



**4 STEPS  
TO FIX YOUR  
MONEY MINDSET**

**MAKE SHIFTS  
SCARCITY MINDSET  
TO ABUNDANCE  
MINDSET**

**“So we need to change the way we look at money and it will change  
for us!”**

# The Process of Ho'oponopono and Money Mindset:

The basic idea behind Ho'oponopono stems from the meaning of the word given to us by the Hawaiian culture. Loosely translated, Ho'oponopono means "to set things right", or in more simple terms, to fix stuff!

Everyone has things that they want to have fixed and Ho'oponopono is not only a powerful way to fix literally **everything** that you can imagine, but it is so ridiculously simple to use that there is really no reason to not take advantage of this powerful technique.

The basic concept behind Ho'oponopono is going to first require you to realize the undeniable fact that your entire existence comes from within, not from outside of yourself.

## Step 1: Repentance – I'M SORRY

Before a problem can be fixed, you must acknowledge that you are responsible for everything in your mind, even if it seems to be "out there." Once you realize that, it's very natural to feel sorry.

Therefore, the first step to fix the **money mindset** is to acknowledge that this is a problem.

Say it out loud: *"I realize that I am responsible for my money mindset issues and I feel terrible remorse that something in my consciousness has caused this".*

## Step 2: Consequences – PLEASE FORGIVE ME

**PLEASE FORGIVE ME.** Say it over and over. Mean it. Remember your remorse from Step 1 as you ask to be forgiven.

We all have some problems in our lives, some are considered larger concerns and others less significant. Access how your **scarcity money mindset** affects you.

Here are some questions to think about: Rate yourself 1 to 10 (10 is the highest stress level)

- How stressed would you say you usually are about finances?
- How much do money worries interfere with your day to day activities?
- How many times out of 10 do you avoid or cancel social plans due to money?

- How blocked do you feel from being creative?
- How blocked do you feel from achieving the results of your efforts?
- How much shame or embarrassment do you feel about your financial issues?

NO matter how you answered the above questions, once you realize that having a **scarcity money mindset** issue blocking you from having the life that you desire, then you are ready for next the next step!

**PLEASE FORGIVE ME.** Say it over and over. Mean it. PLEASE FORGIVE ME for having a scarcity mindset.

## Step 3: Gratitude – THANK YOU

Say “**THANK YOU**” – again it doesn’t really matter who or what you’re thanking. Thank your body for all it does for you. Thank you money for all that you have provided. Thank God. Thank the Universe. Thank whatever it was that just forgave you. Just keep saying **THANK YOU**.

## Step 4: Love – I LOVE YOU

This can also be step 1. Say **I LOVE YOU**. Say it to your body, say it to God. Say I LOVE YOU to the air you breathe, to the house that shelters you. Say I LOVE YOU to your challenges. Say I LOVE YOU to money. Mean it. Feel it. There is nothing as powerful as Love.

Say it out loud: *“I love & respect myself enough to live a financially prosperous & responsible life”.*

When we change the way we **look** at money, it will **change** for us!

## Scarcity Mindset to Abundance Mindset

It is never too late to change your story because it really is not about the events itself, it is about how you experienced them and the beliefs you developed. Beliefs are handed down from our parents and they were most likely handed down from their parents. So it is ingrained in our minds when we are young.

Once you realize that the consequences for having a scarcity mindset is stopping you from have the life of your dreams, then you are ready for the next step.

With a new **Abundance Money Mindset**, you can create new experiences and develop new beliefs around money.

**Learn how to:**

- get excited about money, not fearful
- stop thinking about money in terms of fear and scarcity
- think about money through the eyes of freedom, possibility, opportunity and abundance

I am so excited to share this journey with you further and discover those hidden beliefs, blocks and trapped emotions that are holding you back, pull your old ideas and beliefs out by the roots and pave your path to the successful life you have always wanted!

Contact Brenda for her exclusive **20-minute complimentary Abundance Evaluation** value \$70.00 Canadian.

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