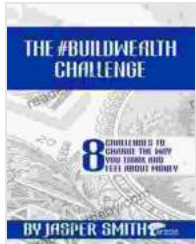


Challenges to Change the Way You Think and Feel About Money



The #BUILDWEALTH Challenge: 8 Challenges to Change the Way You THINK and FEEL About Money

by Mary Stone

★★★★★ 5 out of 5

Language : English

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Lending : Enabled



Money is a powerful force in our lives. It can bring us happiness, security, and freedom. But it can also be a source of stress, anxiety, and conflict.

One of the biggest challenges to changing the way we think and feel about money is our own psychology. We all have deeply ingrained beliefs about money that can sabotage our efforts to achieve financial freedom.

Here are some of the most common psychological barriers to financial success:

1. **The belief that money is evil.** This belief is often rooted in religious or cultural teachings. It can lead to feelings of guilt and shame around money and make it difficult to save and invest.

2. **The belief that money is scarce.** This belief can lead to feelings of anxiety and fear around money. It can also lead to hoarding and other unhealthy financial behaviors.
3. **The belief that I don't deserve to be wealthy.** This belief can be rooted in low self-esteem or feelings of inadequacy. It can prevent us from taking the risks necessary to achieve financial success.
4. **The belief that money is more important than relationships.** This belief can lead to neglecting our relationships in pursuit of financial gain. It can also make it difficult to find a balance between work and family life.

These are just a few of the many psychological barriers that can prevent us from achieving financial freedom. If you find yourself struggling with any of these beliefs, it's important to seek help from a financial therapist or counselor.

Overcoming these psychological barriers is not easy, but it is possible. With the right mindset and strategies, you can change the way you think and feel about money and achieve financial freedom.

Here are some tips for overcoming psychological barriers to financial success:

1. **Identify your money beliefs.** The first step to overcoming psychological barriers is to identify the beliefs that are holding you back. What do you believe about money? Where did these beliefs come from? Once you understand your beliefs, you can start to challenge them.

2. **Challenge your beliefs.** Once you've identified your money beliefs, start to challenge them. Are they really true? Is there evidence to support them? Are they helping you or hurting you?
3. **Develop new beliefs.** Once you've challenged your old beliefs, you can start to develop new, more empowering beliefs about money. What do you want to believe about money? What beliefs would help you achieve financial freedom?
4. **Practice your new beliefs.** It takes time and practice to change your beliefs. Start by practicing your new beliefs in small ways. For example, if you believe that you don't deserve to be wealthy, start by giving yourself a small raise. Or, if you believe that money is scarce, start by saving a small amount of money each month.
5. **Be patient.** Changing your beliefs takes time and effort. Don't get discouraged if you don't see results immediately. Just keep practicing your new beliefs and eventually you will see a change in your thoughts and feelings about money.

Overcoming psychological barriers to financial success is not easy, but it is possible. With the right mindset and strategies, you can change the way you think and feel about money and achieve financial freedom.

If you're ready to start changing your mindset and achieving financial freedom, I encourage you to check out my book, *Challenges to Change the Way You Think and Feel About Money*. This book will provide you with the tools and strategies you need to overcome your psychological barriers and achieve financial success.

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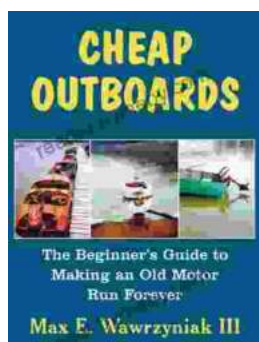
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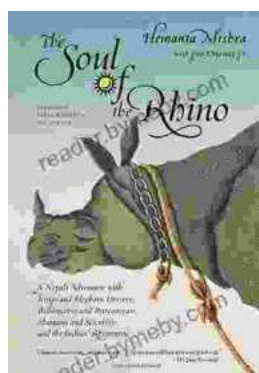
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