

# Stepping Stones to Financial Freedom

## Exercise: Combating Money Fears

Let's clear out the old subconscious, shall we?

A very sad reality is that people hang onto their money fears long after the danger has passed, and they worry about things that will never, ever come to pass. Think about it - how much of what you worry about has actually happened? Not very often! It's time to stop living in a world of delusion, and face reality!

**Step 1:** For this exercise, you will need some paper, a pen, and a timer. Set the timer for 20 minutes.

Write down your worst money fears. It is time to rack your brain.

Think of every money fear that paralyzes you.

Write down what thoughts keep you up at night.

Write down all that dirty, nasty stuff.

Believe me, we ALL have them.

In order to help you, here are a few of the money fears that I carried with me.

1. I am terrified that my children will have money problems
2. I am afraid that my children will grow up without any good money values
3. I am terrified of losing the money I worked hard for
4. What if my friends and family knew my financial situation

**Step 2:** Look at your list closely.

Which fears are real, and which fears are not immediate threats?

Transfer the fears over which you have control of to a separate piece of paper. Cross them off the other list.

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**Step 3:** Leave the remaining money fears, over which you have no control, on your original list. At the top, write: "Money Fears, Beat It."  
Find an old shoebox and put that list in it.  
Label your box "Rising Phoenix."  
Place the box in a private place (this box will be used several times throughout the program).

## Reflection: Combating Money Fears

Now that you have acknowledged your money fears, work on them, and let them go.

The very next time you start worrying about money, tell yourself to STOP IT! You are working on the things you can control and the rest of your money fears are on a list in a box. You are now taking active steps toward dealing with your fears and you can stop worrying about them.


## Take Action

Reflect on ways that you can remind yourself to focus on the things you can control. Record your solutions in your journal.

For example: I used to write on my bathroom mirror in bright red lipstick: "Focus on what is real". It was the first thing that I would see before my day started and the last thing before bed.

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Record your thoughts below.

A large, empty rectangular box with a thin black border, intended for the user to record their thoughts.