

**99fm Master Your Destiny Show  
Money, Wealth and Abundance Mindset  
Karen Powell**

***“You cannot make yourself sick enough in order to help sick people, or poor enough to help poor people. You serve best from a position of strength and personal power.” –Esther Hicks***

You say you want money, wealth and prosperity, yet you might be pushing it away without even realizing it. The aversions you have towards “rich people” or those with abundance in their lives are blocking you from the very thing you secretly wish you had.

Beliefs about money and abundance usually start forming in your childhood. Those beliefs will continue to operate into your adult life, until you examine them and change them.

Expectation creates reality. So what you’ve always expected is what you’ll tend to continue to expect. This is why people sabotage their own prosperity without even realizing they’re doing it. Patterns that happened around money in your childhood will most likely continue to play out into your adulthood. So if you want to change any of them, the first step is to do a little digging...

Here are some tools to help you open up to more money and abundance in your life.

**1. Imagine what your life would look like if you had neither “too little” money nor “too much” money.**

If you always had enough money to provide for all of your needs AND your wants, what would your life look like? Describe that vision in great detail. This is your starting point to healing your mindset around money and abundance.

**2. Expose and examine all the blocks, resistance and limiting beliefs that pop up as a result of declaring a lifestyle that has no restrictions on money.**

Blocks, fears, resistance and limiting beliefs about having money are learned. They usually come from your experiences in childhood and patterns in the household where you grew up. Most of them are subconscious and unknown to you, until you start examining them. As you shine a light on them you become aware of them, and can then begin the process of releasing and changing them.

**3. Notice the way you talk about money, wealth and prosperity.**

The words you use create the reality you experience, so use words that support what you really want, not what you fear. Money is neither good nor bad. It's a tool we use for exchange.

**4. Allow yourself to receive.**

What you focus on expands. Keep track of every bit of money that comes into your life – even coins you find on the street or wedged in the sofa! Allow yourself to say yes and thank you to gifts and “freebies”. When you turn away gifts you are telling Life you don't like receiving.

**5. Practice gratitude.**

Again, what you focus on expands. Focusing on gratitude for what you already have creates more to be grateful for.

**6. Do incremental upgrades in your lifestyle.**

Slowly but steadily give yourself permission to improve your lifestyle. For example, is it time to buy some new towels? Upgrades don't have to cost money. You could decide to spend more quality time with your kids. Doing things that make you feel abundant and joyful will create more to feel abundant and joyful about.

**7. Declutter your life.**

Little by little, work through all your living and work spaces and get rid of things you no longer need or want. This opens up space to receive.

### **8. Symbolically “lift” your money.**

Money should be appreciated – not taken for granted. Doing simple practices that symbolically “lift” your money and your awareness of money will help you to focus on abundance. Some examples: Never place your bag on the ground. Keep your purse and wallet clean. Arrange your bills in ascending or descending order, all going the same direction. Give crispy bills as tips. Create passwords that reflect abundance and receiving.

### **9. Create an abundance and prosperity collage.**

Visuals help a great deal in creating feelings. And feelings combined with attention is what creates reality. Collect pictures and words from magazines or the internet of things, experiences and feelings that represent you living your most abundant and joyful life.

*Wealth and abundance is first and foremost an inside job!*