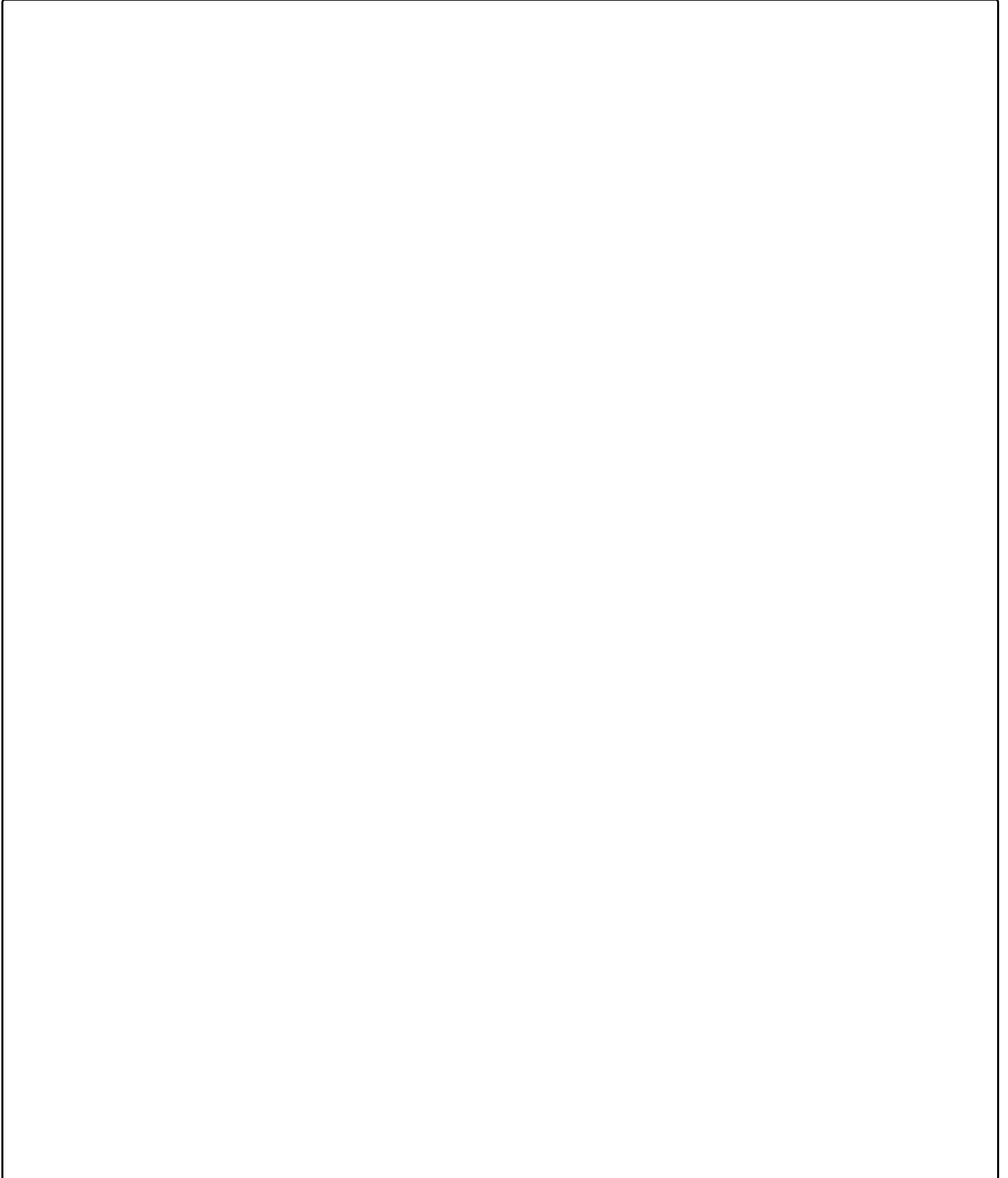
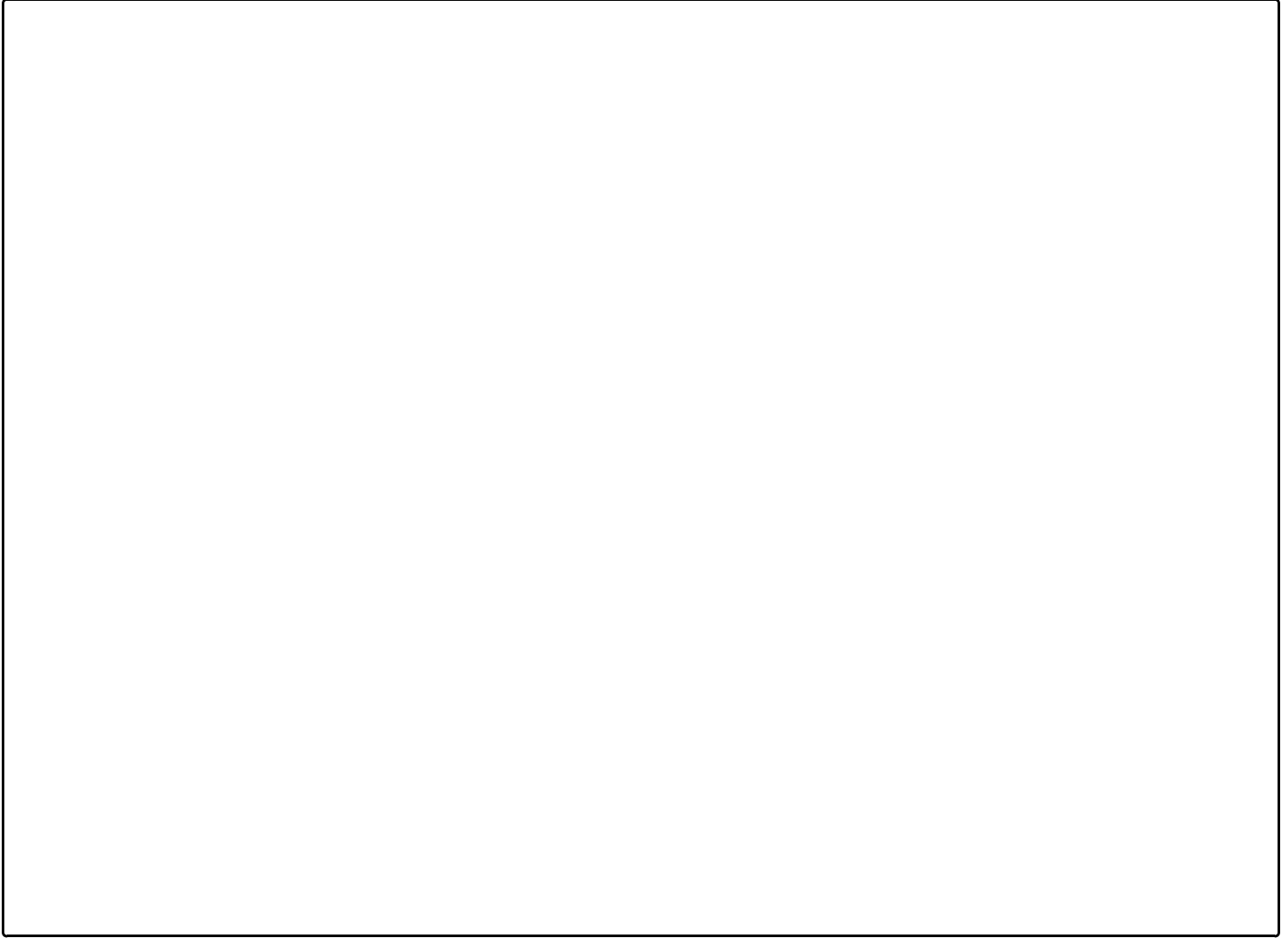


Exercise 1. Complain away

Write down all of your complaints about money. What drives you crazy?
What do you hate?

A large, empty rectangular box with a thin black border, intended for the student to write their complaints about money. The box occupies most of the lower half of the page.

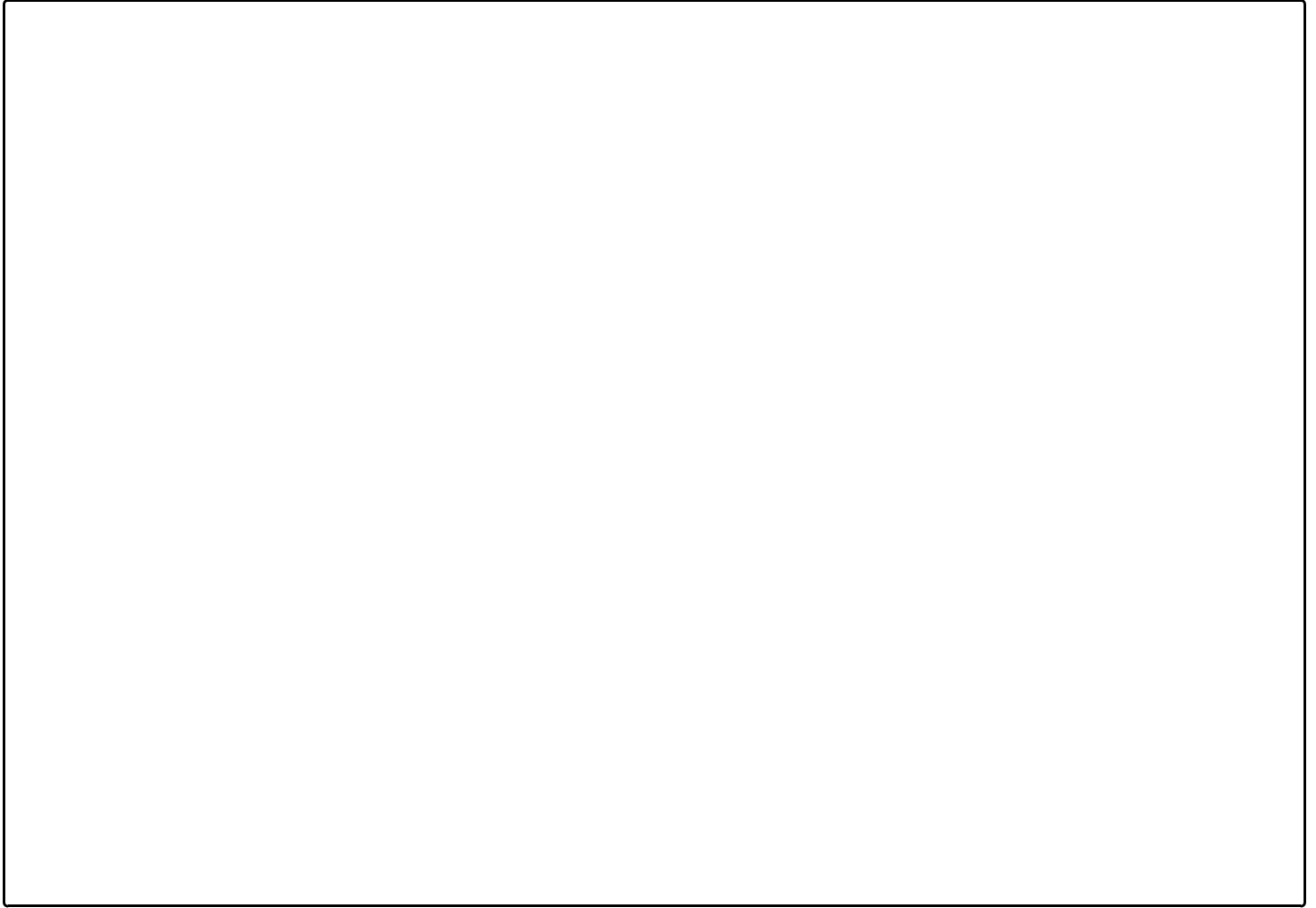
What are the problems you face every day regarding money?



Who or what stands in the way of your financial ease? Lay all your cards on the table - no holds barred.

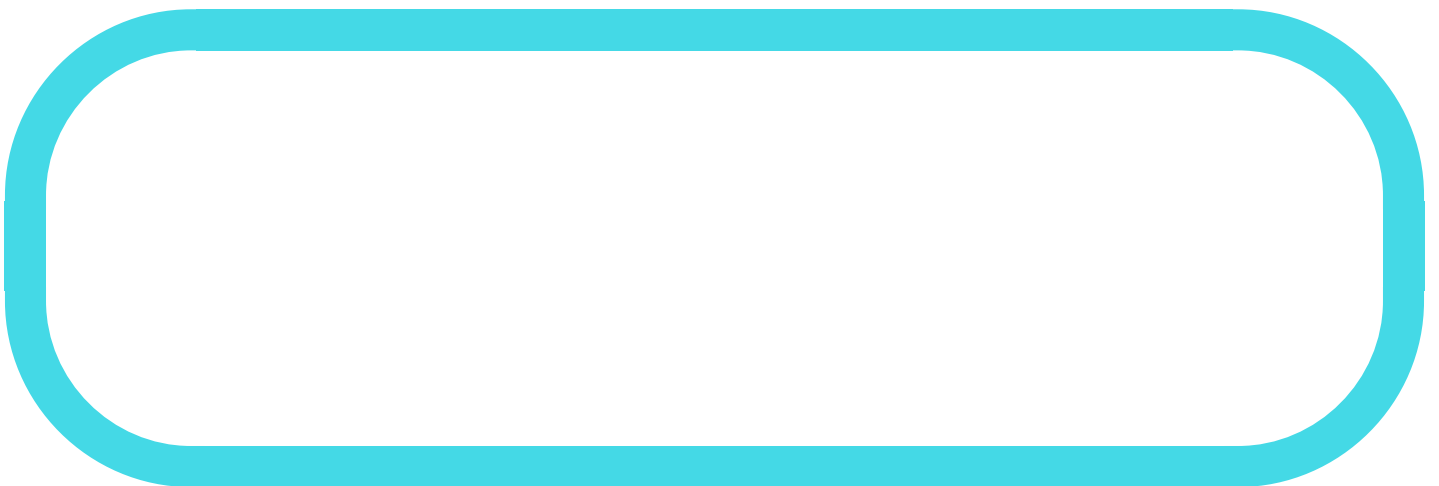


What do you not want to think about regarding your money? What makes you want to turn a blind eye or run screaming from the room?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

Once you've emptied it all out on paper (or on screen), take a deep breath. There it all is. This is your "money myth"-what you might have told yourself is your lot in life. Only it isn't your fate, and you're going to start changing it right now. Don't toss out this money myth though, because we'll be working with it again in a later chapter.

For now, however, write these words at the bottom of the page: "My new life of high self-worth, high net worth, and financial ease begins now." There-you've set your intention. Now, let's keep going.

A large, empty rounded rectangular box with a thick cyan border, intended for the user to write the affirmation: "My new life of high self-worth, high net worth, and financial ease begins now."