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**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 20**

**The Voice of Money**

**Training 20: Creating Your New Relationship With Money: Write Your New Money Story and Step Into Your Money Power**

Through our Voice of Money trainings, we’ve a number of key ideas that can help you create a greater financial flow:

* Your money worries and behaviors
* The truth of abundance vs lack
* The energy of giving to get vs empowered giving vs, and how the tool of gratitude can help you make this energetic shift
* The importance of merging with your desire
* The law of polarity: How everything is a whole, here right now, and how you experience the side you focus on
* Common challenges where many women don’t give voice to their value and instead act from a disempowered place
* Where you may have opportunities to strengthen your money boundaries, and some concrete new actions and ideas you can use to become more connected to and aligned with your Voice of Money.

The result of doing all this will help you see where you’re stopping yourself, help you get out of your own way with money, improve your relationship with money, feel more empowered with money, and as a result of all of that, open you up to greater financial flow.

**SECRET: Your Experience with Money is Impacted By ALL of the Voices of Your Sacred Self, not just your Voice of Money.**

If you are not listening to your **Voice of Desire**, you won’t follow those nudging of your heart and soul desires, which would ultimately lead you on your abundant path.

If you aren’t connecting with or following your **Voice of Intuition**, you won’t hear your higher guidance that knows just what you need to do and what opportunities to take that will lead you toward the money you want.

If you aren’t paying attention to your **Voice of Self-Acceptance**, you’ll let feelings of unworthiness, comparison, or judgement of self or others keep you from moving through challenges when they arise.

If you aren’t paying attention to your **Voice of Trust**, you will allow self-doubt to stop you from trusting what you cannot yet see.

If you aren’t paying attention to your **Voice of Money**, you will allow disempowering patterns to keep you from the choices that will lead to your freedom.

So, we’re going to wrap a bow on this journey by creating your NEW money story, which will reflect your unique and precious Voice of Money.

**Activity #1: Money Story Makeover: Create Your NEW Money Story**

What is important to me about money is:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What I value about money is:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My beliefs about affluence and wealth are:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What does being wealthy say about me?

What does me being wealthy say about others?

The thoughts, beliefs or past experiences I am blessing and letting go of are:

As a wealthy person I (weave your 3 SMA gifts into this sentence)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

My greatest strengths to remember if I feel feelings of fear or scarcity about money are being (weave your 3 SMA strengths into this sentence)

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,
* and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My Inner \_\_\_\_\_\_\_\_\_\_ loves it when I (fill in your “inner \_\_\_\_\_” and the sacred money contract):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

In my relationship with money I respect my ability to

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,
* and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My list of "no mores" includes:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My self-talk about money is

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,
* and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The purpose of money for me — at this time in my life — is:

Which means I am willing to:

My Empowering Money Mindset is (from your SMA on the back of the card):

**Homework**

**Exercise 1 Instructions:** Write your new money story into a paragraph format, as a statement or declaration.

**My New Money Story:**

**Exercise #2 Instructions: Capturing Your Insights and Opportunities to Love Yourself RICH**

**Voice of Desire**

**Insights/Progress/Results**

* What are my biggest insights about my voice of desire – Ex. ways I held myself back, shifts I’ve made as a result of what I’ve learned, specific commitments to myself with respect to my VOD going forward, etc.

**Opportunities for Further Growth**

* Where am I still not allowing myself to want what I want (aka voice of desire)? How does this hold me back/what does it keep me from doing or deciding?
* Where am I not giving myself permission to have something I want or making it wrong to want what I want?
* What blocks or limiting thoughts do I still need to look at that are getting in the way of me going for what I want?

**Voice of Intuition**

**Insights/Progress/Results**

* What are my biggest insights about my voice of intuition – Ex. ways I held myself back, shifts I’ve made as a result of what I’ve learned, specific commitments to myself with respect to my VOI going forward, etc.

**Opportunities for Further Growth**

* Where am I resisting listening to my voice of intuition? How does this hold me back?
* Where am I not following or trusting the inner messages I hear?
* How is not listening to myself holding me back?

**Voice of Self-Acceptance**

**Insights/Progress/Results**

* What are my biggest insights about my voice of self-acceptance – Ex. ways I held myself back, shifts I’ve made as a result of what I’ve learned, specific commitments to myself with respect to my VOSA going forward, etc.

**Opportunities for Further Growth**

* Where am I still in judgment or repressing my shadows? How does this hold me back?
* Which shadows do I still need to work with most urgently?
* Where do I still question my worthiness? How does this hold me back?

**Voice of Trust**

**Insights/Progress/Results**

* What are my biggest insights about my voice of trust – Ex. ways I held myself back, shifts I’ve made as a result of what I’ve learned, specific commitments to myself with respect to my VOT going forward, etc.

**Opportunities for Further Growth**

* Who do I still need to forgive, and for what?
* Where do I still not trust myself or continue to doubt myself? Where am I not aligned within myself? How does this hold me back?
* Where do I still not trust that God/Source/Universe has my back and that I will be okay no matter what? How does this hold me back?

**Voice of Money**

**Insights/Progress/Results**

* What are my biggest insights about my voice of money – Ex. ways I held myself back, shifts I’ve made as a result of what I’ve learned, specific commitments to myself with respect to my VOM going forward, etc.

**Opportunities for Further Growth**

* Where am I still believing that money is a cause and that it has power over me, rather than standing in my power with money and commanding it to come forth to meet me? In what situations?
* Where am I still believing negative messages about lack, or about my value or my past money mistakes rather than stepping into the truth of abundance?
* Where am I still giving to get rather than giving to give?
* In what situations do I need to get in my power when it comes to money?
* Where do I have weak money boundaries?

**Program Conclusion**

**Congratulations on completing this program!**

The purpose of the LYR Program is to **fully awaken, embrace, and embody each of the 5 voices of your true authentic self — the self that, when you embrace it, will lead you to magnetic success.**

**I fully expect that everyone is right where they need to be, and that you got exactly what you need from this program based on where you are at and what is most important to you.**

**And I also know that the ideas we’ve talked about and the things you’ve discovered within yourself as a result of your participation in this program will continue to unfold as you move forward, particularly as you put your focus on connecting with, hearing, and acting from your vision and with your 2 sacred voices of authentic success.**

It’s time to celebrate your successes and plan your continued expansion into the future!

