Become A Health Coach Certification

Pillar 3: Personal Growth

Week 3
Transform Your Money Legacy
Learning Objectives

• Discover that you have control of your financial destiny and transform it.

• Train on deeper coaching skills on the subjects of money and health (and how closely related they are).
Welcome back to an even deeper discussion and exploration of your relationship with money!
Last week, we discovered how money is reflecting your relationship to it right now by uncovering your Money Mirror.
You also started transforming your relationship with money by choosing an action step to focus on from your Money Mirror.
This week, we’re going to continue the process of transforming your relationship with money by diving into your Money Legacy – and how to transform it.
What does that mean for you?

It means understanding that you truly have control of your financial destiny.

Money and your finances don’t just “happen to you” – in other words, you’re not just a victim of circumstance when it comes to money.
You have the option to make conscious and deliberate choices about what you want your financial life to look like and feel like.

Your current financial situation is a representation of the OLD you – your old beliefs about money.
That’s Shifting & Transforming As Of Now So You Can:

• Allow yourself to make more money than ever before
• Allow yourself to keep the money you make so you can create the lifestyle you’ve always wanted
• Gracefully accept money for your services (whether you work for yourself or someone else)
• Allow yourself to have the experience of “more than enough” when it comes to money (versus “not enough”)
• Help empower your clients around the topic of money, so they get to be, do and have what they want in all areas of their lives
To achieve these results, let’s begin by looking at ways that we give up our power around money.

Consider these both for yourself, and for your future clients (as they experience these as well).
We’re afraid of conflict.

We ignore, dismiss or blow off handling money because we’re afraid of conflict with our spouses, loved ones, partners, parents – or even banks, lenders or investment institutions.
We’re afraid of facing responsibility and being a financial grown up.

We worry that it will be too much, that we’ll make mistakes, that somehow we’ll mess it up...and we wish for someone to just handle it all, to take care of us, to save us from having to take responsibility for ourselves.
We’re afraid of what others will think of us.

...if we make too much, if we make too little.
We’re afraid of looking like a failure.

In front of our parents, our families and our partners….”I didn’t follow through AGAIN” or “I couldn’t make it work AGAIN” or “I’m always a disappointment” or “I’ll never be good enough”.
We’re afraid of disempowering someone.

If we are successful, we believe that we might make things worse for someone we love. Sometimes this is conscious, and sometimes it’s under the surface.

In this week’s exercise, we’ll explore to how uncover and correct this so you can allow more money into your life.
Because the truth is that money is there, it is everywhere, we just aren’t aware of it.
Think about when you learned to ride a bike.

You didn’t actually “learn” – you rode until you realized that your body sort of knew how to do it already. You just weren’t aware yet that you had that skill.
Same with relating to money – you may not be aware yet that you have the skill to work with it, and that that skill within you is waiting to be discovered.
Pretty cool, right?

So here are 4 steps you need to take to help uncover that innate skill…
4 Steps To Help Uncover That Innate Skill:

1. Understand what’s underneath YOUR relationship with money (we’ll help you uncover that today.)

2. Be willing to practice NEW habits.

3. Be willing to be uncomfortable.
   - Almost all new things feel uncomfortable at first.
   - That means new habits will feel uncomfortable, until they don’t.
4 Steps To Help Uncover That Innate Skill:

4. Have Courage

- Because it doesn’t feel good to be uncomfortable initially, but the end result is incredible.
- The end result is about increasing your net worth AND your self-worth.
Let’s look at how to understand what’s underneath your relationship with money.

In last week’s training, we did a quick exercise where we asked you to write down the most money you’ve ever been paid – or could imagine being paid – for a single client.

Then we asked you to add a zero to it.
Take a moment to recall that amount of money.

Now take a moment to recall your first emotional reaction to seeing that number.

Feel free to pause the video if you need a moment to remember or to refer to your notes.
Got that emotional reaction?

Great.
Now download or open the handout below this video titled “My Hidden Disempowering Beliefs About Money”.

Let’s go through it together and fill in the blanks.
When you reach one that reflects your emotional reaction when you imagined receiving that much money from a single client, then circle or highlight that belief.
My Hidden Disempowering Beliefs About Money

1. I really don’t DESERVE this money because I don’t KNOW ENOUGH.
2. I’ll never be GOOD ENOUGH to DESERVE this much money.
3. I wonder why someone would PAY ME this much instead of HIRING a BETTER COACH.
4. I secretly worry I might UPSET SOMEONE ELSE if I make this much MONEY.
5. I’m afraid if I have this much money I’LL TURN into someone I DON’T LIKE.
My Hidden Disempowering Beliefs About Money

6. I’m secretly worried that others will JUDGE me if I IDENTIFY as a SPIRITUAL person and I’m MAKING this much MONEY.

7. This sounds crazy, but I’m afraid something BAD might happen to me as a result of making this much MONEY.

8. If I have too much, then I’ll have too much MONEY, then I’ll have too much RESPONSIBILITY (and secretly don’t want to be a GROWN UP about money – it will be too HARD.)

9. I’m afraid I’m TAKING from OTHERS if I ask to be this much for my services… what if they don’t HAVE ENOUGH MONEY?
Pause the video for a moment to let us know in the comments below – *which beliefs did you choose?*
Where did these beliefs come from?
In Pillar 1, Week 5, when we discussed WHO you are being when you’re eating, we looked at the origin of beliefs.
We shared that beliefs come from your “programming”.
Your programming consists of all the information you were given about yourself and the world at a very young age, usually from your primary caretakers.
That information formed your IDENTITY (who you believe you are in the world), and your BELIEFS (what you think is true about the world).
As a result of your IDENTITY and your BELIEFS, you created, over time, internal processes and strategies, or thinking patterns, that you use to make DECISIONS and take ACTIONS, to BEHAVE in certain ways to solve problems, learn, evaluate, and get results.
So the sequence looks like this…
PROGRAMMING creates IDENTITY creates BELIEFS creates DECISIONS creates ACTIONS/BEHAVIOR creates RESULTS
So our beliefs come from our programming, usually from our family of origin.
Your programming is what’s “underneath” your beliefs about money.
That means our job is to identify hidden programming around money from our families of origin and transform it into something that is in alignment with the masterful health coach we are becoming.
How do we do that?

There’s an exercise that you’ll do in this week’s Skills Lab that will help you. I’ll preview it for your now, using my own story as an example.
If you’d like to follow along, you can open the handout below this video “How To Transform Your Family’s Old Money Legacy Into Your New Money Legacy”.
1. How much money would you really like to make in a year? $____________.
2. Now double it. $______________________________.
3. If you made this amount of money, who is someone you are concerned about upsetting, disappointing, hurting or disempowering?
4. What was the money story you grew up with?

_______________________________________________
5. How has that shown up in your life?

_______________________________________________
6. What do you think is the positive VALUE behind that money story?
7. Do you share that value? If no, then what value do you have instead?
8. How can you honor the positive VALUE in your family money story while creating a new money story that also includes YOUR values?
9. Write your new Money Power Statement: “I am _______________________”
A Money Power Statement is a new IDENTITY that you’re creating around money. This is how you name and claim what will be your new money legacy.
Examples Are:

- “I am the Voice of Prosperity”
- “I am abundance”
- “I am a money magnet”
- “I am a creator of wealth”
- “I am the generous generator”
- “I am a peaceful container for wealth”
- “I am the embodiment of wealth”
- “I am riches”
- “I am wealth”
This is an exercise that you’ll get to practice both as coach and as client in this week’s Skills Lab.
So exciting!
And in our next video, you’ll see how this exercise can translate to health.
We’ll also show you the Transformational Coaching Method magic that’s embedded in the exercise and how to expand this exercise so you can use it with your clients (and blow their minds ;-)).
What That Means For You Is That:

• You’ll get a deeper understanding of the Transformational Coaching Method and how it works across all topics, including money and health.

• You’ll add another powerful exercise to your health coaching toolkit that will help your clients – and you – transform their relationship with their bodies.
Before you move on to the next video, leave a comment and let us know – *what’s your biggest “aha” from this video?*