



Your Money Story

My dear Universal Energy of Money Co-creators,

As we start to take a look at our money beliefs and allow them to come up to surface, we begin to heal and upgrade them.

This is an invitation for you to take a much closer look to Your Money Story in different categories, in a deeper way that you've probably never done before.

Here are my suggestions:

Use this document as a guideline and write your beliefs in another piece of paper, as you will burn it later to complete the Cleansing Ritual. (go to Page 4 before you start writing)

Take some time to ground yourself and allow the answers to come, without judgment, guilt, or even spending too much time analyzing them.

Enjoy the Money Ride!

In Infinite Love and Prosperity,

Patricia



Your Money Story

We'll take a look at your Money Story according to these categories:

Family

1. What are the beliefs your family had about money? What did you grow up hearing or seeing when it came to your family's relationship with money and their finances?
2. Which one(s) of them don't resonate with today? (write them on your Page 1 - example on Page 4)
3. Which one(s) of still do?

And, what NEW, EMPOWERING beliefs you CHOOSE for yourself? (write them on your Page 2 - example on Page 4)

Society

1. What are the beliefs you picked up from the society/country/area you lived in had about money? What did you grow up hearing or seeing when it came to the way your society related to money and finances?
2. Which one(s) of them don't resonate with today? (write them on your Page 1 - example on Page 4)
3. Which one(s) of still do?

And, what NEW, EMPOWERING beliefs you CHOOSE for yourself? (write them on your Page 2 - example on Page 4)



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Religion

1. What are the beliefs you picked up from church or your religion you were raised with about money? What did you grow up hearing or seeing when it came to the way your religious group or institution related to money and finances?
2. Which one(s) of them don't resonate with today? (write them on your Page 1 - example on Page 4)
3. Which one(s) of still do?

And, what NEW, EMPOWERING beliefs you CHOOSE for yourself? (write them on your Page 2 - example on Page 4)

Gender-Related

1. What are the beliefs you picked up from the being a female about money? What did you grow up hearing or seeing related to money and finances BECAUSE you are a woman?
2. Which one(s) of them don't resonate with today? (write them on your Page 1 - example below)
3. Which one(s) of still do?

And, what NEW, EMPOWERING beliefs you CHOOSE for yourself? (write them on your Page 2 - example on Page 4)

Ex. I CHOOSE to... I DESERVE to....I ALLOW myself to...



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Page 1

(this is the page you will BURN)

Beliefs that DON'T resonate with me today:

- 1. Family**
- 2. Society**
- 3. Religion**
- 4. Gender-Related**

Page 2

(this is the page you will KEEP)

Beliefs that I CHOOSE for myself:

- 1. Family**
- 2. Society**
- 3. Religion**
- 4. Gender-Related**



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Cleansing Ritual

You now have two pieces of paper: Page 1 and Page 2.

When you are alone, you will burn Page 1 (with your old, limiting beliefs) and you can be creative and even set the stage for it.

For example, when I do my Cleansing Rituals, I choose an Energy Cleansing Mantra (you can look it up on Youtube), get my porcelain container that I know it can withstand fire, place it on top of a wooden board - so I don't burn the house down, light up some incense and really get on the flow of the mantra, breathing in and out as I watch the flame, visualizing all of those limiting beliefs leave my body.

Last, but not least, write your new, empowering money beliefs on Post-its and repeat your affirmations every day.

In Infinite Love and Prosperity,

Patricia Yiu


PATRICIA YIU
unlock your inner power



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