

MONEY BLOCKS



“Unlock your financial potential”

Uncover and let go of your money blocks

1: Describe your relationship with money as if it was a romantic relationship - what is it like?

2: Describe what you learned about money as a child and what it was like growing up in relation to money.

3: Now write down the top three, strongest beliefs you formed around money as a result of your up bringing.

4: On a scale of 1-10 how good are you at receiving? (1-0 being great) - Someone buys you a coffee, pays you a compliment or offers to carry your bag, for example. If it's less than a ten, explain why you're uncomfortable with it.

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5: Describe how you feel when people talk about money - is this a good conversation for you?

6: How well do you manage your money? Are you on top of your outgoings, do you have savings? Describe your current financial situation.

7: What is your dream relationship to money and financial situation? Describe how that looks and how your life will be different.

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Check out some of these money blocks (limiting beliefs) and write ten positive beliefs for yourself around money.

- I don't deserve money.
- Money is the root of all evil.
- Wealthy people are corrupt.
- Having a lot of money makes me a bad person.
- I just want to help people. I don't care about money.
- People won't like me if I have a lot of money.
- Money can't buy me happiness.
- Money is not that important.
- The rich get richer and the poor get poorer.
- I'm just not good with money.
- I come from a poor family.
- There is never enough money.
- Money doesn't grow on trees
- I want never gets

Email subject: Stuck? This tool will move you forward - FREE SESSION



Dear...

It's not uncommon to hit a crossroad in your life, but what is common, is not knowing what that crossroad really means about your life.

If you are wanting to change your life but you can't figure out what you need to do next - maybe you want to:

- Move to an exciting location
- Start a new career
- Find the love of your life
- Lose unwanted weight
- Improve your finances

I want you to know that being stuck at a crossroad actually means there's something amazing for you on the other side, if you take the right action.

I can help you.

I have a limited number of free Crossroad To Clarity sessions where I will work with you to:

- Create a crystal clear vision for your future so that you can make a plan and move forward
- Uncover what has been secretly sabotaging you from taking action and having clarity
- Find the confidence and motivation you need to take bold and fearless steps

Plus I will share with you what your crossroad really means and the mindset shift you can make to turn your stuckness into transformation. More happiness, confidence and fulfillment awaits you.

Sessions are 45 minutes and take place on Zoom. They are only available for free for the next 14 days (usually £75) and I have a limited number of spaces.

If at the end of the call together it sounds like I can help you further and you're in agreement, I can tell you more about how I work and what that would look like for you.

To book click the link now (insert link)

Don't worry, you don't need to do anything before the call, just show up as yourself :)

Warmest Lydia,

Don't miss out click the link now