



**Loving Mantra**  
for our  
**Money Lives**



We each have negative thoughts spiraling in our heads, in relation to something in our money lives. These negative thoughts, create deep neural grooves in our brains and before we know it, a 4 lane neural highway appears that keeps these thoughts circulating, with greater + greater speed.

One way we can change the speed and frequency of these thoughts, is to replace negative thoughts (that drain our energy, instill a lack of confidence and a lack of trust in ourselves) to positive thoughts (that grow our confidence and validate our efforts).

The exercise here to lessen money anxiety is to come up with your own personal money life mantra, that you are willing to believe, and to make a daily practice or a several time a day practice of saying it out loud to yourself.

Whenever a negative thought comes forth, replace it with your positive mantra. Over time, the negative thought 4 lane highway will disappear...when we don't give energy to our neural connections, they wither away and die.

Over time, your new positive mantra will become your 4 lane highway and this is a softer way, a kinder way, to support both the truth of our existence and our nervous system.



## Here are some examples of positive mantras:

- ॐ Abundance is flowing right now into my life in the form of relationship, money, and health
- ॐ New skills and actions I am taking in present time are creating positive shifts in my \$ life
- ॐ I no longer fear what I don't know about money, I ASK, research, and find the best teachers
- ॐ I am enough. I do enough. I have enough. Amen.
- ॐ I am smart. I am a life long learner. I have what it takes to find solutions to any of my problems
- ॐ I am creating wealth (well-being) with each decision I make
- ॐ I am living an abundant life

**What money mantra will you create for yourself that feels good to your heart, head, and body?**

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