



Beliefs control our lives. Mostly without us being aware of it. Rate the following sentences from 0 (no emotion) to 10 (bull's eye!) and write the respective number in the right margin.

Very interesting: Each belief profile looks **completely different**. None of these profiles are the truth, just a reflection of your current thinking on finance. However, money itself is 100% neutral. We decide for ourselves how we think about this.

Rephrase the negative beliefs positively, e.g. B. "Wealth is a matter of luck" becomes "I am the master of my financial future". An excellent addition is to recite this sentence in parallel while running crosswise:



Exercise cross running

Stand up. Put your left arm on your right knee, then your right arm on your left knee. Do this in one fluid alternating motion. It is important that it is reversed so that you bring your brain hemispheres together. Say your new positive beliefs out loud in order to implement them in your nerve tracts. You can see the exercise here: <https://youtu.be/qfWxzIWcTm8>

The more emotionally you do the exercise, the more the new information goes into your brain and subconscious. Smile, be happy about your future windfall, indulge all your senses.

The scientific explanation: when running crosswise, both hemispheres of the brain are activated and new information enters the brain unfiltered.

Good to know: The exercise comes from kinesiology. You are not only doing something good for your wallet, but also for your **health**. The exercise is very good against stress, for more energy and for a higher brain power.

Health and wealth are therefore possible and can even support each other :-)

If you now do this every day (preferably in front of the mirror) and visualize the sentence positively, your subconscious will change more and more. You will then think differently, act differently and achieve better results. If you re-evaluate the sentence between 1 and 10 30 days later, the number will have changed (in some cases significantly).

Smart tip and how I do it myself: Fill out the list yearly and add up all your points and divide the total by 120. Now you have the average number and how positively or negatively you think about money. Example: $653/120 = 5.44$. This equates to a 54.4% level of how negatively this person thinks about money. If you do this annually, you can track the progress in your thinking.

120-BELIEF LIST



1. Wealth is a matter of luck.
2. I'm too old to get rich.
3. If my children grow up wealthy, there is a risk of becoming effeminate and addicted to drugs.
4. It's hard to get rich these days.
5. I'm too young to get rich.
6. I'm not smart enough to get rich.
7. It wouldn't do me any good to earn a lot more money because then I would only have to pay more taxes.
8. The pursuit of wealth is often at the expense of health and makes you ill.
9. God loves the poor.
10. Realistically, I have no chance of ever being rich.
Realistically, every person has the opportunity to be rich.
11. I'm afraid of going broke and bankrupt in the process.
I am convinced that I will be rewarded for my risk.
12. With a lot of money one develops less spiritually.
13. Now is not the time for me to fully commit to my financial success.
14. I find it difficult to accept money.
15. I can't just increase my income the way I want.
16. When success comes too easy, it's not as rewarding.
17. Money crumbles between my fingers.
18. Getting rich: it's harder as a woman.
19. One cannot strive for wealth and at the same time be happy and fulfilled.
20. Money corrupts art and creativity.
21. Rich people aren't happy either.
22. All financial advisors and banks will rip you off anyway and only want your commission.
23. You can't get rich doing what you love to do.
24. To get rich you have to take advantage of other people.
25. Unfortunately, you can't have everything you want.
26. If I had a lot of money, I would feel financially secure.
27. Money makes you arrogant.
28. I am often unlucky.
29. Even being rich has its price.
30. It takes a lot of work, effort and strength to get rich.
31. It is better to be poor and healthy than rich and sick.
32. I don't have enough education to get rich.
33. Most good opportunities have already passed.
34. Rich people have few true friends.
35. I wish I didn't have to worry about the money. I like to take care of my money.
36. The world of financial investments is complicated and difficult to understand.
37. You can't learn how to get rich.
38. Whenever you get money, someone else must have lost it.
39. Most of the time, rich people have probably done something bad or dishonest to get their money.
40. I don't feel "good enough" to be rich.
41. It's okay to buy merchandise, vacations, and cars on credit.
42. Having a lot of money means having to carry a lot of responsibility.
43. Having too much money is a sign of greed.
44. I am not particularly gifted with money and finances.
45. If I get rich some people in my life won't like it or maybe they won't like me anymore.
46. Wealth is not for people like me.
47. Too much money is immoral.
48. It is destiny whether I get rich or not.
49. There are more important things than money.
50. When I have a lot of money, I can no longer look forward to small things.
51. Wealth comes at the expense of my family.
Because of my wealth, my family is even better off.
52. One should be content with what one has.
53. Having a lot of money only makes you lazy and lazy.
54. Money is the root of all evil.
55. The pursuit of wealth causes stress and health problems.
56. Rich people are lonely and have no real friends.
57. Wealth makes you snooty and arrogant.
58. I don't need more than I have because I have everything.
59. Money can bring problems.
60. If I had a lot of money, I could get robbed.
61. Given my past, living richly would be very difficult for me.
62. A lot of money makes decadent.
Big money makes big.

120-BELIEF LIST



63. I've never been lucky.
64. Modesty is an ornament.
65. Money destroys character.
66. I cannot do it alone, I need the help of others.
67. If I ask others for support, they will think I am weak.
68. If I had too much money, I could lose it again.
69. Making money involves struggle and conflict.
70. Money comes only with money and I wasn't born rich.
71. I'm doing very well, I don't want to keep trying too hard.
72. If I have a lot of money, everyone will want something from me.
73. If you have a lot of love, happiness and health, then you don't need money.
74. I rather enjoy my life than save.
75. The rich cannot sleep easy.
76. Lots of money would change me in a way that my partner wouldn't love me like that anymore.
77. I don't have to worry about my money because I don't have much anyway.
78. I would never have the self-control to spare.
79. I prefer to treat myself now because I don't know what I'll have with my money in the future.
80. I have the potential to get rich, I just need the right opportunity.
81. High-yield financial investments carry a very high level of risk.
82. Only God can dictate whether I am poor, rich, or middle class.
83. Cash stinks.
84. I always spend more money than I own.
85. Saving is boring.
86. From a spiritual point of view, it is better to be poor than rich.
87. It is easier for a camel to go through the eye of a needle than for a rich man to go to heaven.
88. Money is impure.
89. Selling or promoting things is not my thing.
90. I don't have enough time to do anything with my money.
91. You don't talk about money.
92. Wealth makes others jealous.
93. I am perfectly content with what I have.
94. If I had a lot of money, my children could be kidnapped.
95. Prosperity starts with a good job and a secure income.
96. No reward without diligence.
97. People should only be able to live comfortably and not in abundance.
98. It's not okay if you make a lot more money than your parents.
99. The pursuit of wealth leaves little time for anything else in life.
100. Getting rich is usually a matter of luck.
101. If I make it and lose it all again, other people will think I'm a failure.
102. Financial investments are not for people who don't have a lot of money.
103. If you want to live richly, you have to do something about it.
104. I am far too busy to invest additional time and energy in my further education.
105. I only trust my bank for money.
106. Poor people are liked, rich people are unpopular. Rich people are popular.
107. When I have money, I only lose it.
108. With a lot of money only my heirs fight.
109. Money enslaves other people and is disgusting.
110. I have to be a financial expert before I can make my own decisions here.
111. Financial training is pointless and I don't need it.
112. I like to gamble with my money and would rather achieve my goals today than tomorrow.
113. When I have a lot of success, others only get me down.
114. How can I be rich when far too many people are starving.
115. Only miserly and boring people have a lot of money.
116. It's not so hard to overdraw your bank account.
117. I do not enjoy dealing with money.
118. I don't earn more than I have.
119. When I am rich, others only love my money and not me as a person.
120. You can get a lot of money only through harshness and recklessness.