

"Money swore an oath that nobody who did not love it should ever have it." —Irish proverb

When I work with groups, I always ask if anyone ever took a class on making and managing money in grade school or high school. Very few hands go up. Without official training in this subject, people are left to formulate their own ideas based on what they heard, read, or saw others do. So what did you hear about money when you were growing up? What did your parents say to you when you asked for money? What did you read about money? What did your teachers, friends, neighbors tell you? What were the old clichés you heard?

These thoughts became your "money mantras" and they resound in your mind whether or not you are conscious of them. And they create your financial reality. **Try completing the following sentences:**

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"Money doesn't grow		
"The love of money is the	root	"
"The rich get richer and		.,,
"Save for a		
"It takes money to	•	
"It's just as easy to marry		
"Money can't buy	"	

My workshop participants call out the answers immediately. As each one is mentioned, I write it on the white board for everyone to see. As I add more and more negative statements, the room gets quieter and quieter. The energy level goes way down. The feeling is palpable as people focus on their negative ideas about money. I ask them to feel the energy in the room and they all notice it's more depressed.

Then I ask, "How many people believe in the power of positive thinking?" Many people raise their hands, but then I run to the board and point out all the negative statements and ask, "Then

what's this?!" This generally gets a good laugh as people realize that they may believe in thinking positive, but they haven't really taken the time to evaluate the thoughts that they are constantly replaying in their minds.

At this point, they're ready to learn some new positive thoughts about money. The very first affirmation I teach them is, "People love to give me money!" I have them say it out loud with me, and the energy level in the room goes up immediately. People start laughing—it's fun, and it feels so different to say a positive, fun, money affirmation. I say, "See, you can't say it without smiling!"

Many people make this statement a part of their daily affirmation program. And the results have been amazing. One attorney thought it was silly, but was game to try it and so repeated this statement all the way home from the class. As he walked up to his front door, his roommate ran out and handed him a check for money he had owed him for nine months. Effie, a young photographer, was saying this affirmation in her car. When she stopped at a traffic light, a homeless man knocked on her window. When she rolled it down, he handed her five dollars!

Change your mind about money today and change your experience with money tomorrow. Try it and see.

Today's Affirmation: "People love to give me money!"

About Chellie Campbell



Creator of the popular Financial Stress Reduction® Workshops which now has licensed Coaches throughout the country, Chellie Campbell's first book was *The Wealthy Spirit: Daily Affirmations for Financial Stress Reduction*

which was chosen as a Book-of-the-Week on the Dr. Laura Schlessinger radio show and a

People Love To Give Me Money!

Written by Chellie Campbell

GlobalNet Book-of-the-Month selection. Check out her second book, *Zero to Zillionaire: 8 Foolproof Steps to Financial Peace of Mind*