

Free Resource for Week 4 Money and Finances: "Spend"

Today, let's talk about the word "Spend."

Chances are, if you have stress around money and finances, then the word "spend" may evoke emotion for you. The inspiration for today's resource comes from a money mindset coach, Simone LeBeaux Craig, and her show, *A Mind for Money Podcast*. She says that the word "spend" is a powerful financial limiter and to avoid using it.

So let's do some EFT Tapping for the word "spend."

[Make sure you take responsibility for your actions. Thus, stop if needed. And, if you first need/want to seek the advice of your mental/medical health professional, do so. This is provided merely as information.]

"Spend"

Write down what's coming up for you below. Perhaps a memory has come up. And, make note of how strongly you feel about this on a scale of 0 (calmest) to 10 (most riled).		

On the next page, you'll form your own set-up statement.

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"Spend" - continued

Now, form your own set-up statement, using the following sample as a starting guide:

Even though I feel <u>anxious and a flush in my chest when I say the word "spend,"</u> [insert what you feel] I deeply and completely love and accept myself.

So just start tapping on the side of your hand as you say your set-up statement three times. Then use your chart below to do as many rounds as needed. Jot down whatever comes up for you on the backside of this worksheet. And take note of where you are on the 0 to 10 scale.

Here is a sample of what you can say for each tapping point (if you don't want to make your own), after your set-up statement:

I feel anxious and a flush in my chest when I say the word "spend"

EYEBROW:
SIDE OF EYE:
UNDER EYE:
UNDER NOSE:
CHIN:
COLLARBONE:
UNDER ARM:
TOP OF HEAD:
What, if anything, has come up for you? Has anything changed? What number would you say you feel about it now? Make sure to write down these things. Then, using the chart on the next page, tap again.



"Spend" - continued

Here is another set-up statement sample and tapping round chart for your convenience.		
Even though I feel completely love an	l[insert emotion or feeling] about the word "spend," I deeply and nd accept myself.	
EYEBROW:		
SIDE OF EYE:		
UNDER EYE:		
UNDER NOSE:		
CHIN:		
UNDER ARM:		
MOD OF HEAD		
<u>-</u>		
	this round of EFT Tapping, take a break! But, do take note of how you're feeling and e in your next round.	
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Happy Tapping!The ITM Team