

Do The Money Formula step by step! Anyone can do it and you don't have to read the book. However, to fully understand The Money Formula, change your old Money Formula, and to properly apply your new Money Formula in your life, you must read The Money Formula book.

When doing this activity, grab your copy of The Money Formula for more detailed instructions.

Step 1. Just think of the word *Money*.

Allow the *very first, immediate thought* you think to become emblazoned in the front of your mind.

What do you think?

Step 2. Notice Your First Emotions

Notice the emotions that are attached to the word money. Then, immediately write down the feeling or set of feelings you emote as a response to that word.

Step 3: Go To The Earliest Memory of The Emotion

Write down those memories as they happen to appear in your imagination.

Step 4: Examine The Memory

A . Notice What Was Happening

B. Who Was There?

C. Identify the role that each person was playing.

D. What Did They Do?

Step 5. Identify What Beliefs You Learned

Then, ask yourself, from this experience, what did I learn to believe about life and this word association?

Step 6: Look For The Patterns In Your Financial Life

This step is critical, because many people have tried to do The Money Formula on their own without accomplishing this important goal. Look for the patterns of the situation that you described in Step 4.

Step

7: What Is Your New Money Formula?

You have learned the old patterns of financial beliefs that are no longer true. What have you learned from this process. What is your new Money Formula?
