

# **7 Money Myths - Which One Is Blocking You From A Richer Life Now ? - With Julie Anne Cairns**

The workbook is based on an interview with Julie, a thought leader who provides insight into dealing with frustration and creating abundance by reshaping our subconscious beliefs.

This practical and thought-provoking guide is crucial, as it offers tools to transform life's setbacks into opportunities, thereby attracting more positivity and success in personal and professional domains.

Implementing the exercises will help you understand and practice the strategies discussed by Julie, enabling you to not just cope with life's challenges but also flourish by crafting a growth mindset.

## **Quote to remember from the Interview**

"When faced with frustration, allow it to fuel your progress rather than halt it." - Julie

## **What You'll Learn From the Activity**

This activity set will help you identify your deep-rooted beliefs that are holding you back or spawning frustration. It will teach you how to develop a paradigm of doubts around those limiting beliefs and guide you to overwrite them with new, positive ones. Furthermore, it will walk you through crafting a personal mission statement that aligns with your ideals and desires.

**Activity**

Describe a recent situation where you felt overwhelmed with frustration.

Can you identify the beliefs you held that might have contributed to the feeling of frustration? \*Hint: It could be a belief about yourself, others or the world.

On a scale of 1-10, how much do you strongly believe in those identified beliefs? (1 being the weakest, 10 being the strongest)

List three reasons why these beliefs might not be completely true.

Identify a new optimistic belief that you would like to cultivate. This new belief should contradict your previous limiting one.

Note down three pieces of evidence from your past or present that support this new belief.

How does this new belief make you feel? Is it more empowering compared to the old belief?

Draw a tree on a piece of paper. Label the roots of the tree as your old and new beliefs.

Now, reflect on the environment (soil) surrounding your tree. What sort of elements does it currently have (e.g., friends, habits, workplace culture) that nourishes your old beliefs?

What changes can you make in your environment that will aid the growth of your new belief?

Revise your tree drawing with roots deeply embedded in an enriched soil that promotes your new belief.\*

Write down how you would handle the initial situation (question 1) with your new belief system.

Develop a personal mission statement that reflects your purpose and desire.

Does your mission statement align with your new belief? Revise if necessary.

How does this mission statement make you feel?

How can you ensure that your new belief is nurtured by your mission statement?

List down 5 habits or actions that align with your mission statement and new belief.

Observe your daily routine for a week. Note down the times when your actions were in alignment with your new belief and mission statement.

Similarly, note down the instances when they weren't. Why do you think this happened?

Reflect back on your progress throughout the week. How does cultivating the new belief and mission statement make you feel overall? Do you observe any changes in managing your frustration?