

Mindset



Your
Money
Mindset

by Dr Philippe Douyon



It's been said that one should never discuss religion, politics, or money for fear that these charged topics can end long term relationships or stop new ones before they've even begun.

But old adages can sometimes hold you back from the life you want to create for yourself.

As Roman 12:2 tells us:

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'Do not be conformed to this world but be transformed by the renewal of your mind.'

In order to be the money magnet you desire to be it first starts by taking charge of your brain, renewing your mind, and developing your money mindset.

So let's discuss 3 steps you can take to develop your money mindset.

1. Develop a new relationship with money

Do you have a positive or negative relationship with money?

Are you afraid to look at your bank account?

Are your thoughts with regards to money centered around lack and debt or do you think in terms of abundance?

In order to be the money magnet that you desire to be it first starts by taking charge of your brain, renewing your mind, and developing your money mindset.

Your thoughts are instrumental in the life that you are currently living. Your thoughts are like magnets attracting to you whatever you decide to focus on.

When you decide to develop a positive and loving relationship with money the reticular activating system in your brain will make you aware of all the opportunities that lay before you.

2. Create and repeat positive affirmations about money

Words are the verbal embodiment of power. Even in the Bible, *“when God created the heaven and earth.... and God said, ‘Let there be light: and there was light.’”*

God spoke light and life into existence.

What is it that you think and tell yourself about money and the life

that you are currently living? What are speaking into existence in your life?

Affirmations whether written or spoken, are powerful ways to attract more of what you want in your life. Affirmations can convey to the subconscious mind the life you wish to create for yourself.

It is thought that 95% of your behaviors occur automatically and are governed by your subconscious mind.

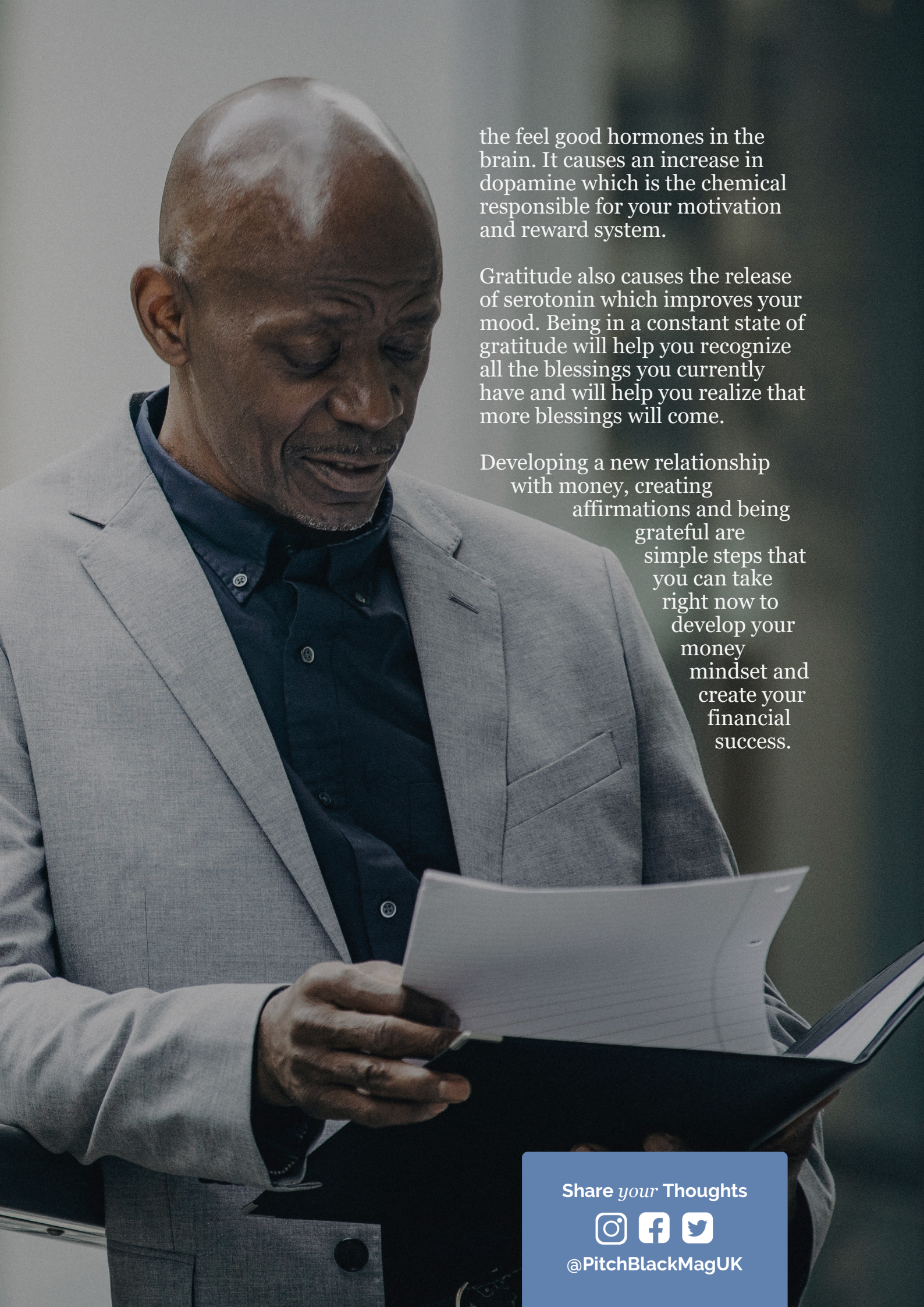
Positive affirmations about money repeated with faith and expectancy will reprogram your subconscious mind forcing it and you to act in ways that will bring more money into your life.

3. Be Grateful

If you're reading this that means that you are alive and you have the ability to learn and evolve.

Be grateful for that and for where you currently are in life. Gratitude causes the release of

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the feel good hormones in the brain. It causes an increase in dopamine which is the chemical responsible for your motivation and reward system.

Gratitude also causes the release of serotonin which improves your mood. Being in a constant state of gratitude will help you recognize all the blessings you currently have and will help you realize that more blessings will come.

Developing a new relationship with money, creating affirmations and being grateful are simple steps that you can take right now to develop your money mindset and create your financial success.

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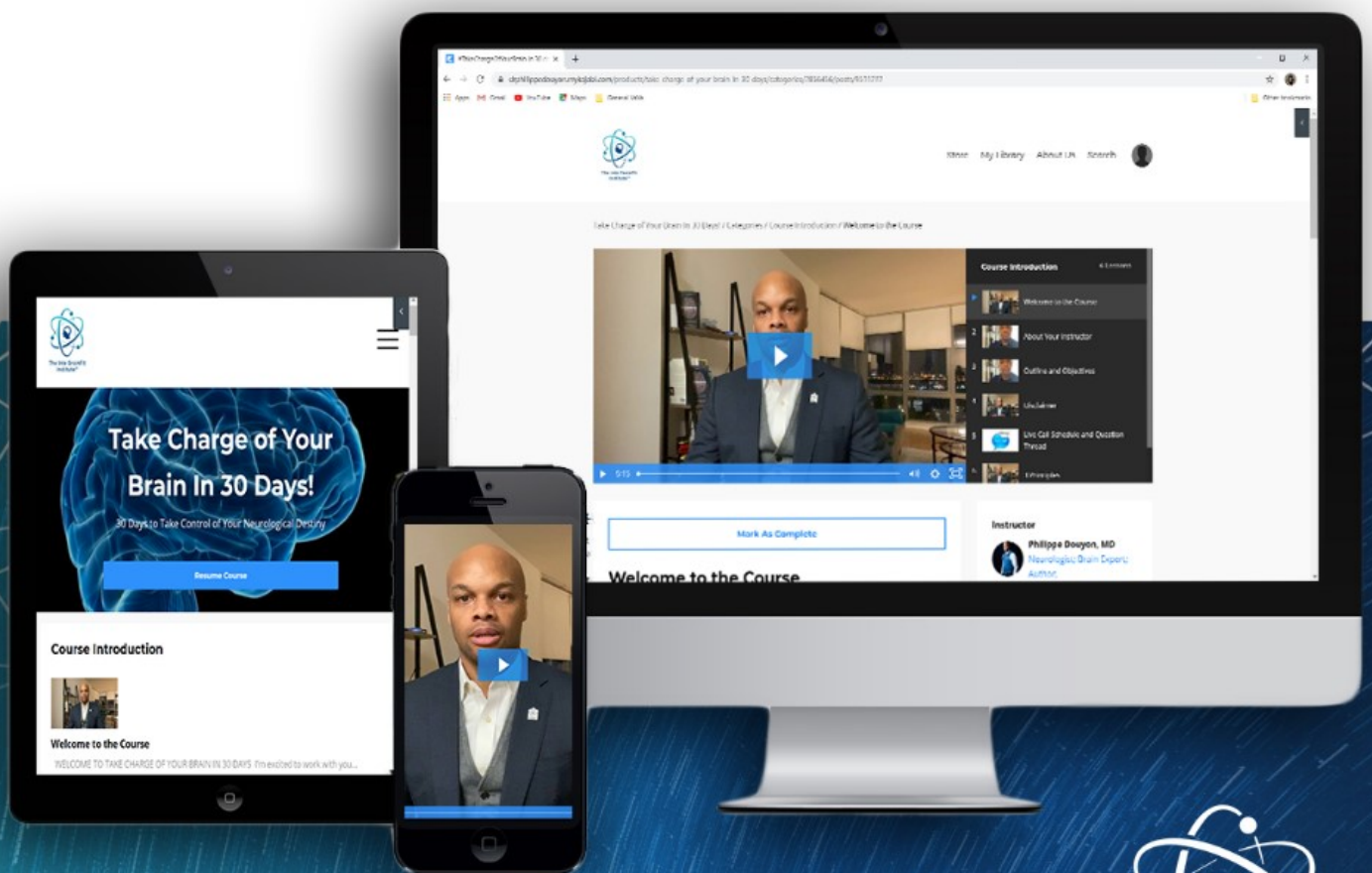
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