

## The 10 Most Common Limiting Money Beliefs

In this exercise look at these beliefs and identify which ones seem the most true for you. Then ask what would you like to BELIEVE instead and Command it.

1. I / they/ it will never change

2. It's not possible/ probable

3. It's too hard

4. If it's easy it doesn't count

5. Some people have the knack or luck, but I don't

6. I'm too much or too little

*(Old- young- set in my ways - inexperienced)*

7. I can't figure out the right thing to do

8. I had it once but lost it **or** I've never had it so I can't have it now.

9. I might achieve it but I will just end up losing it anyway.

10. I'm not good enough