SESSION 1 - TRANSCRIPT

Welcome to your first session in my Worthy Coaching Basics coaching program. The first step in this process—before you do anything else—is to take off the blinders and look at what you’ve been hiding from when it comes to your finances. I want to invite you to see the whole picture, the state of your self-worth by looking at your net worth.

Whether you make your own money or rely on someone else, many of us would rather pretend our financial matters don’t exist. Or we hope they’ll just take care of themselves somehow.

Why do we put on blinders? Well, many of us feel like we’d actually be blinded if we looked directly at our financial problems. Just the thought sends us running to our bed, arms full of popcorn and chocolate, ready to binge-watch our favorite trashy TV show. Trust me—I get it. I have been there.

So to avoid being blinded, we put on metaphorical blinders. We continue to live our lives on automatic, perpetuating the same patterns day in and day out. After all, confronting our money issues forces us to confront our feelings of self-worth…or lack thereof. And uncovering those feelings can feel a little like an archaeological dig. It’s dusty and painful down there, where our unconscious beliefs have been hiding all this time. So we stay in the same old situations where we’re comforted by the familiar—even if the familiar isn’t serving you. When we avoid looking at our deepest wounds, we unconsciously create situations in which money is a problem.

Now, don’t worry. This isn’t going to be a “big confrontation.” You can put down the ice cream and the remote. The exploration I’ll guide you through in this session is preliminary — simply a stepping stone.

Setting an intention is important. This will energize you toward what you truly desire and give you courage to take the blinders off. Because, if you want to make changes in your financial situation, you have to stop hiding from it.

I want to plant a seed. Say out loud, or write this down: “I see my current financial situation honestly and know that I’m worthy of creating financial ease.”
Whether you know it or not, you’re paying a price for hiding from your money matters. It may feel easier to avoid them now, but that avoidance usually makes things more difficult in the future. And that’s hardly the future you’ve set your intention toward!

In order to take the blinders off, it’s important to understand why we put them on in the first place. Let’s talk about some of the most common reasons why we wear financial blinders.

First up—guilt. It’s a biggie, especially for women! Whatever the reason, we women feel guilty having or asking for what we need. With healthier self-worth, we take care of ourselves just as well as we take care of everybody else.

There’s another reason we tend to put on the blinders, and this one is harder to recognize. Most of us can recognize that we’re afraid of failure. But what we’re really afraid of is success. And once we admit that, we’d have to stop playing small.

Accepting our greatness means no longer playing small. It often starts with baby steps. But eventually it means making major changes—in our lives, jobs, relationships, and dreams. If I had believed in my own self-worth, I would never have been willing to make the financial moves I made in the past. If I’d known my value, I couldn’t have spent so many years ignoring the whispering—and sometimes screaming—voice that told me to leave my marriage. For a long time, that truth was just too scary and painful for me to face. Talk about blinders! But how many years did I waste, postponing what has proven to be a much better life—simply because I went into hiding and didn’t see that I was worthy of something better?

When we change and grow into new versions of ourselves, we have to tolerate a lot of uncertainty. That’s what my book, Jump...And Your Life Will Appear, is all about. Rather than face uncertainty, most of us stay stuck for years in family patterns, adopting our parents’ money habits, and making sure we keep those blinders tightly over our eyes!

These beliefs that we hold about money—and our own worthiness—keep us in situations that aren’t truly satisfying us. They trap us in the fear of the unknown, where we’re willing to short-order on the menu of life to avoid stepping outside of our comfort zone. The tragedy is that so many of us are willing to stay small to such a degree that we squander the beautiful lives we’ve been given.

I’m here to convince you that it’s time to do things differently.
The good news is that we all have infinite potential. An infinite attitude toward money and our own self-worth starts with taking off the blinders and seeing where we’ve kept ourselves in the dark.

In order to take off the blinders, it’s essential to face your feelings about finances. When we avoid looking at our finances, we’re really avoiding our feelings. And remember, I said this coaching program is all about how we feel about money.

There are certain emotions we like to feel—happiness, gratitude, love, and excitement. Other feelings? Not so much. Whatever it is we’re not looking at, you can bet it’s associated with those “let’s just pretend we don’t feel that” emotions. As you work through the process in this coaching program, feelings will come up. Get ready for them! We’ve already talked about guilt. Other feelings might include: sadness/hurt, anger/rage/resentment and shame.

These are the feelings we spend most of our lives avoiding, so it’s no surprise that we don’t volunteer to spend time in their company. Yet the effort to push them away is what keeps us stuck.

Here’s what I’ve learned from experience: These emotions may be unpleasant, but they won’t kill you! I promise. It starts with taking a different perspective: You have feelings. You are not your feelings. They’ll move through you like passing visitors. Allowing them to have their little visit in your consciousness will make room for new, more pleasant feelings to follow. In other words, feeling the not-so-fun stuff will free you up so you’re available when the good stuff comes calling.

Part of the not-so-fun stuff is looking at how we’ve put blinders on in regard to our money. And how those blinders about money are directly related to how worthy we feel.

It’s time to remove the blinders and get to what’s underneath the surface.

I am going to guide you now through an inner exploration to support you in taking off the blinders. Make sure you’ve downloaded your worksheet. As I guide you inside, just relax. Breathe easily. Use your breath to connect to your truth and trust the thoughts, feelings, images, and impulses that come to you from inside. As I ask you a series of questions, just invite the answers to surface easily and effortlessly in your awareness.

Now gently close your eyes and take some slow deep breaths. As you breathe, gently digest all that you have just heard about taking off the blinders. <pause> Simply notice the thoughts,
feelings, images, and impulses that arise right now in the presence of this information. <Pause>
Give yourself permission for all of that to just be there.

Allow yourself to get present to the state of your money matters right now.

Ask yourself, “What drives me crazy about my money matters right now?” (pause) What drives you crazy about your money matters right now? (pause) Open your eyes and make some notes.

Now gently close your eyes again and ask yourself, “What are the problems I face every day regarding money?” (pause) What ARE the problems you face every day regarding money? Float back up and write it down.

Closing your eyes again, ask yourself, “Who or what stands in the way of my financial ease?” (pause) Who or what stands in the way of your financial ease? (pause) Opening your eyes, make some notes.

Closing your eyes here, ask yourself, “What do I not want to think about regarding my money?” (pause) What DO you not want to think about regarding your money? (pause) Now take a deep breath, open your eyes and make some notes.

(pause)

Take a moment to review what you’ve written. These are the foundations your “money myth”—what you might have told yourself is your “plight” in life. Only it isn’t your plight, and you’re going to start changing it right now.

Closing your eyes again, take a few slow deep breaths and let your destructive money habits or patterns arise in your awareness. (Pause) Think about what destructive money habits or patterns you have. For example: I don’t look at or reconcile my bank statements, I don’t have a retirement account, I don’t have any money of my own, I shop compulsively, I don’t charge as much as I’m worth, I stay in unfulfilling relationship because I think I can’t support myself. Float up, open your eyes and make a list. Knowing this list will help you begin to see where you’ve put on the blinders and gone into hiding.

I want you to know that there’s nothing you need to do about this list right now. Remember what I said in the beginning of this session — this is simply a stepping stone to finding your self worth. The blinders are coming off. Uncomfortable feelings may have come up as a result of taking a look at how you’ve turned a blind eye to money matters...and that’s ok.
Close your eyes. Take a deep breath, and exhale out any shame or guilt or sadness you feel about the state of your net worth and self-worth.

Take several more breaths, and continue to exhale out any dark feelings that have come up.

Affirm that you won’t use this assessment as an excuse to beat yourself up.

Take another deep breath. This time, breathe in the energy of forgiveness. Begin to forgive yourself for the moments in the past that you’ve hidden from your money matters or let them define. Affirm that you’re wiping the slate clean with no blame and no shame. You’re starting from now.

Remind yourself that you’re doing this coaching program now, so you’re on your way to a new beginning. It’s the start of boosting your self-worth and growing your net worth.

Now affirm your worth by repeating these words once again: “I see my current financial situation honestly and know that I’m worthy of creating financial ease.”

I want you to make a commitment now to continue to peel back your blinders. I want you to spend the next week identifying the places you avert your gaze from your finances and make note of them.

Now gently open your eyes, take a big cleansing breath and make any notes you need.

I acknowledge you for taking this step to discovering your self-worth and I look forward to seeing you in the next session.