

REBECCAJPAGE.COM

RELEASING LIMITING MONEY BELIEFS

MONEY ZONE CLUB
Unleash your inner Millionaire

MONTH 5

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RELEASING LIMITING MONEY BELIEFS

You may have worked on your money beliefs before, or you may not have. Either way, this will be different. We are not looking at what your cognitive (conscious thoughts) are about money. We are looking at what vibration you hold in your body & energy field in relation to your beliefs around money.

There are many many different sayings and cultural norms regarding money. Here we will check for some of the common ones and release them. If others come to mind, add them and release those too!

The goal is to get to a neutral place so you can build positive vibrations in your body & energy field in relation to money.

HOW TO

STEP 1

QUESTION

Ask your sway questions. Use the ones given, and also ask any others that pop to mind. Allow your body to sway forward for yes, and back for no.

STEP 2

CHECK

Once you find resistance, ask "Can I release this now?". If you get a no, ask other questions to find areas you can release. If you get a yes, release.

STEP 3

RELEASE

Follow the release statements given, or use your own if other words come to mind.

REPEAT 3x *"I am ready to release [what you are releasing].
I release it now. I release it now. I release it now"*

STEP 4

CONFIRM

Ask "Have I released this now?". If no, go back to question/check/release. If yes, move forward to align.

STEP 5

ALLOW

Use the allowing statements given, or use your own if other words come to mind.

REPEAT 3x *"I am ready to allow [what you are allowing].
I allow it now. I allow it now. I allow it now"*

WEEK 1

DATE _____

COMPLETED MEDITATION (in members area)

QUESTION	RELEASE	ALLOW
<input type="checkbox"/> Do I believe that money is the root of all evil?	I am ready to release the belief that money is the root of all evil.	I am ready to align to and allow the abundance and positivity that money brings into my life.
<input type="checkbox"/> Do I feel guilty for wanting more money?	I am ready to release any guilt for wanting more money.	I am ready to align to and allow myself to desire and attract more money.
<input type="checkbox"/> Am I convinced that rich people are greedy or bad?	I am ready to release the belief that rich people are greedy or bad.	I am ready to align to and allow the understanding that wealth can coexist with kindness and generosity.
<input type="checkbox"/> Do I think that having money will change me for the worse?	I am ready to release the belief that having money will change me for the worse.	I am ready to align to and allow personal growth and positive change as my wealth increases.
<input type="checkbox"/> Am I afraid that I will lose my friends if I become wealthy?	I am ready to release the fear of losing friends over money or wealth.	I am ready to align to and allow the strengthening of friendships and relationships.

WEEK 2

DATE _____

COMPLETED MEDITATION (in members area)

QUESTION

RELEASE

ALLOW

Do I believe that money doesn't grow on trees, indicating scarcity?

I am ready to release the belief that money doesn't grow on trees.

I am ready to align to and allow an abundance mindset, knowing there is plenty for everyone.

Do I think it's virtuous or noble to be poor?

I am ready to release the belief it's virtuous to be poor.

I am ready to align to and allow the realization that financial abundance can support a virtuous and noble life.

Am I worried that wanting money makes me a less spiritual person?

I am ready to release all worries about money and spirituality being incompatible.

I am ready to align to and allow my financial prosperity to enhance my spiritual journey.

Do I believe that I'm not smart enough to be wealthy?

I am ready to release the belief I'm not smart enough for wealth.

I am ready to align to and allow myself to feel intelligent and capable of achieving wealth.

Is there a part of me that feels I don't deserve to be rich?

I am ready to release all feelings of undeservingness of wealth.

I am ready to align to and allow myself to feel deserving of wealth and abundance.

WEEK 3

DATE _____

COMPLETED MEDITATION (in members area)

QUESTION

RELEASE

ALLOW

<input type="checkbox"/>	Do I think that I have to work extremely hard to earn a lot of money?	I am ready to release the belief that hard work is the only way to wealth.	I am ready to align to and allow wealth to flow to me with ease.
<input type="checkbox"/>	Am I holding onto the belief that I my money might run out?	I am ready to release the belief I might run out of money.	I am ready to align to and allow a healthy relationship with saving and spending, knowing abundance is my natural state.
<input type="checkbox"/>	Do I fear that having a lot of money will bring more problems?	I am ready to release the fear that wealth brings problems.	I am ready to align to and allow myself to enjoy wealth without worrying about potential problems.
<input type="checkbox"/>	Do I believe that my family's history with money determines my financial future?	I am ready to release the belief my family's history determining my financial future.	I am ready to align to and allow creating a new, prosperous financial legacy.
<input type="checkbox"/>	Am I convinced that there's a ceiling to how much money I can earn?	I am ready to release the belief there is a ceiling to my earnings.	I am ready to align to and allow myself to break through any perceived earnings ceiling, embracing limitless potential.

WEEK 4

DATE _____

COMPLETED MEDITATION (in members area)

QUESTION	RELEASE	ALLOW
<input type="checkbox"/> Do I feel uncomfortable asking for or negotiating more money?	I am ready to release all discomfort around asking for or negotiating more money.	I am ready to align to and allow confidence in asking for and negotiating the money I deserve.
<input type="checkbox"/> Do I believe that life is about struggling financially?	I am ready to release the belief in financial struggle as a part of life.	I am ready to align to and allow a life of ease, wealth and security.
<input type="checkbox"/> Am I afraid of making mistakes with money because they might lead to failure?	I am ready to release the fear of making financial mistakes.	I am ready to align to and allow learning from financial decisions leading to more and more wealth.
<input type="checkbox"/> Do I think that talking about money is taboo or inappropriate?	I am ready to release the belief that talking about money is taboo.	I am ready to align to and allow open and healthy discussions about money.
<input type="checkbox"/> Am I worried that focusing on earning money is selfish?	I am ready to release the worry that focusing on earning money is selfish.	I am ready to align to and allow a focus on financial growth, knowing it supports my well-being and allows me to help others.