

DAY 6



FORENSIC HEALING

**REMOVE FINANCIAL BLOCKS
& CREATE ABUNDANCE
30 DAY FB CHALLENGE**

Day 6: Sacrificers and Over-Givers



Whatever you invest energy in, will grow. The more you nurture anything, the more it expands. People who fail to invest in themselves will become the last on the list, and the universe will respond with ways to match being last on the list. Women especially do this.

Over-givers typically have less money and a lower net worth than those who don't over-give. They have low-self worth as they think their worth comes from giving to others, or they think it is a role they need to fulfill.

They can overspend, sacrifice their financial well-being for others, hoard, avoid looking at bank statements and have trouble sticking to a budget.

Over-givers or sacrificers often have these beliefs about money:

- I don't deserve money.
- Money is the root of all evil.
- Wealthy people are corrupt.
- Having a lot of money makes me a bad person.
- I just want to help people. I don't care about money.
- People won't like me if I have a lot of money.
- Money can't buy me happiness.

As with anything, if you want to become fit and healthy, you have to continually invest your time, effort and money to get consistent results.

How much time, effort and money have you invested in yourself for your personal growth? How many books, seminars, or groups have you joined to ensure you keep progressing and learning? The results will always match how well you do in life, particularly if you have had a troubled childhood.

Money Worship

Money worshippers believe that money is the key to happiness and the solution to all their problems. However, they also believe you can never have enough money, therefore, they will never be able to afford all the things they want in life.

As a result, they tend to overspend in an attempt to buy happiness, get trapped in credit card debt, and have a lower income and net worth.

Money worshippers are more likely to hoard possessions, spend compulsively, ignore or forget about their finances, put work ahead of relationships, give to others even if they can't afford it and be financially dependent on others.

Associated money blocks beliefs:

- I can never have enough money.
- Money will give me meaning in life.
- The more money I have, the happier I will be.
- I can never be happy if I am poor.
- If I had more money, things would be better.

Exercise 6: List Thoughts/Behaviours on Over-giving or Money Worship

Sacrificers and Over-Givers	Money Worship

30 Day Abundance Challenge

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It is not your role to make others happy; it is your role to keep yourself in balance. When you pay attention to how you feel and practice self-empowering thoughts that align with who-you-really-are, you will offer an example of thriving that will be of tremendous value to those who have the benefit of observing you.

You cannot get poor enough to help poor people thrive or sick enough to help sick people get well. You only ever uplift from your position of strength and clarity and alignment.

Excerpted from Money and the Law of Attraction on 8/31/08

Our Love, Esther (Abraham and Jerry)