

## FINANCE VIDEO

### Video Review

Money is one of the most uncomfortable categories for people to talk about due to the money programs that people have. Money programs could be good or bad. When it comes to acclimating your goals with money you must understand, why is money important to you? What is your self-worth? How are you manifesting money into your life?

### Action Steps:

1. Set the timer for 7 minutes
2. Write down all of the beliefs you have, good or bad (Do not think, just write)
3. Look at the list, now weed out the bad money programs. If you can not decide whether or not it's a bad belief ask yourself, "is it a fact or opinion?"
4. Now that you are aware of your money beliefs you can now set the intention and align them with your purpose.

### Affirmation: **I AM WEALTH**

As you go through this course use your journal to write down when a bad money belief comes into your mind and use the affirmation to anchor you back to your purpose. You can change your beliefs unless you are aware of them. Continue to use the affirmations everyday and start your day with a purpose.

**“When I chased after money, I never had enough. When I got my life on purpose and focused on giving of myself and everything that arrived into my life, then I was prosperous.”**

**-Wayne Dyer**

