

CINDY



BROWN

## Homework Week 2

### 3 Steps to take this week to move you to Money Mastery:

1. Take this week and listen to the words you use about money and assets. Really listen. Use a journal and ask yourself questions like:
  - a. Am I saying kind things to myself?
  - b. Am I focusing on the positive or the negative side of life?
  - c. How can I begin to make my money work for me?
  - d. I am I willing to take a few risks or am i afraid of losing what i have?
  - e. What can I start doing to make my assets if time and talents work for me?
  
2. Eliminate the words "I can't" and "that's impossible" for just one week. Words like "I can't" create limiting behaviors.
  - a. Instead use words like "How can I", and :"This may be difficult, but i can". See how your mind starts to look for solutions instead of limitations. The only change in a 4 minute mile being "possible" is that someone actually did it – then everyone believed it could be done.
  - b. I actually believe YOU can be RICH. Now I need you to **believe** it can be done. If I did it – you can too!!
  
3. Identify your excuses. We all have them. Mine sound like this - "I'm too old to start a new career.", "Who would listen to me?", "What do I have to offer?".
  - a. What are your excuses?
  - b. What do I say when I resist what I know I should do?
  - c. What are my "yes, but I'm too" statements (yes I want to change my life, but I'm too young, old, fat, thin, busy, etc. yes I want more wealth in my live, but I don't have enough information to start, I'm not sure it is the right time, I'll start next week, etc ) ?

And, when answering, be free: no limits, no filters, no judgements.

Until next week

Live Rich!

*Cindy*