

There's a whole world out there of people that need you to serve them. You are now investing your time and your energy and you are stepping up to be that person and that woman who makes investments like this, who takes her business seriously, who's willing to go on, who is driven, who is ambitious, who is going to make shit happen no matter what this is meant for millions. Here's your host, Jen Scalia. Hello, hello and welcome to met Familia, which is the podcast for online entrepreneurs want to create wealth and freedom with their business so you're in the right place. If you're looking for the mindset and strategy to get seen, known and paid online, I'm your host Jennifaye, formerly known as gentilia success and mindset strategies for entrepreneurs who want it all. Make sure that you tune in each and every week or you'll get a short 15 to 20 minute audio training or how to build well from the inside out.

You get a little bit of strategy, a whole lot of mindset, and a healthy dose of tough love with 100% authentic, raw, and real advice on how to navigate this crazy world of entrepreneurship. So in today's episode, we're going to get down to business. We're going to get really, really juicy today by uncovering your money blocks. We're going to dive into those subconscious money blocks, what they might be and how to really understand why we aren't at the income level that we desire. Or maybe you've plateaued or maybe you've gone backwards. So there's obviously something that is keeping us where we're at and if we don't uncover what that is, no amount of journaling or manifesting, we'll change our situation or our identity. So we're going to be diving really deep into today's lesson to find out what it is that's stopping you so we can shift it and change that belief with the swiftness.

So let's go ahead and get started. I want to talk specifically about money and being rich and having a lot and what that actually means and what are some of the hidden blocks that you may be experiencing as to why you're not at the income level that you desire to be. Because let's face it, if there was no blocks, if there was a free and clear path to the amount of money that you want, you would already be there like it would just already have manifested in your life. So there's something inside of you. There's something, maybe it's obvious, maybe it's not obvious. It could be something from your past. It could be something from past relationships, it could be from your childhood. So what we're going to do today is really just try to uncover what those money blocks might be. I think it's just really important to find out what the root of the issue is.

Learning, uncovering, and shifting that block that's actually stopping you. You're just going to continue to perpetuate the cycle. Even if you consciously know what to do, you know who you have to be and you have to act. This thing is going to continue to haunt you until you figure out what it is and we eliminate it. Okay, so in this lesson, we're not going to be talking about eliminating it right now because it will just go way too long. So right now we're just going to uncover with a block, maybe I gave you guys a list of questions. I'm actually going to read them here to give a little explanation on some of them, but also go to your PDF. Look at these questions, answer these questions, be really real honest, raw, and deep, like whatever that surface answer comes to. Continue to ask yourself why continue to ask yourself more and more and more.

Because typically it's not the very first thing that we think of because if it was the very first thing that we think of that it would just be so easy for us to figure this shit out and we would have already had figured it out and gotten what we wanted. With these questions, I really, really want you to dig deep. I really, really want you to go further than the surface response or that instant response that you think this is. So continue to ask yourself why, you know, do the five year old tests. So any of you that have ever had a five-year-old or have a young toddler know that you know, it's like the most annoying thing. You know you love them to death, but it's super annoying when you tell them something and they're like, but why? And then you give them an answer and they say, but why?

And then he gives him an answer and they say, but why? But this is exactly what I want you guys to do, to continue to go deeper and deeper into these questions and really figure out like what is the block?

Because like I mentioned, it's typically not something that we consciously know. It's typically something hidden, something that's been kind of lingering for a while lingering for a long time or something that we may have thought that we've forgotten or may have thought that we have overcome already or worked through already. So also know that this might not take a day, this might take all week, but I really, really want you to do this work because it's super important to understand why you're not where you want to be yet and what it may be that is unconsciously blocking you from receiving that. The first question is who would be hurt or offended if you made a lot of money?

So like we talked about before, you know, most of our blocks and most of our issues and most of our beliefs come from other people, you know? And really that's kind of ego. Like what are other people gonna think? What are other people going to say? But who in your life may be hurt or offended if you made a lot of money? Who would feel maybe like you left them behind? Along with those, I want you to think specifically what will your parents think do or say if you made a lot of money or if you were rich, what would your partner think? Do or say if you had a lot of money or if you were rich or wealthy and what would your extended family, maybe cousins, aunts, uncles, children, maybe even just really close friends, what would they think, say or do if you were rich and had a lot of money?

This is a really important stuff because we like to think that people who love us and are, who are in our lives want the best for us and you know, it's not that they come from a malicious place, but they just don't know. And a lot of times it's what we think that they're going to feel think or say that actually us from making the money because we don't want to make people feel bad, right? We don't want them to think certain things. So answer those questions as much as possible. Think about everybody in your life, everybody that you touch, everybody that you come in contact with, people you talk to on a day to day basis, maybe people who you're not even close to anymore, but that's still having an effect on your life. Next question is what would change if you made a lot of money?

You know we've talked about this before, you know, to the core of who you are, you're probably not going to change a whole lot, but what you do, how you operate on a day to day, how you spend money, what you buy, what stores you go to, what you spend money on, events that you go to, the clothes that you wear, like things are going to change, right? So what would change if you made a lot of money now? What childhood or even adult stories have you been told about the significance of making a lot of money? So I want you to dig deep here also into the stories, the beliefs, the limiting beliefs of what you've been told about making a lot of money. So this could be things like you have to work really hard for your money. You know you have to save your money.

It's not easy to make a lot of money. Rich people were bad. What are those stories? What are those little things that you're not consciously living these things on a day to day, but they've been ingrained in you from childhood or you know from something that happened in your adult life. Next, what do you believe about rich people? This is going to be really telling and I want you to not filter yourself and not think when you answer this question, I just want you to answer it like rich people are blank. Rich people are blank. And answer that over and over and over again. I'm going to see what comes up because a lot of times what happens is some really negative stuff comes up and that has to do with the previous question of the stories about making a lot of money. So what do you believe about rich people?

What responsibilities will you have? This is huge. This is something that I think so many people struggle with. This is a huge block for a lot of people. They don't even really realize it, but they know somehow on a real deep level or they believe that they're going to have more responsibility when they make more money. So whether that is, you know, hiring people, whether that is taking care of people and having more customers and clients that we have to take care of. Whether that means managing certain projects and things that we have to put out. So what responsibilities do you believe you will have if you make more money or if you are rich along with that one is what will you have to pay for? Huge. What

will you have to pay for when you're rich? When you have a lot of money, what are you going to be expected to pay for that maybe you don't want to pay for?

Maybe it's paying higher taxes. Maybe it is, you know, paying for new team members, hiring an assistant, you know, giving money to your parents or to your family members. Maybe it's footing the bill or paying, you know, more money towards the house or the mortgage or debts or whatever with your partner. So what will you have to pay for? What do you think you're going to be to pay for when you have a lot more money and when you're rich? The next thing, this one's going to be a little tricky, but it's also a common thing that I see. This is actually something that I feel like I struggled with a lot as well and I know that a lot of people struggle with this. What will you have to live up to? So a lot of times when we think about creating massive success or wealth or having a lot of money, we feel like we have to keep that going.

You know, we feel like we've achieved X, Y or Z. That means we have to either keep that, maintain that or go bigger or double our goals. So like what is it that you feel like you'll have to live up to once you've reached that level of success? Once you're rich, once you have a lot of money, what are those things that you feel like you have to live up to that maybe you just don't want the responsibility of doing that? Maybe it's just a lot easier to just stay where you are. Who would you make feel bad? Actually should have had this question in the beginning when we were talking about the people and how that would work. But who would you make feel bad? So again, who would feel bad if you had a lot of money? Is it your sister or your brother or your dad?

Because you're making more money than him, your husband, because you make more money than him. So who will you make feel bad by you having a lot of money? What does it mean to be a woman in power? Now, if you're one of my male subscribers and you're listening to this, what does it mean to be a male and power? But most of you are women. So what does it mean to be a woman with power? I want you to think about this, not logically, because I know that you know it's going to fire you up. You're going to get excited. You're gonna be like, yes, I have the power. I can do it. I can make an impact. I can do dah, dah, dah. I want you to look deeper than that. I want you to look at what does it really mean to be a woman in power.

Look at past representations of that. Women who have been, you know, looked down upon because they have power. Women that have, you know, experienced certain things because they have power because they have money. I want you to really look at that, you know, what does it mean to the people around you? What does it mean to yourself? What does it mean to your family? What does it mean to your home? What does it mean to you, your children, your husband, your employees, your clients? What does it mean to be a woman in power and notice anything that comes up that is negative or that feels hard or that feels like a lot of responsibility. Next, what have you been told about having it all? We talk about this a lot because I think this is so important. Again, another thing that I struggled with personally, I feel like I've overcome it, but I still work on it all the time because I really do believe that we are meant to have it all.

I think that we've been told from a very young age that we can't, we've been told from childhood that you can't have everything you want. You can't have your cake and eat it too. There's all these things, you know, that we've been told and that we have this underlying belief about when it comes to having everything, when it comes to having a perfect life, when it comes to having everything that we want in every area of our life, our bodies, our relationships, our families, our finances, our business, everything. So what have you been told about having it all? And then finally, what do you believe or have been told about wanting too much? So another common thread that I see is this idea of having just enough, and even when we think about our desires and our big dreams and our big visions and our big goals, they're still pretty tame.

They're still pretty, you know, normal. And we don't really stretch too far or imagined too big or ask for too much because we're shortsighted. We're only seeing what we think is the possibility for us. We're not actually allowing the universe to expand and to give us vision of something bigger. But I believe that comes from this belief that if we want too much, we're bad. If we want too much, it means something about us. So what do you believe or have been told about wanting too much about having excess, about having more than enough? What are your beliefs around that? Some other questions might come up for you as you start to ask yourself these questions as well. So dig deep. I really want you to uncover what are the blocks, what are the things that unconsciously have been literally holding you back this entire time?

I know there is a lot of work to do here, so I would just highly recommend that you take some time to do this. Give this gift to yourself to be able to discover and uncover and dig it up and get rid of these old stories. And what I would love, love, love for you to do is head on over to the show notes, [Jenn scalia.com](http://Jennscalia.com) forward slash E 51 that is the letter E and the number 51 and over there I actually have all of the journaling prompts that I talked about in today's episode. Make sure that you come back for next week's episode. So next week's episode is going to be the part two of this one, which is reprogramming the old beliefs. And now that we've uncovered the money blocks and uncovered the limiting beliefs, we have to then reprogram them. So make sure that you come back here next week for that. And I want to just thank you so much for being here. I know that you could be a million places right now and I'm just so glad that you're here with me.

Let's keep this conversation going to join us in the private discussion group, the ambitious babe where ambitious, driven online entrepreneurs go to get the mindset and strategy to grow and scale their online empires. Join the ambitious babe at [Jenn scalia.com/tribe](http://Jennscalia.com/tribe)

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