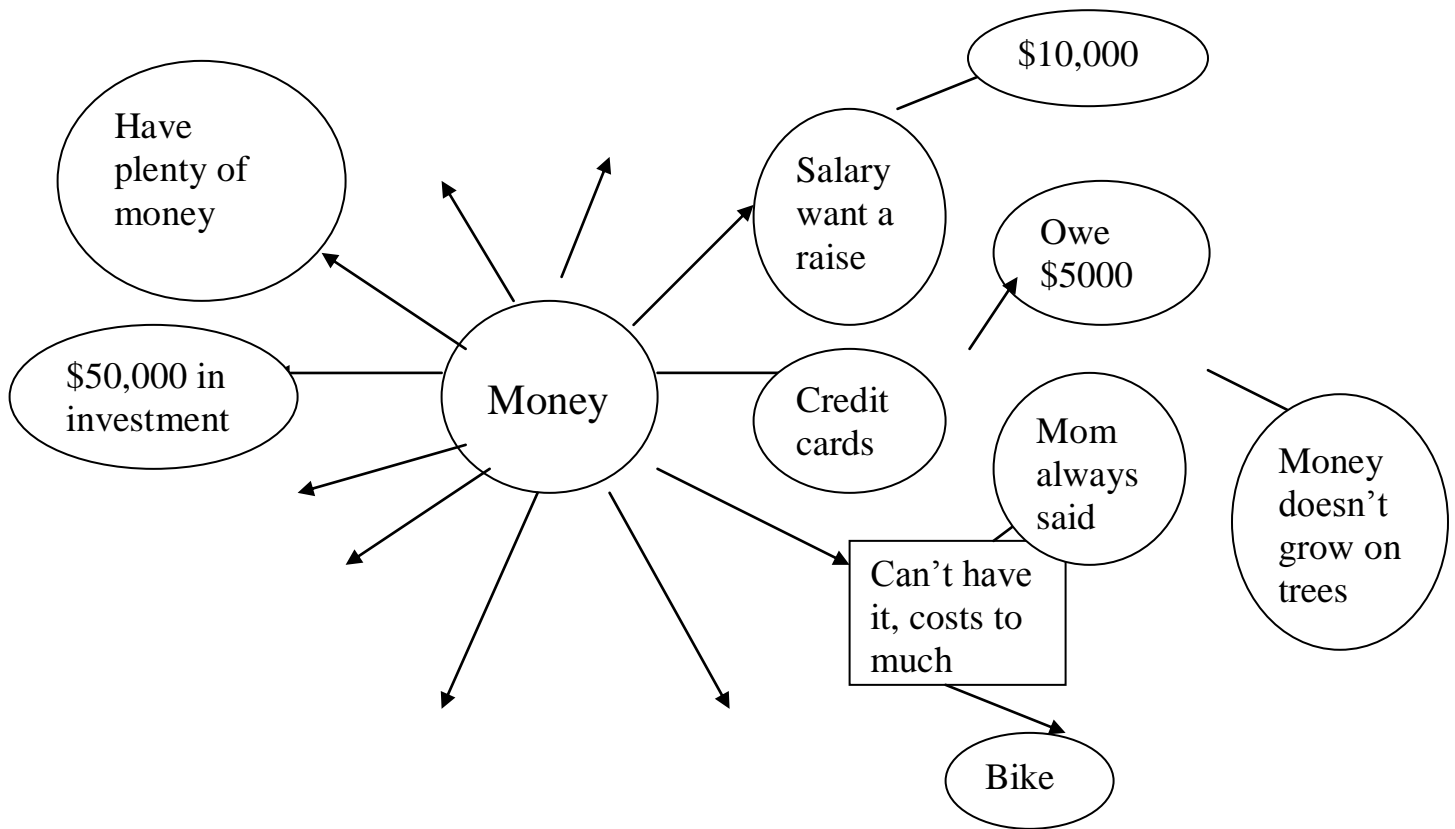
Directions:

1. Find a quiet space and make sure the TV, radio, computer are off. Do not answer the phone during this time either -☺.
2. Take the large piece of paper and draw a circle in the middle and place the word “MONEY” in the center of it. (See example attached).
3. Take 10 minutes and writing down everything that comes to mind when you think about money.
4. Now keep the piece of paper with you all day and anytime a thought about money enters you head, write down all the words that come to mind and you associate with money on the piece of paper. Write down at least at 4 different times during the day.
5. Write down everything – good and limiting thoughts and beliefs, abundance thoughts and feelings, what your family always said etc.
6. At the end of the day you will have a good idea of all the limiting and abundance believes you have about money.
7. Circle ALL the abundance thoughts in a different color ink.
8. Now post on a wall or keep on your desk somewhere so that you can see during the 21 day challenge.

Money Chef Tip: Now don't just think about it. Take the time and DO IT NOW?

Mind Map Example

Write down everything that comes to your mind regarding beliefs, thoughts, feeling regarding money in your life. These are only a few ideas (don't want to put words in your mind – want this to come from YOU).





“Your belief determines your action and your action determines your results, but first you have to believe.” --Mark Victor Hansen

Money Chef Recipe # 2

WHAT ARE YOUR BELIEFS?

Active Time: 10 Minutes

Ingredients:

1. Mind Map from Day 1
2. Any additional beliefs, thoughts, and feelings you didn't include on the map yesterday.

Directions:

1. Take a piece of paper 8 ½ X 11 and draw a line down the middle of one sheet of paper.
2. Label Column One – Negative/Scarcity Beliefs; Label Column Two – Abundance/Positive beliefs.
3. Take out your Mind Map from Day 1.
4. From your Mind Map, list all the negative/scarcity beliefs on the left side of the paper; all your abundance beliefs on the right side.
5. Total up how many negative/scarcity beliefs you have and how many abundance/positive beliefs. Which side is longer? Negative/scarcity beliefs???

The Mind Mapping recipe didn't require intensive work. But it did take some rigorous internal reflection to uncover the beliefs and attitudes about money that were developed at an early age by family patterns and cultural influences. What we observe when we are children stays with us forever. This underpinning gets installed on our brains like software. We become programmed. Our actions go on autopilot or in other words, we keep playing the same limiting tape over and over again. During the course of our lives, most of us behave robotically, making choices based on unconscious beliefs that have no basis at all in reality. Then we wonder why life isn't shaping up the way that we'd hope, despite our best efforts.

Becoming aware of our beliefs is the first step to changing the way we think and handle money in our lives. Every time a negative thought appears, replace it with a positive one. An example "A lot more money is coming into my life. I deserve it and will use it for my good and others."

Money Chef Tip: Action speaks louder than words!

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