

10 Steps To *Improve* Your Relationship With *Money*

- 1)** Give away money. Practicing non-attachment creates a feeling of freedom, releasing the energy of your money into the world.
- 2)** Create an abundance account.
- 3)** Invest in yourself!
- 4)** Write positive notes on your checks. Change the names of your bank accounts.
- 5)** Notice when you are feeling stressed. Notice how the feeling of stress is never a catalyst for creation.
- 6)** Notice judgements.
- 7)** Stop the “I will be happier when...” The time is always now and to be in your full power you must be in the present.
- 8)** Declutter everything. Tidy up. Clutter takes energy.
- 9)** Schedule weekly time that is non-negotiable to manage your finances.
- 10)** Stop saying “I can’t afford it” and begin saying “there is always enough.”

