



Reprogramming Our Financial Abundance

-Get your beginning Abundance Rating:

Rate yourself 0-10, or 0-100. What percentage of my conscious and subconscious is pulling towards abundance right now? _____



-Rewiring our Brains for Abundance Exercise:

Step #1 The Gripe & Groan List

Write down quickly all your negative feelings and beliefs about money. Set a time for 5 minutes, write quickly and don't stop. You can use this worksheet, or your own journal.

For example:

There's never enough

I'm worried about my future

We don't have enough to pay the bills

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Wonderful! Congratulate yourself for doing that. You've gotten all those swirling thoughts and beliefs out of your mind and down onto paper.

This, in and of itself, is powerful. If you do nothing else, read this list aloud, notice where you feel it in your body, and tap around the points as you say each statement.

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Step #2 Write the Positive

This will take a while and be a bit of work, but will pay off grandly by changing your subconscious vibration around money.

For each negative, turn it around, very specifically, to be positive. What do you want?

There's never enough

There's always more than enough!

I'm afraid about the future

I have full faith and trust that my future will be joyful and fun.

We don't have enough to pay the bills

Even though it is a terrible economy, I choose to thrive financially no matter what's going on in the world.

Even though we don't have enough to pay the bills, more and more, the bills are paid with ease ahead of time, and with plenty left over.

Even though I'm afraid I'm too 'xyz' to get a good job, I love it when my work thrills my soul and I am well paid for it.

Say the positive affirmations loudly, confidently with upright radiant posture while tapping.

Some Tapping Prompts

1. Imagine a dinner time discussion about money at your home growing up.
Tap through the points as you tell the story of how the significant people in your life talked about money. How did you feel then? What learnings did you receive?
2. Imagine that you have just tripled your income. Tell some of your family and friends how much you are making now. What is their reaction? Are they happy for you? Envious? Do they think you are getting too 'big for your britches'? Where do you feel this in your body? Tap and talk about whatever comes up in your body.
3. I'd love to make more money, but . . .
Tap and say this statement aloud, letting all kinds of answers bubble up from your subconscious. Continue on until you get past the easy surface answers and into some of the deeper answers that you may not have been so conscious of.
4. I can't make more money, because . . .
Tap and say this statement aloud, letting all kinds of answers bubble up from your subconscious. Some of these may be the same as before, but sometimes surprising new insights arise.
5. The good thing about not making more money is . . .
Tap and say this statement aloud. I know you are probably thinking there isn't anything good about it! However, there will probably be some benefits - maybe you have more time to rest or be at home. Maybe you won't have to be so vulnerable out in public, or even that you won't fail if you don't try.
6. The good thing about making more money would be . . .
Tap and say this statement aloud, letting all kinds of answers bubble up from your subconscious. Although it seems obvious, it is good for our conscious mind to acknowledge how much good having more money could be for us. Two little boosts - add a health reason, as our subconscious loves for us to be healthy, and also that you can be of more help to other people.



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I hope you found this helpful!

Feel free to email me with any questions. I'm happy to help as well as share my abundance programs with you when we talk.

You CAN change your energy, and you CAN change your life!

All the best,

Robin

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