

CHOOSE TO CHANGE

The Emotion Behind Money Exercise 11

Your future is your choice; you're the designer. What's it going to be? What positive financial choices would you like to make? What unhealthy financial choices and behaviors would you like to change or completely let go? Be loving toward yourself as you consider what you dislike about your current reality. Think of your dislikes as familiar items you've outgrown, like childhood toys, old furniture or clothing. Feel yourself letting them go. Close your eyes for a minute and let your mind explore the possibilities. Then set your intentions by writing each behavior as a completion of this statement: *I choose to* _____.

Here are some suggestions:

"I choose to love myself enough to make healthy financial choices."

"I choose to live within my means."

"I choose to face my current financial reality."

Or you can simply state your intent:

"I choose to save \$100 a month for six months."

"I choose to have a positive relationship with money."

"I choose to have wealth in abundance."

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Write your own intentions in the spaces provided below. Continue on the blank lines if you need to. Try to frame your choices in a positive light, in terms of what you want rather than what you don't want. (For example, "I choose to save \$100 per month" rather than "I choose to stop spending money on clothes I don't need.")

I choose to _____

I choose to _____

I choose to _____

I choose to _____

I choose to _____

Process It The possibilities are endless because they're your possibilities! You just have to invite the possibilities to become realities.



After you've made your list, look it over. Pick as many choice statements as you like and write them down on sticky notes. These are your reminders of how you choose to live, financially or otherwise. Post them in places where you'll see them every day. Have fun with it. Heck, plaster your home and office with colorful notes if you like.



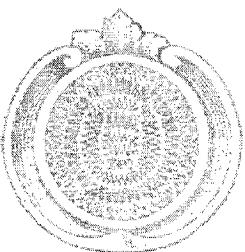
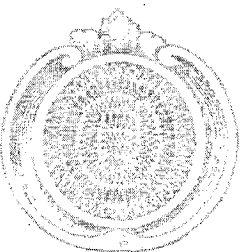
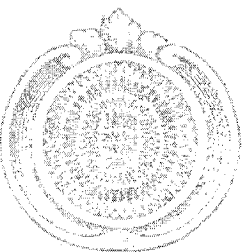
Repeat these intentions to yourself throughout the day. Before you know it, those conscious choices will be transformed into new behaviors and a new reality.

POSITIVE PERSPECTIVE

Life is all in how you look at it. The way you perceive yourself is the way you'll present yourself to the world. If you see yourself as the victim, the martyr, the hero, the child, the rich man, the poor woman, that's who you'll become.



What are the roles you feel you're destined to play in life? Are you the caretaker, the comedian, the entrepreneur, the leader, the teacher, the mentor? List your roles in the left column of the chart below. List whatever pros and cons you can recognize for each role. Be as honest and thorough as you can. Pros for a caretaking role might include appreciation from others and a feeling of doing good. Cons might include that the role is time-consuming and often thankless.

ROLE	PROS	CONS
		

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Process It A few years ago, I made a conscious choice to keep a positive perspective on things. Being happy was not my nature when I started out. It was something I had to teach myself, a choice I made and still make every day. What choices can you make to change your perspective?



Look at the answers you wrote in the chart on the previous page. List the roles that have few pros and many cons.



What would happen if you dropped these roles from your repertoire? Empowering, isn't it?
