



# HOW TO CHANGE YOUR FINANCIAL REALITY

This document is not about giving financial advice. Instead it will give you four simple processes that you can follow to help you tackle money from an energetic perspective, and in doing so could help to improve your financial reality quickly. The processes will expand your thinking; guide you to practice the energy of abundance and financial growth; and encourage you to take inspired action to achieve your financial goals.



**TORUS**  
WELLBEING CLINIC

## Change Your Relationship With Money

The amount of money you receive and have is a direct reflection of your relationship with money and your money consciousness. So the first step to changing your financial reality is to change your relationship with money, and your money consciousness. So take a moment to consider your relationship with money. How do you think, feel and speak about money? How do you treat money? Do you control money, or does money control you? How aware are you of how much is coming in and going out each month, week, or day? How often do you check your bank statements? Do you pay your bills or debts on time?

When you are in full control of money, you feel good about it; you check your accounts regularly; you pay your bills on time with gratitude; and you know exactly what is coming in and going out. When money controls you, you feel uncomfortable when you think about money; you avoid it; you don't check your statements; and you feel like there is never enough.

The first step to creating a shift in your money consciousness is to take control of money. Here is how you can do that:-

- Know your money situation: how much you are spending, how much you need to break even each month, how much you owe; how much you need to meet your current needs and lifestyle.
- Cancel unnecessary payments: cancel any unused subscriptions and direct debits no longer needed; check that you're not paying too much for utilities, check that nothing is leaving your bank account that doesn't need to
- Face your debts head on: look at how much you owe and start a plan to pay it off consistently, even if it's just a small amount each month.

## Connect To Your Reasons For Wanting Money

Money loves a purpose, and it loves a home. By setting money intentions, you will increase your chances of changing your money reality much more quickly. Think about what you want money for; what it could do for you, for your family and your loved ones. Allow yourself to imagine how it would feel to have money flowing effortlessly in and out of our life; to feel abundant. In doing this you are practicing the energy of abundance and this attracts more abundance to you. Create a list of desires and connect to those desires on a daily basis. Far too often we focus our attention on what we don't have. Focusing on what you do want instead shifts your energy, it makes you feel good, and therefore helps you to attract more of that feeling into your life.

## Change Your Beliefs About Money

If you want to change your financial reality, you have to change your beliefs and assumptions about money. The first step in this process is to acknowledge your limiting beliefs. Some common ones are:

- I have to work hard for money
- Money is for greedy people
- I'm not good with money
- It is wrong to want money
- I should be satisfied with what I've got and not want more

These are just examples and it is important that you become aware of your own limiting beliefs. The next step to changing your limiting beliefs is to insert doubt, by asking yourself “why might this not be true?” and “why might the opposite be true”. Write down all the reasons you can think of and then rewrite the belief so that it is the opposite to the limiting one.

## Allow Money To Flow

Money is an energy that likes to flow, not to stagnate. Keeping the energy flowing is important if you want to attract it to you. A fun way of doing this is to mentally spend a certain amount of money, and increase that amount each day. So, imagine you had £1000, what would you spend it on? Mentally spend that £1000 throughout the day, and increase the amount the following day.

Another way of ensuring that the energy of money doesn't stagnate is to make sure you pay your bills on time, or buy the thing you've been meaning to buy. Stop putting off spending money that needs to be spent.

Tracking all money that comes in, shifts your focus to what you are receiving, and what gets measured gets improved! Set up a spreadsheet, and track every penny, discount or freebie that comes your way, and watch how quickly that adds up and grows.

Finally, but most importantly, practicing gratitude is key to changing your financial reality. Every day, list everything you have that you are grateful for. Feel how thankful you are for these things. Feel gratitude for the hot water you are paying for, the gas and the electricity, the roof over your head. Notice how much wealth you already have. Once you start feeling wealthy, your financial reality will change. Feel it, and you will see it.

## Further Information

For further information and a thorough assessment, contact the Torus wellbeing book an appointment email: [info@toruswellbeingclinic.co.uk](mailto:info@toruswellbeingclinic.co.uk)



Elgin Chambers, 24 Cemetery Road, Shelton, Stoke on Trent, ST4 2DL

Tel: 01782 273314 | [info@toruswellbeingclinic.co.uk](mailto:info@toruswellbeingclinic.co.uk) | [www.toruswellbeingclinic.co.uk](http://www.toruswellbeingclinic.co.uk)

Owner/Founder: Dr Nicola Brough PhD, RCST