

MASTER YOUR MINDSET, MASTER YOUR MONEY

7 COMMON LIMITING BELIEFS THAT KEEP YOU HIDING

Your mind is the place that all your hopes and dreams are vulnerable. It's not the world outside. It's the world inside you. The one constructed by your beliefs, your agreements, obligations and unspoken expectations. When you change these things, you change your outcomes.

No matter where you are in your journey, your next level of success begins each day in the mastery of your mind.

by Megha Bradley

1

FEAR OF REJECTION

Sometimes the dread pick up the 100 lb. phone can feel reminiscent of not getting picked on the playground when you were 7. **Reframe Statement:** I am free of the concern of someone else's choice to not choose me.

2

FEAR OF LOSS OF LOVE

Beware of the people pleasing trap. Not taking action for fear that someone will withdraw love from you when you speak your truth. That not love - that's subversive control. **Reframe Statement:** I love myself and I attract others who love me and appreciate my truth.

3

FEAR OF JUDGMENT

Take massive action and notice if you find yourself not speaking on a stage, embracing your creativity or getting on video because you are worried how other's will think you look. **Reframe Statement:** I am free of the judgment of others.

4

"I'M NOT ENOUGH"

Destination delusion is when you "think" one day you'll be enough. All of your experiences, life purpose and desire makes you enough NOW. **Reframe Statement:** I have everything I need for my success NOW.

5

"I'M NOT WORTHY"

If you find yourself feeling guilty to ask what you're really worth or that money goal feels "empty" and uninspiring, then it's time to check your self-worth. **Reframe Statement:** I am worthy of abundance and success.



Megha Bradley
OPTIMAL LIFE DESIGN

FOR THE NEXT 30 DAYS...

1. Take note of repeating patterns of self-talk that especially fit into these 7 OR any other fears that repeat often
2. Journal for 5 minutes in the morning by writing a letter of advice on one of these topics (or another one that comes to mind) from your Higher Self to you
3. Ground yourself before beginning important conversations. Feet on the floor, eyes closed, hands on your heart, breathe deeply, calm yourself. Then begin. (even if this involves going to the bathroom stall and doing it before a live meeting)
4. Find yourself stuck?
Drop me an email at megha@HigherHumanity.com with the subject line [30 Day Mindset]

I'll give you a nudge

AND IN CASE YOU DON'T DO ALL 30 DAYS...START OVER AS OFTEN AS NEEDED. MINDSET IS A MUSCLE THAT IS BUILT THROUGH REPETITION.

6

"I AM A FRAUD"

You create your reality in the present moment. While integrity is massive important, a common entrepreneur trap is waiting for perfection. You are fallible. Own it. Your life isn't perfect and that doesn't mean you're a fraud. **Reframe Statement:** I embrace my imperfections and use them as tools for growth.

7

FEAR OF LACK

Never try to make a sale while focusing on what you don't have. We have a lot of collective lack - fear of not enough money, time, support, etc. **Reframe Statement:** Everything that I need is made available to me with ease and grace.