**Text

Description automatically generated**

**Love Yourself RICH**

**Unleash Your True Voice and Finally Create the Rich Life You’re Here to Live**

With Jill Hope

**The Voice of Money**

**Session 19**

**The Voice of Money**

**Training 19: Empower Your Voice of Money and Break Through Your Money Boundaries**

To be connected with your Voice of Money is to create alignment and integrity within yourself so that the actions you take are right and true for you, even if they feel scary.

It’s always about alignment first and foremost. Doing this when it comes to how you handle money can also help you move out of any money shame you’re feeling and move into a more joyful, purposeful relationship with money.

Your Voice of Money can be more easily accessed through your Sacred Money Archetypes, which is one reason I love working with these so much.

So today is going to be like more of a workshop-style session where we will look at some situations where you are disempowered or disconnected from your money voice, and where you have loose money boundaries, and then your homework will help you connect with a new way to respond in these situations using your Sacred Money Archetypes to help you.

**Activity #1: How Aligned Are You With Your Empowered Voice of Money?**

When you are using your voice of money, you are in your most authentic, empowered place. So, lets do a check right now to see where you may be out of alignment with your voice of money.

**Place a check mark by any situation below where you are afraid or reluctant to deal with it and/or give voice to your value (*there is also an opportunity to write in your own*):**

* Stating your fees
* Creating pricing for your services
* Negotiating with a vendor
* Asking for a new client’s payment when being hired
* Asking a client to get current with their payments
* Negotiating with a client who wants to drop out of a program
* When a client keeps asking for more than what was initially agreed upon
* Asking a client for a non-refundable deposit
* Saying “no” when asked for a discount
* Saying “no” when a client asks to prolong or extend the timeframe of their program
* When a client questions your fees or the value of your services
* Asking for a loan
* Being asked for a loan
* Discussing expenditures with your spouse/partner
* Discussing money with your family
* Telling your friends or family you're purchasing something such as a new car or a house
* Telling your spouse/partner you want to invest in your business
* Discussing financial goals and dreams with your spouse/partner
* Discussing debt with creditors
* Discussing debt with your spouse/partner
* Asking for a raise or negotiating your salary
* Discussing with your spouse/partner or family why you are creating debt to invest in your business
* Looking at your bank account and/or financial numbers
* Negotiating pricing with a vendor (for your business or in a personal sale or purchase)
* Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Now, review any items you check marked above and select/highlight/circle the one that feels most charged for you.**

**Next, in the situation you chose that feels most charged, what are you secretly afraid of if you do use your voice in that situation? Here are 6 options (check the one that feels the most true for you):**

* rejection
* not being liked
* not being approved of
* being judged
* losing love
* having nothing

**4 Questions:**

1. If being afraid of (what you checked) were no longer important to you, how would you feel?
2. What would it look like to stand in your power in this situation instead? What specific action could you take instead?
3. How would you *feel* if you stood in your power in the way you just described above?
4. What could you tell yourself instead to move through the fear and stand firmly and confidently in your value in this situation?

**Activity #2: Discovering Your Money Boundary Patterns and Creating Your Money Boundary Breakthrough**

If you have boundary issues with money, you are *not* using your Voice of Money. So, now we want to look at some potential, common money boundary challenges people have and assess which of these challenges may be true for you.

This will illuminate where you’ve got some work to do to listen more deeply and act on truth when it comes to abundance so you can align with your Voice of Money.

**Using the following scale, rate each of the situations listed according to how often you are engaging in each one.**

*1 = Never 2 = Sometimes 3 = Often 4 = Always*

\_\_\_ saying “yes” to a potential client’s request for a discount

\_\_\_ deciding in advance that someone can’t afford to pay your fees

\_\_\_ trading or bartering services

\_\_\_ discounting your fees even before being asked

\_\_\_ charging less than others with comparable experience

\_\_\_ charging less because you worry you won’t get the client otherwise

\_\_\_ going over time on your client coaching or consulting sessions

\_\_\_ customizing your packages

\_\_\_ not being paid promptly

\_\_\_ giving service to clients who are behind on payments

\_\_\_ undercharging because you feel guilty about charging more

\_\_\_ not asking for a non-refundable deposit

\_\_\_ letting your spouse, a friend or family member say "no" you can't do something

\_\_\_ letting yourself be passed over for a raise or promotion

\_\_\_ lending money to someone who is not likely to pay you back

\_\_\_ borrowing money from someone when you're not sure you'll pay it back

\_\_\_ not honoring the details of a contract

\_\_\_ allowing someone to not honor the details of a contract with you

\_\_\_ paying overdraft bank fees

\_\_\_ paying bills late

\_\_\_ delaying investing in personal growth

\_\_\_ delaying investing in your career or business

\_\_\_ not having a payoff plan for paying down debt

\_\_\_ paying taxes late

\_\_\_ spending as much as you make, even if you're income increases

\_\_\_ waiting to begin saving money

\_\_\_ hiding money from your spouse or partner

\_\_\_ feeling resentful about people making more money than you do

\_\_\_ going into debt to purchase luxury items

**Review your ratings and choose one of the situations you rated a 3 or a 4. Then answer the following 6 questions.**

1. Money boundary challenge: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What is the negative belief about money that keeps this pattern active in you, that you could now release in order to make a positive impact with this situation?
3. If this situation were to go from a 3 or 4, down to a 1 (meaning you never give away your time when it doesn’t feel like a 100% yes to you), what would you be valuing? How would this action get you more in alignment with your top values?
4. Look at the list of Empowering Words for your Primary Sacred Money Archetype® and choose a word you resonate with the most and a word you resonate with the least:

I resonate the MOST with the word \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I resonate the LEAST with the word \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

1. My new boundary in this situation is:

(Note: Use both the word with which you resonate the most and the word with which you resonate the least.)

My new boundary: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The action I will take by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is:

1. Calculate how much money you will be making by strengthening your boundary in this situation

$ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Homework: Leverage Your Sacred Money Archetypes to Help You Access Your Voice of Money**

**Exercise 1 Instructions: Use your Sacred Money Archetype card for your #1 archetype to help you answer the questions below.**

1. Money situation that feels most challenging (from Activity #1):
2. Fear that it causes (fear you chose from Activity #1):
3. As someone who illuminates \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ what is important to you in this situation? *(Fill in with your #1 Archetype's Illuminating Element)*
4. As someone who is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ what message do you want to express in this situation? *(Fill in with your #1 Archetype's Sacred Strengths)*
5. As someone who values \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ what action will you take? *(Fill in with your #1 Archetype's Empowering Money Mindset)*
6. After you have spoken up, step into GRATITUDE…in what way did you stand in your power?

**Exercise #2 Instructions: Review your ratings from Activity #2 and choose another of the situations you rated a 3 or a 4. Then, repeat the process used in Activity #2 (answering the 6 questions) for any other boundary issue you rated a 3 or 4 so that you come up with a list of empowered actions you can take right now to strengthen your money boundaries.**

1. Money boundary challenge: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What is the negative belief about money that keeps this pattern active in you, that you could now release in order to make a positive impact with this situation?
3. If this situation were to go from a 3 or 4, down to a 1 (meaning you never give away your time when it doesn’t feel like a 100% yes to you), what would you be valuing? How would this action get you more in alignment with your top values?
4. Look at the list of Empowering Words for your Primary Sacred Money Archetype® and choose a word you resonate with the most and a word you resonate with the least:

I resonate the MOST with the word \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

I resonate the LEAST with the word \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .

1. My new boundary in this situation is:

(Note: Use both the word with which you resonate the most and the word with which you resonate the least.)

My new boundary: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The action I will take by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is:

1. Calculate how much money you will be making by strengthening your boundary in this situation

$ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary/Conclusion**

The goal of this training was to help you see where you’re not connecting with or stepping into your Voice of Money, and then create some concrete new decisions, actions and ideas that you can use as a guide to become more connected with your Voice of Money and therefore, a more empowered relationship with money.

The result of doing so can only open you up to a greater flow and help you get out of your own way when it comes to receive your full birthright of abundance.