

Stepping Stones to Financial Freedom

Confronting Your Money Fears

Now that we understand the thoughts and emotions that surrounded money during childhood and their affect on us, it is time to discover some of the money fears we have presently.

Everyone has fears about money. Some of us worry that we won't have enough money to pay our bills at the end of the month. Others worry that they will never be able to afford a vacation. I know that for a long time I worried that I would outlive my money (my great grandmother lived to 103 - talk about good genes). We picture ourselves working as a Walmart greeter at age 85, while busy people blow past us, ignoring when we offer them a shopping cart. Oh well, by the time we're 85 years old, they probably won't even have human greeters. So then we worry that there won't even be a job for us at Walmart.

We'll obviously become unemployed bag ladies-or worse! Aren't we good at driving ourselves nuts? I know many people that spend their days paralyzed by fear. The act of fearing things that are not even real can be eased.

Once you face your money fears, you replace them with your money desires. So, what are your money fears and desires? It is time to discover them; and this is how you will get there....

Take Action

1. Complete the **Combating Money Fear** exercise
2. Reflect