

SHADOW WORK - STEP 3

MONEY

The third step of shadow work is affirmations. Please write down the following in a journal (as viewing your own handwriting allows you to believe the affirmations easier).

Money and Self-Worth:

"I am inherently worthy, and my value extends beyond financial success. I attract abundance by recognising and embracing my unique qualities, guiding my financial decisions with confidence and purpose."

Early Money Influences:

"I am a wise steward of my finances, learning from positive lessons of my past. My early money influences empower me to make sound financial decisions, ensuring a prosperous and secure future."

Fear of Scarcity:

"I release fear and embrace abundance. Every challenge I've overcome is a testament to my resilience and resourcefulness. I attract prosperity by focusing on solutions and trusting in the limitless opportunities that life presents."

Beliefs About Success:

"My success is not limited by external circumstances. I am proud of my achievements, showcasing my inherent capabilities. I deserve financial success, and I confidently attract opportunities to realise my goals."

Hidden Money Scripts:

"I release limiting money scripts and welcome financial abundance. My thoughts and beliefs about money are positive and empowering. I attract wealth effortlessly, and opportunities flow into my life abundantly."

Guilt and Money:

"I forgive myself for past financial mistakes. Each experience is a valuable lesson, and I approach my finances with compassion. I am worthy of financial well-being, and I make decisions from a place of self-love and understanding."

Hidden Desires and Ambitions:

"I honour my financial aspirations and take steps towards realising my dreams. Every action I take aligns with my goals, and I trust in the process of manifesting my desires. I am empowered to create the financial future I envision."

Money and Relationships:

"Money is a tool for connection and collaboration in my relationships. I use it to create shared experiences and foster mutual growth. My financial decisions strengthen the bonds with my loved ones, promoting harmony and abundance."

Patterns of Financial Self-Sabotage:

"I break free from self-sabotaging patterns and cultivate positive financial habits. My actions align with my long-term well-being, and I make choices that contribute to my financial success. I am the architect of my financial destiny."

Financial Dreams and Goals:

"I challenge limiting beliefs and embrace the achievability of my financial dreams. Each step forward is a valuable part of my journey. I am proactive in pursuing my goals, and I celebrate every progress, knowing that I am on the path to financial fulfilment."

Finish off by signing off at the bottom of the page with your name, signature, and today's date.

