

# *“I Am Money” Visualization*

*The following is a scripted, guided exercise you can walk your client through, either in person or on the telephone.*

Close your eyes and take a deep breath in. As you do, bring your attention and awareness to your thoughts, allowing any other sounds, activities that may want your attention fade away into the background. As you exhale, let your breath out completely and say to yourself, “This time is for me.”

Take another deep breath in and bring your attention and focus to your heart. This is the space where you feel love and allow yourself to be loved. Exhale deeply and let yourself feel connected to all that is good.

Take one more deep breath in and bring your awareness and focus to your core, deep and low in your torso. This is the space where you can access your intuition and where certainty and courage resides. Let your breath out and notice just how deeply grounded and powerful you can allow yourself to feel in this moment.

Now, with your eyes still closed, I want you to imagine out in front of you, money. You’re looking at money, seeing it out in front of you, in whatever form it takes in your imagination.

As you look at it, you’re seeing that it has particular colors and shapes associated with it. Whatever those are for you.

And you’re noticing if there are any sounds associated with it. There may be...or they may not be. Either way is fine.

Finally, you’re noticing if there is any sense of movement. If there is or if there isn’t, either way is okay. You’re just noticing to get a complete sense of money.

Now, in just a moment, I’m going to ask you to open your eyes and on the count of 3, take a big step forward, into the space where you were imagining money. It’s as if you are, for a short period of time, becoming money.

**Ready? 1, 2, 3 – Open your eyes and STEP FORWARD. Good!**

Now that you are in this space, being Money, I’m going to ask you a few questions, to find out more about you.

- *So as Money, what are you feeling?*  
(Listen and coach for feeling words. Your role is to witness and scribe.)
- *As Money, what is the story being told about you?*
- *And what are the feelings at the core of that story?*
- *As Money, what is it you want most?*
- *As Money, what is it you need?*
- *And as Money, what do you value?*  
(Listen and coach for 3-5 words or short phrases.)
- *As Money, where you would like to be more powerful is...?*
- *And one way you would like to be more appreciated, honored or valued is...?*
- *As Money, how would you like to be paid attention to every day?*

Thank you for being so honest and authentic. Now is the perfect moment for you to express appreciation and gratitude for all the wisdom and insight Money has shown you about yourself. And how it is here to help you express yourself more fully and powerfully in the world.

So take this moment to give gratitude and thanks, quietly to yourself.

Now, on the count of 3 you'll step back to where you were, leaving Money where it is and stepping back into your own self.

### **1, 2, 3 - STEP BACK!**

Sit down and write the answers to these questions...

## **MY MONEY VALUES**

I now feel money is:

The 3 actions that no longer serve me are:

- 1.
- 2.
- 3.

3 actions that DO serve me are:

- 1.
- 2.
- 3.

When it comes to money, I am \_\_\_\_\_.