

FREE YOUR MIND AND THE REST WILL FOLLOW

MY FINANCIAL FREEDOM WORKSHEET #1



Help others receive this free resource!

BENEFIT FROM EMOTIONAL INTELLIGENCE - Our mental programs decide how **WELL WE NAVIGATE** in any area of life.
WE CAN ALWAYS LEVEL UP! Go beyond coping and managing! Neuroplasticity makes **EASIER AND LASTING** changes **FASTER!**

Our wonderful thoughts, feelings, beliefs or mindsets! The brain is very helpful when it has one line of thought to help us succeed.
The brain knows to do one thing! So, it will aid you to do, think, feel and hear everything that allow you to
have an **EVER INCREASING THRIVING LIFE!**

1

CHECK MARK THE ONES YOU BELIEVE
OR HAVE BEEN TAUGHT IS TRUE

☐ MONEY IS THE ROOT OF ALL EVIL

4

☐ DEBT IS BAD

☐ I'M NOT GOOD WITH MONEY

☐ I HATE PAYING BILLS

☐ BANK BALANCE CAN MAKES ME
HAPPY AND UNHAPPY

☐ I OFTEN SAY I CAN'T AFFORD
OR I DON'T HAVE THE MONEY

☐ I GET STRESSED OR ANGRY
ABOUT THE COST OF THINGS

☐ PEOPLE WITH MONEY THINK
THEY ARE BETTER

☐ I GET EMBARRASSED IF I DONT HAVE MONEY OR
UPSET ABOUT MONEY THINGS

☐ THINK BRIEFLY OF YOUR WORST FEAR COULD
HAPPEN MONEY OR WORST EXPERIENCE WITH
MONEY

2

ACTIVATE NEUROPLASTICITY

WHILE **HUMMING** USE YOUR **OPPOSITE WRITING**
HAND TO WRITE YOUR FULL NAME & OF 2 OTHER
PEOPLE YOU KNOW

3

BONUS ACTIVATION



SCAN & WATCH A
60 SECOND FEEL
GOOD IMAGERY
VIDEO

The **FAST** goal: The calmer the
mind feels **ABOUT MONEY** you will
notice less excuses or agitation
as to why you can't do or have
something. The mind will actually
become adapted at seeing how to
make things happen!

4

**TEST RESULTS! REREAD LIST AND NOTICE YOUR
THOUGHTS ARE FEELINGS! CHECKMARK THE
ONES THAT ARE NOW DIFFERENT.**

DIYMENTALBOOST.COM

COMPLETION REVIEW
FEELS LESS TRUE FEELS NEUTRAL

Neuroplasticity, Emotional Intelligence & Subconscious Rewiring

FREE YOUR MIND AND THE REST WILL FOLLOW

MY FINANCIAL FREEDOM WORKSHEET #2



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4

☐ I FIND MYSELF GOING OUT OF
WAY TO SAVE A FEW CENTS

☐ I GET ANNOYED IF I HAVE TO PAY FOR
SOMETHING I THINK SHOULD BE FREE

☐ IF I FIND OUT I COULD HAVE
PAID LESS I'M DISAPPOINTED

☐ MONEY IS A #1 CAUSE FOR
FAMILY PROBLEMS

☐ I LIVE PAYCHECK TO PAYCHECK

☐ I USUALLY LOOK TO SEE WHAT SOMETHING
COSTS FIRST BEFORE DECIDING TO SPEND

☐ I'M ALWAYS LATE PAYING BILLS

☐ PEOPLE ARE ALWAYS TRYING TO
SCAM PEOPLE OUT OF MONEY

☐ BIG BUSINESS ARE GREEDY

☐ THINK BRIEFLY OF YOUR WORST FEAR COULD
HAPPEN WITH MONEY OR WORST EXPERIENCE
WITH MONEY

FEELS LESS INTENSE

FEELS NEUTRAL

2

This step **ACTIVATES NEUROPLASTICITY.**
Interruption of neural pattern attached to
thoughts and feelings

NOTICE 10 OBJECTS AROUND YOU AND SPELL
BACKWARDS IN YOUR MIND.
THEN WRITE IT DOWN...FORWARD

3

**BONUS CONTINUED
ACTIVATION**



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A 60 SECOND FEEL
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**TEST RESULTS! REREAD LIST AND
NOTICE YOUR THOUGHTS or FEELINGS!
CHECKMARK THE ONES THAT ARE NOW
DIFFERENT for the better!**

**TIP: The SAFER the mind
feels the MORE ABUNDANCE
IT WILL ALLOW YOU TO
SEE AND HAVE**

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EVER INCREASING THRIVING LIFE! Enhance how the mind does for you!

1

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OR HAVE BEEN TAUGHT IS TRUE

4

☐ I'm all in or nothing at all

☐ I believe only in total failure or
completely perfect results

☐ They should have known better or
I should have done differently

☐ I have this problem because of
someone else

☐ If this wasn't happening
I'd be okay

☐ It's always my fault

☐ I TRIED AND FAILED SO I
USUALLY AVOID TRYING AGAIN

☐ PEOPLE ARE ALWAYS MEAN OR
RUDE

☐ IT'S HARD FOR SOMEONE LIKE ME
TO GET AHEAD

☐ THINK BRIEFLY OF WHO OR WHAT STOPPED YOU
IN DOING SOMETHING

FEELS LESS INTENSE FEELS NEUTRAL

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CHOICES & RESOLVING
ABILITIES**

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☐

I can't say no to (who)?

☐☐☐

If you say no to me when I really need
help, that means you don't care or love
me

☐☐☐

People never change

☐☐☐

I have to be exact; I can't
guess

☐☐☐

It's better I do things myself

☐☐☐

I can't catch a break

☐☐☐

I always feel other people's pain

☐☐☐

Good always comes with bad

☐☐☐

I'M ALL ALONE

☐☐☐

THE WORST KIND OF PERSON IN THE WORLD?

☐☐

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