

WHAT IS MONEY REALLY TO YOU?

When we meet people for the first time, we often ask them what they do for a living, but we don't ask them how much money they earn or the extent of their wealth.

Money, *per se*, is not a subject for open discussion. Yet, it has the power to affect us deeply, much more than our choice of occupation or life partner.

Much of the attitudes we hold around money are formed in our childhood years. They are formed at an age when we are too young to consciously understand or evaluate the merits of those attitudes. Those same attitudes may continue to influence us long after they stop serving our best interests. The problem is, that we may not even be aware that we hold those attitudes. We may only be aware of our lack of satisfaction with our consequent life circumstances, along with our frustrated attempts to improve their lot in life.

So, what are the kinds of attitudes that we might hold around money? The two most commonly-held attitudes are: *Money is the root of all evil* and *money doesn't grow on trees*. Those who hold the former attitude may find themselves undercharging for their services, or accepting lower salaries than they should. Those who hold the latter attitude may find their lives a constant financial struggle. There are others, like the man in the graphic, who believe in the *abundance* of money and joyfully find that to be true.



Our attitude towards money may play out around home care, schooling, extracurricular activities, taxation, insurance, investing, travel, and much more.

So, if you don't like the financial results you are getting, it may be time to unpack your own attitudes around money. You can then consciously play with your money attitudes until they are of a form that better serves your best interests. If you need help in any step in this process, feel free to book an appointment with me. You can also attend one of my *psychology of money* workshops as well as visit my *psychology of money* blog.

OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

OUR HIGHER ORDER CALLING

To help you reach your full potential: Personally, professionally, entrepreneurially and money-wise.

MQ is delivered exclusively to your in-box, with only a selection of backissues available on the web. Together with its siblings, this newsletter will provide food for thought to help you reach your full potential: Personally, professionally, entrepreneurially and money-wise. Thoughts, observations and reflections all welcome.

WORKSHOP AND SEMINAR 2019 CALENDAR

Helping you Reach Your Full Potential: [Personally](#),
[Professionally](#), [Entrepreneurially](#), and [Money-wise](#)

The 2019 Workshop and Seminar calendar is about bullet-proofing yourself: Personally, professionally, entrepreneurially and money-wise. Bookings can be made through our Eventbrite page.

BULLET PROOF YOUR RESOLUTIONS

As the dawn of a new year approaches, it is natural to turn one's attention to setting goals and aspirations for the year ahead. However, not everyone who sets a resolution is able to successfully see it through. Resolutions, dreams and aspirations can be set throughout the year as well with equally good, or poor, results. Each January, we offer a two-hour workshop on how to turn your resolutions into reality. We also have a CD available for purchase throughout the year. CDs can be picked up at our office for \$22/CD. A postage and handling fee also applies to those who would prefer to have their CD posted to them.

BULLET PROOF YOUR MIND

We are not born with an operating manual to our minds. We all need to learn how to make the most of our own minds. This series of two-hour workshops will show you how to do just that. More specifically, you will learn how to relax your mind, calm and centre yourself, operate from a space of confidence, motivate yourself, as well as calm anxiety, sleep better and manage stress. This series of two-hour workshops will be held weekly from 5th June to 17th July inclusively. **See also our workshop on *Bullet Proof Your Professional and Entrepreneurial Brain*.**

BULLET PROOF YOUR CAREER

Much is now known about neuroscience and how it can be applied personally. However, little attention has been given to how it can be applied to our professional lives. This three-day workshop will show you how to tap into the power of neuroscience and the power of your subconscious mind to reach more of your career potential. This workshop which will be held over three consecutive Sundays: 6th, 13th and 20th October, 10am-4pm.

BULLET PROOF YOUR BUSINESS

When we decide to set up our own business, we know what we want to do at a professional/technical level. Yet, we may not necessarily have the business skills to

follow through. Unless we did a business degree, the business side of enterprise is often picked up through trial and error learning.

Bullet Proof Your Business is a series of workshops addressing the four pillars of business: Strategy, Finance, Marketing and Resourcing. The Strategy Pillar took place over three consecutive Sundays in March (3rd, 10th and 17th). It is next offered in August (4th, 18th and 25th). Levels II and III will be offered early to mid 2020. The Finance Pillar will take place over two consecutive Sundays in May (5th and 12th). The Marketing Pillar will take place over four consecutive Sundays in July (7th, 14th, 21st and 28th). Finally, the Resourcing Pillar will take place over three consecutive Sundays in September (1st, 8th and 15th). All *Bullet Proof Your Business* workshops are held between 10am and 4pm.

BULLET PROOF YOUR WEALTH

It does not matter whether we work for ourselves or for others, we may have a tendency to undersell and undervalue our contributions. At the end of the day, we may feel frustrated with how much (little) we earn, and especially so, in relation to our expenses. Behind our financial transactions may lie attitudes towards money itself. Those attitudes can hold us back or hold us down in ways we may not even realise.

Bullet Proof Your Wealth will address two topics: The psychology of money and the psychology of investing. Through psychology of money, you will learn about the kinds of attitudes people may hold towards money as well as how those attitudes may play out personally and professionally. You will also learn how to tweak those attitudes to get more of what you want financially. Through the psychology of investing, you will learn the characteristics that can enhance or detract from wealth creation (both in yourself and fellow investors). From there, you will learn what to do about it. The workshops will be held on 24th April 5.30-7.30 pm and 21st August 5.30-7.30 pm respectively.

OUR BLOGS

rachel-abramson-and-associates.com.au/bullet-proof-your-brain.htm

rachel-abramson-and-associates.com.au/bullet-proof-your-career.htm

rachel-abramson-and-associates.com.au/bullet-proof-your-business.htm

rachel-abramson-and-associates.com.au/psychology-of-money.htm

rachel-abramson-and-associates.com.au/psychology-of-investing.htm