7 Common Money Blocks Keeping New Coaches Stuck

You're not bad with money.

Your nervous system is just trying to protect you.

Virtually Debbie

Before we talk about money, let's talk about safety.

Most "money blocks" aren't about greed or self-sabotage. They are actually about **protection.**

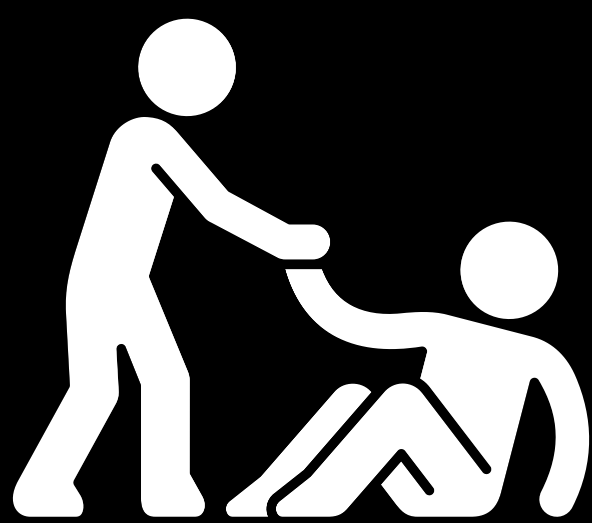
Your body remembers what pressure felt like, so it resists anything that looks like burnout, even if that means keeping you broke.

Let's unpack what that looks like in business. 👉

“I shouldn’t charge for helping people.”

You’re confusing service with sacrifice.

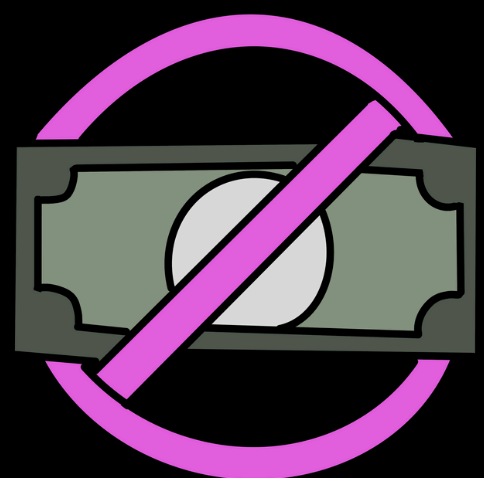
Charging sustains your impact, not the opposite.



“No one will pay that much for coaching.”

That’s your money story, not theirs.

Your clients invest when they understand the **value**, not when they find the lowest price.

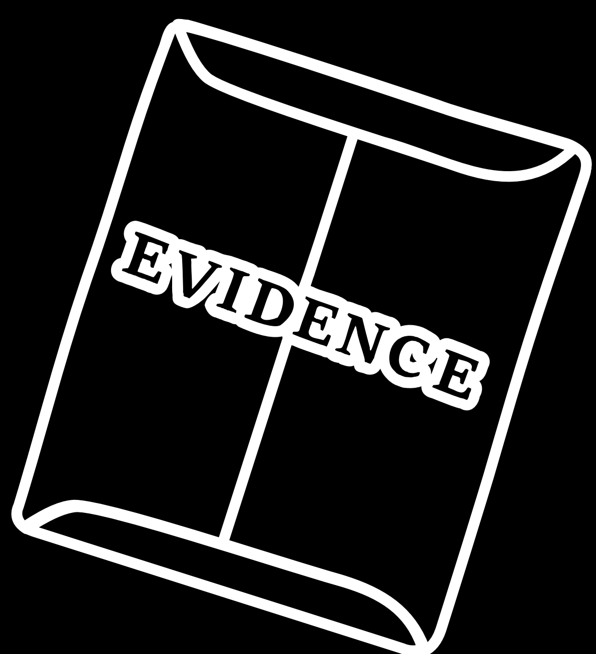


“I need to prove myself first.”

Classic perfectionism in disguise.

You learn how to coach through paid experience, not before it.

Consistency will build confidence.

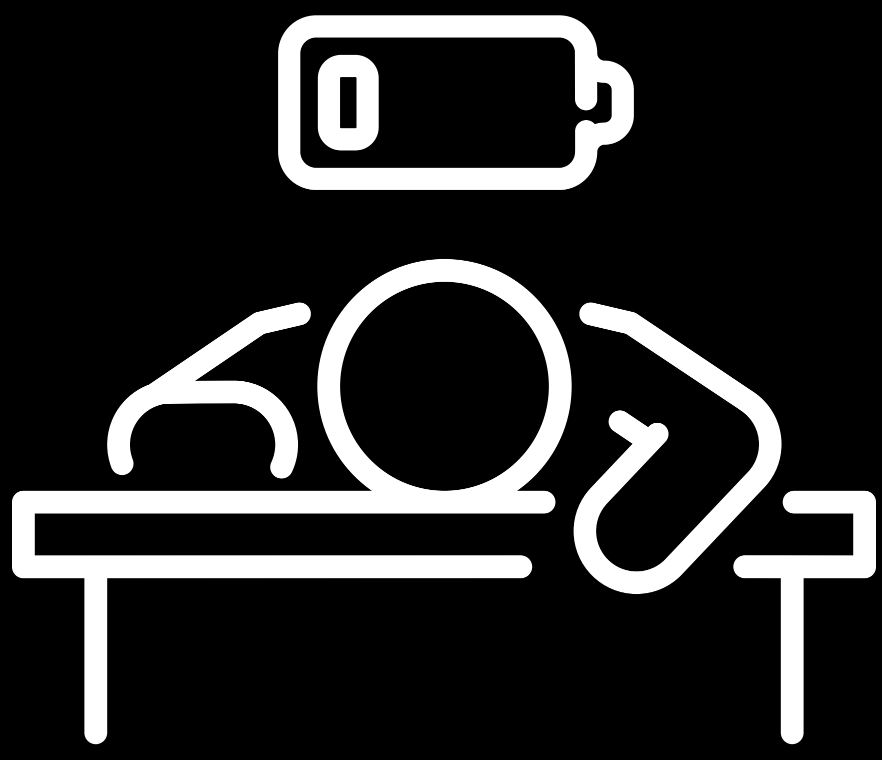


“If I make too much, I’ll burn out again.”

This isn’t a money block...it’s a safety block.

Money isn’t the threat.

Misalignment is.



"I don't trust myself with money."

Avoidance keeps you stuck.

You don't need to control money.

You need to direct it.

“Talking about money feels icky.”

You’ve seen sales done wrong.

Selling with integrity is simply inviting the right people in.

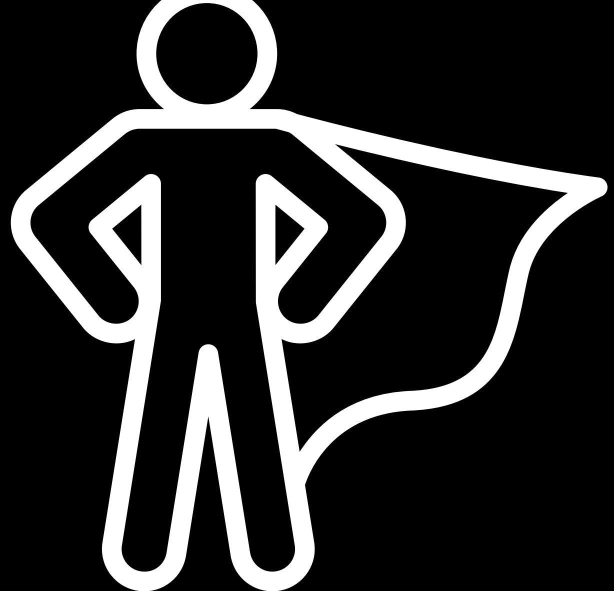
I can show you how.

"I have to help everyone."

Over-giving leads to under-earning.

You can offer accessibility without depleting yourself.

Trust me.



Your money blocks aren’t moral flaws.

They’re nervous system responses.

When you rewire safety around earning, your business finally starts to feel sustainable.

👉 Save this post if you’re ready to make money without burnout.

Virtually Debbie