

How Energetic Healing Can Boost Business Growth – With Sheevaun Moran

The article is about Sheevaun Moran's perspectives on financial wisdom and wellness, and how a money-wise mentality and a focus on health can enhance your financial journey.

This is important as it teaches us the correlation between wise financial decision-making, maintaining good health and achieving financial growth.

The benefit of these exercises is to assist you in understanding and shifting your limiting beliefs about money, to improve your financial management skills and to prioritize your health for sustained success.

Quote to remember from the Interview

"In your life, you're going to have a lot of money passed to your hands. Being wise and making sure that there's some things that are well worth investing in." - Sheevaun Moran

What You'll Learn From the Activity

The questions and activities will help you identify your own money mentality and recognize its effects on your financial habits. It will also encourage you to see the value of investing in your health alongside your financial endeavors.

Activity

Reflect and write down your current beliefs about money and wealth. Be honest with yourself.

Identify any limiting beliefs you have in your list. What are they and where do they come from?

How does your current money mindset affect your financial decisions?

Write down three things you believe are well worth investing in.
How would shifting your money mentality benefit you?

True or False: Maintaining good health has no connection to your financial achievements. Explain your answer.

List down ways on how you can invest in your health.

Do you have a regular exercise routine? If so, what is it? If not, consider starting one.

How does taking care of your health affect your energy levels and performance in your everyday life?

What changes can you make to your diet to improve your health and energy levels?

Have you ever tried CrossFit or a similar workout program? If yes, how does it impact your life and finances? If no, would you be willing to try it?

How many hours of sleep do you think is sufficient for you? How do you feel when you get less than that amount?

List down three actions you will take within the next 24 hours to improve your financial wisdom.

Write down two things you've learned from this article that you can apply to your life.

Think of a situation where you can apply the lessons from these activities. Write this scenario down and what you would do differently based on what you've learned.

If you were to measure your life energy on a scale of 1 to 10, where would you stand right now?

If you had an unlimited amount of money, what would you do differently in your life?

How would improving your health and financial wisdom aid in achieving your version of success?

If you had to advise someone on how to break a money-limited mentality, what would you say?

Reflect on your progress on breaking your money-limited mentality. How far have you come? What more can be done?

By the end of this activity, you will have a better understanding of your financial mindset, the impact of health on your wealth, and actionable steps towards improvement.

A large, empty rectangular box with a thin black border, intended for the user to write their reflections and answers to the questions above.