



## Know, Your Current Financial-Freedom Script, Then Rescript!

You can be successful, you can be wealthy and you can make money without expending physical effort or sacrificing too much of your precious time.

You can become financially free with the luxury of choice. It's all possible for you, but conscious goals and knowledge are not enough to make this happen—you also need a set of supporting subconscious beliefs to ultimately prosper.

When you do the work to change your money beliefs and habits, you can easily move from being bad at handling a little money, to being great at handling a little money to eventually being great at handling a lot of money.

Grab your journal and start writing down what pops into your mind as you read these Live Love Financial-Freedom Gems.

### 1. Live Love Financial Freedom Gem 1 ~ From “Scarcity” To “Abundance”:

**The Scarcity Mindset:** revolves around the idea that there simply isn't enough to go around. There can be only one raise, one promotion at work and if one person gets it, everyone else can't have it. The scarcity mindset always focuses on the extreme short term of every decision.

**The Abundance Mindset:** focuses on the long term. It involves a deep understanding that just because you don't get to have something right now, does not mean you won't be able to have it later. It also tends to create positive feelings towards others. If you feel as though someone else's perk is not taking away from anything you have in your life or anything you may yet receive, it becomes much, much easier to feel happy for that person. You don't feel the need to spend money as soon as you get it because you know there will always be more of it. You become less paranoid about taxes, less afraid to invest. When you have an abundance mindset, investing just seems like you're giving a gift to your future self.

### 2. Live Love Financial Freedom Gem 2 ~ From “Exchange Time for Money” To “Money Will Flow to Me in Many Ways:

**The Exchange Time for Money Mindset:** revolves around the misconception that the only way to become financially independent was the traditional career path of working 50-hour weeks to receive a stable income. In short, get into the office early, stay late and even come in on weekends, then maybe, just maybe, you'll get a raise one day. Then by

the time you're 65 you would have earned enough to retire. The big issue with trading time for money, is that your income will always be limited. As there are only 24 hours in a day to devote to the pursuit of money and we must Rest and Play as well as Work!

**The Money Will Flow to Me in Multiple Ways Mindset:** This mindset shift opens our minds to many possibilities. There's no rule that says that to make X dollars we must work X hours. So, think about trading value for money, not time. Think about what value you can create for other people and how you can deliver that value. What assets, skills, knowledge, connections or ideas do you have that people value? What problems can you solve for other people. People love having their problems solved. Recognise your strengths and competency, then go all-in. Look at ways that you can earn money whilst you sleep. It's possible, many people are doing it and you are just as deserving and just as worthy as anyone else.

### 3. Live Love Financial Freedom Gem 3 ~ From "Work Determines My Worth" To "I AM Worthy":

**The "My Work Determines my Worth" Mindset:** resolves that your career (expertise), is all that defines your existence. It can destroy your life and sense of self. Imagine if you were moving quickly up the ladder, a hugely successful person and then the unforeseeable happens and you lose your job through an economic downturn. Your philosophy about life could possibly be "I am not good enough, unless I am more, do more, make more, produce more, be more." How could you possibly win in that scenario? How could you feel valued?

**The "I AM Worthy" Mindset:** focuses on you knowing your worth. It's about you knowing, that your work is not who you are; it's what you do for a living! It's what funds your Live Love Life. Having a sound understanding of what you bring to the table and how important or valuable it is to the other party gives you an important edge, in all areas of your Live Love Life.

### 4. Live Love Financial Freedom Gem 4 ~ From "It Takes Money to Make Money" To "The Power of Compound and Leverage":

**The "It Takes Money to Make Money" Mindset:** is a great excuse that stops you from even trying to get ahead. The sooner you flip it, the sooner you'll begin to see the infinite ways that you can build what will assist you to get ahead. No matter where you start out in life.

**The "Power of Compound and Leverage" Mindset:** focuses on utilising compound interest and leverage to build your assets with minimal initial investment from yourself. Compound interest means that you receive interest, not only on your initial investment, but also on the prior interest added to your investment.

With leverage you can tap the strengths of all the resources you need around you. You can vastly multiply the effectiveness of one person. Leverage allows you to create systems that run themselves. Leverage is essential to create wealth.

## 5. Live Love Financial Freedom Gem 5 ~ From “Easy Come: Easy Go” To “It Comes Easily and Stays”:

**The “Easy Come: Easy Go” Mindset:** This mindset is really, you have to work hard for your money, as when it comes too easily you will flit it away. You’re actually valuing the difficulty in receiving the money instead of what money is worth, no matter how you receive it.

**The “It Comes Easily and Stays” Mindset:** its preferable as you then know that everything comes with ease and that you retain it as you spend wisely. It really does not matter if you have worked hard for it, won it or it was given to you, you appreciate and value it all the same. You know how to save it, grow it and make it work for you as opposed to you always having to work for it.

## 6. Live Love Financial Freedom Gem 6 ~ From “Money Will Make Me Happy” To “My Happiness Comes from Within”:

**The “Money Will Make Me Happy” Mindset:** We all require money to live, but people who think it will solve all their problems and cure all their misery are sadly misinformed. Sure, it could relieve some financial stress off your shoulders, but money won't make you happy!

**The “My Happiness Comes from Within” Mindset:** This perspective focuses on you knowing and truly understanding that happiness come from within yourself not from other people or material things.

## 7. Live Love Financial Freedom Gem 7 ~ From “Money will Corrupt Me” To “Money Has a Positive Impact on Me”:

**The “Money Will Corrupt Me” Mindset:** If you have this mindset, it's time to ask yourself these questions; Why will money make me a bad person... does that mean I'm easily corrupted? Is my moral compass so weak that money will overwhelm it? At what point, a million or two? And do I get to blame money when I make bad choices?

**The “Money Has a Positive Impact on Me” Mindset:** Know that there are many examples of people who do the right thing with money. Many who remain honest, decent and caring, even when they make a lot of money. They use their money to do good, to save animals, to finance research into obscure diseases, they support poor kids in college or buy homes for the homeless. Know that money only has the power to corrupt those people who allow themselves to be blinded by greed.

### Reflective Exercise

It's time for you to challenge your feelings and beliefs about money and to expose them for what they are; false unconscious limiting beliefs.

It's time for you to stop blaming your parents for where you are financially. Grab your journal and let's start busting through those limiting beliefs and emotions once and for all.

1. Carve out some quiet time to identify your self-limiting beliefs and write them down. HINT: They are usually the same thoughts that replay in your mind every day or familiar thoughts that are triggered in specific scenarios, like when you think about your finances.
2. Pick one self-limiting belief to work on at a time.
3. Ask yourself why you believe this. Reflect upon your life and write down every instance, every experience you had that reinforced this belief. Try to trace this back to the earliest experience from where this belief emerged.
4. Gather any evidence that suggests this belief is false. Can you recall of any real-life examples when a statement like this was not true? Can you think of any examples in your life where this statement about yourself was false? Write down every example that indicates this belief is untrue - for other people, as well as for you.
5. Neutralise the self-limiting belief with positive visualisation. Read all the quotes that have been listed in the *Live Love Financial Freedom Gems Quotes* pdf, provided with this session. Start to engrain them into every cell of your body.

Remember that money is just another Live Love Life Gem in your gem box that will assist you in achieving your *Live Love Way of Life*.

**Be comfortable with the fact that: Money Comes. Money Goes. Money Flows.**