

Change Your Money Beliefs

Change Your Life





Publication Notice

Ann Rusnak - A R Success
Marketplace Strategies Inc.
16205 Chatfield Avenue
Cleveland, OH 44111
1-216-941-7059

Notice of Rights

This manual contains material protected under international and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited. All rights reserved worldwide. No part of this book may be reproduced or transmitted in any form by any means, electronic, mechanical, photocopying, recorded or otherwise, without the prior written permission of the publisher. For information on receiving permission for reprints and excerpts, contact <http://annrusnak.com/helpdesk>

Notice of Liability

The authors and publisher, Marketplace Strategies Inc., have taken every precaution to produce a high quality, informative and helpful book. But they make no representation or warranties of any kind with regard to the completeness or accuracy of the contents of the book. Nor do they have any liability to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by following the instructions contained in this book or by the computer software, or websites described in it. This publication guarantees no amount of money to be made and the authors and Marketplace Strategies Inc. cannot be held responsible for any actions taken. All links are for information purposes only and are warranted for content, accuracy or any other implied or explicit purpose. By clicking and using of the web sites in this book, you agree the Marketplace Strategies, Ann Rusnak and her licensors have no liability whatsoever from these third party sites and your usage of them.

This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

All information contained within this publication represents the view of the author as of the date it was produced. Because the Internet and marketing change frequently, the author has the right to change or update the following information based on new conditions. The author's opinion can also change without notice. The author has done their best to ensure that all information contained in this publication to be accurate and currently up to date, but takes no responsibilities because of changing conditions.

While every attempt has been made to verify the information provided, the author takes no responsibility for errors, omissions or inaccuracies. The author is not liable for any actions that may result from the information contained within this publication. The author shall not be held liable to any party or person for any, indirect, special, incidental, direct or any other consequential damages arising from use of the information contained in this publication. The material is provided "as is" and without warranties.

Your current financial situation reflects your inner belief system!

My Money Story

I grew up with a lot of extreme emotional abuse about money. I just wasn't getting the message on the evils of money so for good measure let's throw some physical abuse for reinforcement.

My goal since a young girl: To become "filthy" "stinking" Rich. (*notice the words in quotation marks, we'll talk about them in a moment*)

Ooops wrong life pursuit for someone coming from a religaholic parents who believe the only honor one can achieve is priesthood... Oops... I messed up again, I came into the world the wrong sex. No priesthood for me.

Growing up, I received a litany of rules concerning life and money. Happiness is not found here on earth. All rewards come after you die. We're not here to enjoy life. Money is evil. My dreams came from the devil. My high driving, ambitious personality became my parents mission to save me from myself.

My parents told me to aspire to attain wealth reflects a selfish and/or self-centered attitude. Man I don't know how many time I was told what a selfish human being I was.

In my family, this kind of aspiration meant a ticket to hell.

I kept missing my mother's message that I'm doomed for hell. My dad wanted to make sure I understood what hell meant. One day he pulls me out of my chair, drags me to the stove and place my hand above the flames.

I actually lost those memories and hardly remembered anything about my childhood.

My parent did a lot of damage to my core identity (My **M**agical **E**ssence) and it would take over 4 years of intensive therapy to recover my sense of self.

I originally went into therapy because I read enough books to know I was sabotaging my goals so they wouldn't come true. Imagine how thrilled I felt when many of my goals came true. All except my financial ones. They kept eluding me. No matter what I did.

Intellectually, I knew my parents told lies about money. I did all the personal development, visualization, law of attraction, affirmations stuff etc. and still stayed stuck.

When my father died several years ago, I visualized burying all the "crap" with him.

Still no progress. I continued to experience financial struggles at a 6-figure income. I became more and more frustrated.

On one hand, I did everything to create and attract money into my life and on the other hand throw it away.

That's when I knew this wasn't a money issue.

What Is Still In There?

What was still deep down inside me that kept my financial dreams away? While I **intellectually** did the right things to attract money, I didn't know I was pushing it away.

I went through all that therapy... found my sense of self, identified limiting money beliefs, stopped many of my self-sabotaging mechanisms. (*Except the money ones*) I was doing everything right and yet I kept messing up the results.

I kept saying to myself enough is enough. What is going on here!

I couldn't imagine what else was still inside me causing me to remain stuck, stymied, and blocked concerning money. I felt frustrated and don't know what to do next

There was some kind of an inner conflict happening! Something in me wanting to go one way while something else in me wanted to go the opposite way. In Dr. Robert Anthony's words... I experienced **psychological reversal** concerning money.



Psychological reversal left me feeling like the Pushmi-Pullya animal from Dr. Doolittle. You can identify this fictional animal by the head at either end of its body. Each head has its own, and each wants to go its own way. So the Pushmi-Pullya never gets anywhere at all.

Without changing your belief system on the subconscious level, you will sabotage yourself back into your previous "comfort zone" with very little or perhaps no progress.

Crumbling the Mental Money Blocks

Once I realized and understood the power of my subconscious, I could work with it to change the "false money beliefs" on a much deeper level. It was those two words "Psychological Reversal" that guided me on two-year journey to find solutions to eliminate my deep inner belief system.

My life took an incredible turn...

Fast Forward

Two years later... As my relationship with my money grew, so did the relationship with myself... I became more and more comfortable with **ME**.

During these past two years every one of our financial needs got met plus some. We paid off our home... wiped out every one of our outstanding bill except one which will be gone this year, put money away in savings, rebuilding our investments, put a new roof on the house, plus much more.

Our finances are in order and treated with respect. My relationship with hubby is fantastic... like we're dating all over again. People compliment

me with remarks like I seem so happy, so at peace... they noticed the change.

The blessing keep coming.

There is a big relationship between your self-worth and your net worth. When you own your self-worth... when you see your **Magical Essence** you'll experience a **Money Explosion**.

Names Will Keep Your Money Away

I recently came across an article asking which city has the most billionaires. New York City took the championship with 60 super "**extra disgustingly**" rich.

I guess if you rise above millionaire status you become extra disgusting. Honestly who wants to be associated with those kinds of words? Do you want to be extra disgusting? Wonder why money won't stay or show up? Often these are the types of words associated with the wealthy and money.

Somewhere in your past you were taught to believe there is something wrong with having a lot of money. This session will help you identify beliefs that block your prosperity.

Make the decision right now to invest time in yourself to complete this session.

Stay Unstoppable,



Ann Rusnak

Wealth Consciousness Exercises - Section 1

Before beginning this session, Do the following wealth consciousness exercises

Exercise #1

Say **aloud** the following statement (Shout it out)

"I love money and I love the idea of making even more money!"

How did you feel after making the above statement? How comfortable were you saying it?

Exercise #2

**Write out below what you experienced doing exercise #2
How did you feel after announcing your wealth intentions to your
friends?**

Money Belief Exercises - Section 2

What limiting financial beliefs hold you back from achieving all the wealth and abundance you deserve?

The primary reason we don't experience financial abundance is that we have negative associations to having more money than we need.

1. What negative ideas do you believe about money?

Check all that apply

- Money is the root of all evil
- Money is not spiritual
- I never have enough money
- I (We) can't afford it
- Rich people are greedy and dishonest
- I'm not worthy
- We're poor but happy
- Rich people aren't like us
- Money can't buy happiness
- Money isn't everything
- Share the wealth
- Money comes from hard work
- If I'm successful, my friends will be jealous and stop liking me
- I'm no better than my parents, so I shouldn't make more than they did
- I might forget what's truly important and not like the person I've become
- Rich people become so by dishonorable means
- I'll have to work really hard to make a lot of money.
- Making a lot of money will cut into my free time.
- I already have enough money.
- I don't need a budget.
- Money equals freedom.
- If I make too much money, my ex-spouse will take most of it.
- I wouldn't know what to do with a lot of money.
- Money makes the world go around.
- Good people don't care about having a lot of money.
- More money would solve all of my problems.

What other negative ideas do you believe?

2. Have you ever used any of these, or similar, phrases?

- Rich as sin
- Filthy rich
- Stinking rich
- Dirty Money

Any other phrases you use or heard?

3. What kind of reactions do you experience when you see signs of wealth?

Discomfort, disdain, jealousy, excitement etc.

4. What did you learn about money from your parents?
School? Society?

Lined writing area with 20 horizontal lines for text entry.

5. Write a list of positive money statements

6. What does "rich" mean to you?

Money Belief Action Plan - Section 3

Your beliefs about money can have a negative impact on your financial situation. Recognizing and changing these beliefs can enhance your finances.

Answer these questions to gain a better perspective of how your beliefs about money might be affecting your financial circumstances and make a plan for positive changes.

- 1. Determine the part of your financial life that's causing the most grief**

- 2. Make a list of the beliefs that are having the greatest negative impact surrounding this financial challenge?**

3. Address them one at a time. Pick the belief having the greatest negative impact?

4. What is this belief costing you?

5. Eliminate the belief by writing a new belief?

6. What impact would this new belief have on your finances?

7. What techniques will you use to help you adopt more financially beneficial beliefs?

8. How will you know when your beliefs have changed? What behavioral changes would you expect to see?

Continue addressing all of your beliefs that don't support your financial future. This will take time, but it's time well spent.

A Checklist for Finding and Eliminating Unsupportive Financial Beliefs - Section 4

Changing your beliefs around money and your personal finances can dramatically change your life. **Financial stress is among the top stressors faced in life.** Getting this part of your life under control provides many benefits. These benefits include peace of mind, opportunity, and the ability to deal with life's challenges more easily.

Apply this checklist to facilitate changing any challenging money beliefs you may hold:

- **Determine the part of your financial life that is causing the greatest challenge.** A few examples include: income, savings, investments, paying bills on time, insurance, emergency fund, budgeting, and debt.

- **Make a list of the beliefs** in this area of your finances that are holding you back. Be thorough.

- **Prioritize the list and** place the most unsupportive financial beliefs at the top.

- **Start with the first belief on your list and determine where this belief was derived.** Did you read it? Witness it as a child and make your own determination?

- **Question the expertise of the source.** Is the source worthy of your blind faith? Is it possible you made an inaccurate analysis?

- **What are other possible beliefs you could hold instead that would serve you better?** There are multiple perspectives to every situation.

- **What is your current belief costing you?** Think in terms of dollars and emotions.

- **What would a new, improved belief do for you?** How would things change if you adopted the new belief and released the old?

- **Create an affirmation of the new belief.** State it in the present tense with positive words and ideas.

- **Repeat the affirmation throughout the day.** Start and end your day with at least 20 repetitions.

Avoid skipping steps and apply the steps in order. A checklist is an effective way to apply any process and minimize confusion and errors. Attack the money beliefs that are limiting your happiness and financial abundance. You'll be glad you did!

