

Ep 55: Where Will MONEY LIES Lead You?



Full Episode Transcript

With Your Host

Jill Wright

Exposing Money Lies with Jill Wright

Ep 55: Where Will MONEY LIES Lead You?

You think that what makes building your business so hard is who you are.

What makes building a business so hard is WHAT YOU THINK about who you are.

It doesn't matter what you talk about, what you believe about one thing is how you think about most things.

That's why how you think matters.

Jill Wright

Tell me a little bit more about Matt the person. Who are you and how did you get here and all of that stuff.

Matt Smith

Alright, so I am Matt Smith, I am a life coach and I went to the Life Coach School I certified back in September of last year. Prior to that, I was just a guy living my life, you know, I'm in my system 50 right now, so I had lived my whole life. And, you know, I, in relation to porn, you know, I started that at an early age, I was in my younger, six or seven around there. And so I went through life, just, you know, looking at it, kind of not really knowing that it was a problem for me, I was just like, Okay, this is something guys do and but I had that kind of like guilt feeling like something's wrong, but I don't know quite what it is. Especially around masturbation. It was like, I don't know. And I didn't have overly, you know, my, my mom was very Christian, but I don't remember her ever saying anything like this, like, this is wrong. Don't ever do this or anything like that. So I grew up my whole life. And I was kind of, you know, I, I didn't have a father figure. So I kind of was like a rebel, I went out and did things my own way I like to party, I like to drink and do drugs. So I kind of went down that path for many, many years. And then, you know, the drinking kind of got out of control to the point where as it became a problem for me. And so then eventually, I, I quit drinking about 14 years ago. And so I stopped drinking, and mostly due to legal issues, I

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was having trouble with drinking and driving. So I stopped drinking. And I stopped temporarily, like, I'm just gonna stop for now to get past this, and I go back to drink. And I always always a guy, that man, I love drinking. I will never quit drinking. I like I'm carrying it around. Like, I was like, it was a flag. And I was so proud to, to waive it. Right. So then, you know, I go through and quit for a while. And I discovered that my life was better without it, right? And I was like, okay, that's weird. Like, life is better without this addictive substance. Who knew? Right? So I go through live, I started learning how to live without alcohol. And I actually go to the extreme opposite, where I'm like, I don't even want it around me. I don't, I'm not avoiding it. But I just I just know that I don't, I don't need it. And it's such an opposite thing from the guy who was waving a flag saying I'll never quit to I never want it in my life. But it's not that I hate it or avoid it or anything. I right now, I haven't been away from it so long. I recondition my brain so much so that like, you can put alcohol in front of me and I won't even drink it because I have no desire for the desire has been completely removed. So anyway, so I quit drinking. Life's pretty good. I didn't notice like, Hey, I'm using porn a little bit more is this like, I'm a guy, this is what I do. This is how I this is how I handle stress. So my life's going along. And then you know, I you know, go through a divorce mostly because I'm not drinking my wife is I not really handling it that well. And, and we weren't a great match. We figured that out after I stopped drinking, because we were drinking buddies, and then we're not. So then we go and I'm in you know, I go to therapy for that, because I'm not feeling well. And then the therapist says, Hey, you might have a problem with porn. And I'm like, No, I don't I don't have a problem. It's just something I do. So I went through like three or four years of denial that and then I then I slowly became to realize like, yes, that's, that's a problem. So then I started getting help for that. I went to therapy groups, I went to 12 step meetings, and was fighting it the whole time not having I'd have like moderate success, whatever, some success, no success, it was always up and down. But I couldn't really ever understand. Like, why I couldn't quit it, or why I was using it was

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now did you go through that same sort of pattern when you quit drinking?

Matt Smith

No. So because I quit drinking, I was like, angry, you know, I was in trouble with the law. Like I lost my license. And I was angry. So I was like, I am done with this, but

I'm gonna help. Okay, so it was a little bit different dynamic.

I hit like a rock bottom for me. But I knew I was coming back to it. I was like, I'll come back to this. But for now, I'm done. Right? And then, you know, and I was also trying to do it to look good for the court system. Like if I go into the judge and say, Hey, Oh, good. I quit drinking, you know, let me go free and everything will be fine. Well, that they don't do that.

Jill Wright

Okay, whereas the porn, you probably thought was a permanent change. And so maybe that made it harder.

Matt Smith

Well, yeah, it was difficult to it's difficult to let go of, and it's also easier to do porn in your head because drinking you need to physically drink before you can make up in your head. You know, it's like a drug that's in your brain, you can have all the time, which is really fun. So, anyway, so I you know, so I tried different things. And then I got into too, I've always always into like Tony Robbins and coaching and that stuff. So I hired a couple of Tony Robbins coaches and not a couple, but I went through one and then she laughed, and then they gave me another one. So I went through a few of

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those. And I liked him. And I like his coaching style, but it didn't really work for me, because it's very, it's based on physiology and LP, which I really liked. But I couldn't get my brain to it. So they'd be like, I remember my coach saying, when you have the urge to look at porn, I want you to like get on all fours and bark like a dog. Well, okay, I, I could not get myself to do that. Now the idea behind it is to interrupt the pattern. Okay, our brain is like a record player, you know, you put them on. And if you scratch that record, I'll never play again. The idea and amazing things I could never get myself like, I'm not going to do that. It's silly. So I had no success, or the little success. So then one day, I was looking around, I have never happened upon the Life Coach School, podcast. And I saw the model. And I learned it. And I was like, that makes sense to me. In my real life, or my job, I am a software engineer, so my brain works. Okay. So when I saw, you know, CDF AR, that made sense, I was like, that's it. And then you know, so I started doing that, and are pretty good self study. But I knew, in order for me to master this, I said, I should probably like being a teacher. And that's when I said, I'm going to join the Life Coach School. So I became a coach from there. So I'm targeting men who need to want to repair their relationships, because for me, it was very damaging to my relationship. And so I can see how it impacted me. So I want to help those guys that are suffering. And it's usually, you know, guys are in relationship with their wife. They're the porn is relatively discovered, their wife knows about it, or maybe she doesn't. And then that still they'd have to, they have to face battle, they have porn addiction on one side, they have their relationship on the other, it is just a lot to manage.

Jill Wright

How do you help them?

Matt Smith

For me, or what I teach is all it's all software. Okay. So everything we do is based on thoughts. We think, we feel, we act, the whole cycle. So when

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you actually look at porn, when you have the desire for porn, to look at pornography, that's a feeling. And that comes from a thought. And that's where it all starts. So the thing of it is, is some of those thoughts might be in like conscious thoughts, like I see a woman and think she's hot, and I want to look at her something I want to, I'll see a woman on TV, and he's like, let me go look her up, right. So that could be a thought. But then there's also subconscious thoughts from your lower brain saying, hey, let's go look at porn. Now that's triggered by for example, stress. If I'm stressed, for example, my brain says, I don't like stress, nobody likes stress, let's go do something fun. Let's go do something that will feel good. So we'll offer the idea like, you know, it would feel really good right now, this. So that's how it works. So stress, anxiety, fear usually.

Jill Wright

What causes the stress in your ideal clients?

Matt Smith

So it could be work stress, it could be relationship stress, it could be COVID stress, it could be anything. But usually, I mean, if it's a guy in a relationship, it's the stress from the relationship caused by the pornography that is, you know, that they're dealing with. So it's kind of like a cycle like, so then there's a whole element of kind of like, shame, like, we feel shame about it. Like, I'm ashamed to do this. I'm ashamed to tell my partner I'm ashamed to admit this. I don't feel loved or she won't love me if I do this, if I tell her this. So that is typically one of the major contributors.

Jill Wright

What I find with my clients is that, like, there's, there's an underlying thought pattern that causes the behavior. And then there's judgement about the behavior, right? So that behavior then becomes a circumstance. And

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we have a thought about that. And that perpetuates that cycle is coming from some thought usually about themselves. So do you find that in your clients as well?

Matt Smith

What I call the two main thoughts that most everybody in the world has is "I'm not good enough" and "nobody loves me". So those permeate everything, whether it be money, stress, life, work, job, you name it, that's the one you see the most. Those are the two that you see the most in some form or fashion. And it's so deceiving because it can show up in so many variations of that, but when you drill down into it, that's what it comes down to. Always.

Jill Wright

The basis. Yeah, so what was yours?

Matt Smith

It's the same thing. No one will think I'm not good enough. And no one will love me. Nobody loves me. And that's what I thought like, you know, I was in a relationship going through this. And if I slipped and if I watch porn, I would not want to tell her because I was ashamed because she would not love me. Right? So that's what I faced.

Jill Wright

So nobody loves me or nobody will love me. Yeah.

Matt Smith

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No one can love me because I look at this, and this is a shameful act.

Jill Wright

Okay. And so, do you feel like? Do you feel like you felt that even before the problems in your relationship?

Matt Smith

Well, for me in my life, yes. Because I don't whatever stemmed from my childhood, there is always this, like, I want to make you happy. And I want to please you so that you'll love me that type of thing. And I see that some of my clients as well, whether they're conscious of it or not, I see a lot. It's a very, it goes along with that kind of people pleasing thing. I just want to make you happy, I want to make her happy. I'm doing this thing that I consider bad. This doesn't work.

Jill Wright

Because you had other buffering behavior in the past, right? So I mean, and how we think about one thing is how we think about most things.

Matt Smith

Yeah. And what I find is a lot of that behavior comes from sort of the scarcity thinking and you know, not enough love is some type of scarcity thinking and you can substitute pretty much anything in there for not enough, not enough money, not enough time, not enough knowledge and enough experience, not enough. Perfection. I mean, the list goes on and on. Right?

Jill Wright

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I guess if we tie this into sort of entrepreneurs, right, there's so much scarcity. When people become entrepreneurs, none enough clients, not enough time,

Matt Smith

I'm not doing enough.

Jill Wright

Yeah, not doing enough, not not making enough money. It's not going fast enough. I should be farther along. I'm not far enough along. I mean, just goes on and on salts.

Matt Smith

I don't have enough conversions. I don't have enough time. I mean, I as an entrepreneur, I can know those so intimately.

Jill Wright

Well, yeah. And I call all of those money lies, right? Because when you put them in the model, they do not serve you they do not get you results. The results that you get is never enough. Yeah,

Matt Smith

yeah. Endless. It's a bottomless well. Yeah. All the money in the world. And you'd still think you don't have enough.

Jill Wright

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You're never going to have enough until you decide that it's enough. Right? You're never going to be enough. You're never going to have enough you're never going to do enough until you decide that it's enough. So it's the same thing with with good enough. Yes. you're never going to be good enough until you decide that you're good enough.

Matt Smith

Yes. Yeah. I take it from a different approaches. And you are already good enough. Like Exactly. Yeah, yeah.

Jill Wright

Now you have to decide that right? I mean, there is no measuring stick out there that says, you're like, Okay, well, let me stand up against, you know, next to this guy and see if I'm as good as he is, right. There is no measuring stick. Yep. That's a decision.

Matt Smith

Yes. Right.

Jill Wright

And you're so all you're in control of really is loving yourself.

Matt Smith

And being open to receiving love from someone,

Jill Wright

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it sort of goes back to sort of that idea that Be the change you want to see in the world. Perfect.

Matt Smith

Yeah.

Jill Wright

If you want somebody to love you, then start with what you control. Yes, it is loving you.

Matt Smith

And that's I use that a lot in a different way. But in the same sense, as when people are looking at porn and they're trying to they're going down this recovery journey. Let's say they, you know, go for a while they have a number of days or weeks without it and then they have a slip up where they do look at it. Then they start to take this stick out and they start hitting themselves with this stick thing I have never done I'll never do it again. I was a bad person. For doing this. So the one thing I try so hard to do is let the is get them to let go of that. There's nothing wrong, you didn't do anything inherently wrong, porn is neutral, it's all your thoughts and feelings is creating all this stuff. So if you can start loving yourself, even the tiniest bit, that's going to help you so much more than hitting yourself with a stick. Like you need to love yourself so that you can then help yourself out of this hole that you've dug yourself in. So Love is a huge component of everything.

Jill Wright

A lot of times with a limited money mindset, since money represents value, we often tie it to our value, yes, as a person. And so I find that that's usually

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a little bit of a sticky place for them, they make everything mean something about who they are. So this their circumstances can mean something about who there are their thoughts, their feelings, their actions, or their lack of action, if they are procrastinating or if they aren't managing their money, or if they're overspending, or you know, where their results like anything in the model they can make. I mean, it's because of who they are, they're broken, or they're, they're not valuable, I focus primarily on two relationships, your relationship with yourself, and your relationship with money, a lot of the work that I do is helping them separate. Like that's not your identity, who you are, at your core, is who you are at your core. And the only thing that you need to change is how you see who you are at your core, because right now that's covered up by these money lies that we're going to detect and expose. And once we detect and expose those, and you question them, right, you can then step out of those beliefs. It's almost like, you know, kind of washing away a layer of dirt that covered up who you truly are, right, and so that you can then step into this identity of who you truly are. So when you stop believing those lies about yourself or about money, or about your business or about your clients, right, whatever prevents you from, from the rich and abundant life that you deserve, and that you're meant for, then you can step into being the person that doesn't believe those lies, and which will cause you to show up completely differently from the way you're showing up now, right? You're playing small, or you're, you know, making the sales conversation about you or you're believing that, you know, nobody's going to pay this price, or I'm not good at selling, or I suck at marketing, or nobody's interested in what I have to say, like all of those lies. When we strip all of those away, then you can be more of who you truly are. And from that place from being who you truly are, you can get the results that you ultimately want.

Matt Smith

Yes, I'm laughing because I just went through a couple of those with my business coach couple weeks ago about what I'm charging, and it was completely about, she asked me that question, like, we got to how the

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value value is placing on myself. And it was like, would you set it as like, there it is. That was me two weeks ago, when she said you should charge this and I was like, I can't charge you that anyway. But um, so in relation to porn, addiction and porn addicts. A lot of guys will go into this. And they'll think that this is a lifelong thing that they'll never be free of it. And that's who they are.

Jill Wright

And because it's who they are, right? They can't change who they are.

Matt Smith

Also, because they've been dealing with it like for 20 years or something, you know, if I'm targeting guys who are 35 to 40. Most of them have been looking at this since they were young, and a lot of them was pretty young, which is pretty shocking. But and nowadays, like I said, a lot of the young people, young guys are getting it in their teens. I mean, this is I mean, when I grew up, it was hard to get for nowadays, anybody can get it at any moment. So they get this mindset that they've been fighting it for so long because this is who they are. They can't quit. And I do think with enough thought work, you can completely get rid of them. As I said, My alcohol I used to wave that flag. I love it. I'll never give it up. I am 100% opposite of that. Now, I can be around it. I can go to a bar, I can sit with you and drink and you can drink and I'll be fine. I have no desire for it and i can i Know that it will happen with the same thing with pornography or will eventually get to a point where I have zero interest in it whatsoever. And I believe that everybody, I think if you take the wrong approach and say, Get that away from me, I can't have it.

Jill Wright

What you resist persists.

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Matt Smith

Yes, you will be fighting it. And that's why I think some people, I think my sister mentioned somebody that had quit smoking 30 years ago, and she says, like, Oh, I would love to have one right now. And I, that blew my mind. I'm like, how can you? You know, I've never smoked, so I don't know, maybe, maybe it's different.

Jill Wright

But she never got rid of that thought, right? It's not physiological anymore, obviously, after 30 years, but she never got rid of that thought that I want a cigarette, right?

Matt Smith

Exactly. I'm still using it every time I get stressed. The thoughts right there saying I want a cigarette, she probably saying it to herself 100 times a day without even knowing it. So it's the same thing like, Oh, I want to look at porn, I want to look at something, you know, I want to do something like that. You keep feeding that beast, it's gonna live. But I think if you can let it go really focus on the new thoughts, then eventually, you don't have I like to, I mean, with the guys I work with, I want them to just focus on their new thoughts. I don't want Oh, that like, in three months, you're gonna be absolutely cured and I'll gonna fix everything. It's like, I want to teach you how a new way of living and thinking so that you can take this and go keep going with it.

Jill Wright

what were some of the lies that you were believing about yourself that you then had to master?

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Matt Smith

Some of the related porn ones were like, I want to do this, which is very deceiving, I want to look at this, which is, as I said, it's deceiving. Because you get the feeling the urge dopamine, so you actually start to believe it. It's an absolute lie. And I want you to understand that because it's going to convince you that you do want to do this, you'll think you'll be a different person saying I go No, this, what's wrong with this, I want to do this, I really like this. And it's like, no, once you get out of that dopamine rush, you're gonna be like, no, I wish I didn't do that. And I don't want to do that. That's not who I am. So those are the types of scenarios right?

Jill Wright

So how did you? How did you master that lie? I want to do this, what you found it was a lie what I call a money lie, because it impacts the rich, abundant life you deserve and are meant for right?

Matt Smith

Yes, it's all about feeling your feelings. 100% of it is you have to figure out how to feel your feelings. Now there's two things right, there is the urge to look at porn is a feeling. And that will give you a lot of belief that you do want to do it. So that's kind of late in the game, you're having this urge you're there. So you have to figure out how to feel that feeling and not react to it, you want to respond to it not react. Prior to that ever happening, you have that first feeling which is I am stressed, I am bored. Boredom is a big one. In your brain says hey, let's warn boredom is terrible. We should be doing something fun, or anxiety, stress, whatever it is. So it's kind of like I want you to learn to feel both feelings, this one and that one, you first, figure out the boredom one so that you never get to the second feeling of I want to know if I can, if we can preempt this early on, figure you know, learn how to feel deal with stress, feel your stress, be okay with your stress.

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Don't, don't resist it. Get to know it, have your arms open and wrap them around it and love it all the way through, then that'll stop everything. You'll never even need to worry about the porn stuff because it'll never come up. It'll just be like I'm stressed. There's nothing wrong with being stressed. I'm stressed right now. And you don't even know it. No, all this. So it's, it's 100% feeling your feelings?

Jill Wright

How did that work that you had already done in your drinking and in your porn addiction? How did that work that you've already done impact you in building your business?

Matt Smith

So it's the same way I get like,

Jill Wright

like what feelings come up in your business?

Matt Smith

So all the ones you mentioned, I'm not doing enough. I don't have enough money. I don't have enough time. I don't know what I'm doing. Nobody will want this. I can't find clients. All those thoughts or thoughts that I bought in the last

Jill Wright

What are your feelings? Did you have to feel associated with those thoughts?

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Matt Smith

So there's a mixture. I mean, it's stress, it's anxiety, like I'm not good enough at this. I'm terrible at this. So that's sadness, depression, those types of things. So you need your name, the feeling I can probably have felt that at some point, discouraged is a big one. Because if they've been fighting this for a long time, and if they can't gain any ground, it beats them into the ground and they're like, I don't know what to do anymore. I'm just completely I'm ready to give up. So discount Yeah,

Jill Wright

yeah, I get that a lot too. any entrepreneur I think has at some point wanted to give up.

Unknown Speaker

Well, the good news is if you feeling that if you're having that thought you're feeling you're feeling you're doing it right. Oh, you're on your way. You're just I always say that you're one thought away from getting what you want.

Jill Wright

Yeah, I like that. So what would be your favorite money thought, favorite thought, favorite useful thought, to believe about money.

Matt Smith

There's always enough money. It's more of a belief of like, it's just gonna show up. I have this thought belief. It's like, I always get what I want. I think about things and they show up in my life. It took a while to notice it. And I was like, That is weird.

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Jill Wright

And it works both negative and positive. Right?

Matt Smith

Yeah, yeah. And I and once I started to see it, and believe it, it became stronger, I would want something and it would show up like a year later, after I long kind of forgotten about, I'm like that. I wanted that back then. So how I got it is very strange. I think all the people in my life, I've attracted, like, all the coaches I have are like, awesome coaches for me. And I was like, this person came into my life because I wanted it, I needed it right at the right time. And that happened for me. And I, I wish it would, I wish it would happen for everybody. Because I'll tell someone like, you know, and especially other coaches, like, you know, you should hire a professional coach, like somebody real because there's a huge difference between the people you coach with in CCP versus the person you're going to pay who's been in the field for three years? Yes, it is unbelievable. And so I try and say, Hey, you should hire a coach, you should hire a business coach, hire a money coach, hire a personal coach, do whatever you want, just get one so you can see it and experience what they can offer and live it and watch it. Especially if you're trying to create a coaching business yourself. Yes. Oh, you get the benefit of seeing them run a program, you get the benefits. They're experienced coaching. And I've told everybody,

Jill Wright

you get so many ideas for things that you can implement.

Matt Smith

Yeah, so I'm always saying get coaching no matter what, like just Yeah.

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Jill Wright

Well, so great to meet you and get to know you a little bit and I look forward to connecting again soon.

Matt Smith

Likewise.

Jill Wright

Awesome. Thanks, Matt.

Matt Smith

Thank you. Take care.

That was a great conversation with Matt.

You might be wondering

What does this have to do with Money Mindset?

Byron Katie says, All thoughts are recycled, meaning that we all think the same thoughts.

What does this have to do with Money Mindset? Because Matt's clients and my clients are both believing Money Lies - they both have beliefs that keep them from the abundant life they're made for.

We are not our thoughts. We are not our actions. We are not our results. We are not our diagnoses.

Addicts are not their addiction I wasn't an over spender. My action was overspending.

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Think about the thoughts you're believing. Notice the statements you make about who you are. Notice where you start any sentence with the words I am ⇒ what are you declaring about who you are?

I am stupid.

I am lazy.

I am not good with money.

I am not good with people.

I am not good at selling.

You have an opportunity to change who you are just by changing what you're declaring about yourself.

Part of Awareness is knowing where the Money Lies come from.

Knowing where these Money lies come from makes all the difference when you start to question them. It means you can start to separate it from who you are.

What are the Money Lies that people addicted to porn are believing? What are those impacted by the addiction believing?

I'm not good enough.

Nobody loves me.

Nobody will love me.

No one can love me.

I will be this way for the rest of my life.

I'm too broken I can't be fixed.

That's great for other people, but that won't work for me.

How are those lies impacting you?

How are any lies about anything impacting us?

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That's why we have to be willing to have the discussion. Porn addiction is a neutral Circumstance and only when we're willing to understand it can we have any kind of impact on it.

That goes for any problem we want to talk about. That's why I wanted to talk about a seemingly unrelated problem -- to show you how we can MASTER anything once we detect and expose the lies we're believing that are the root cause of the problem, create Awareness around the problem and gather intelligence on attacking the lies, Scrutinize the lies, transform our identity to become more of who we truly are without the lies, expand and elevate our thinking to expand and elevate the possibilities for our business and our lives and then continue to reinforce and reinvent who we truly are.

How does that translate into making money?

I'm not good enough. Therefore, no one will hire me.

Nobody loves me, therefore, no one will hire me.

I will be this way for the rest of my life; therefore, even if I do make some money, it's probably just a fluke and won't last. Or I'll waste whatever money I make.

I'm too broken to run a business.

That's great for other people, but that's not meant for me.

I don't deserve it. -- leads to self sabotage

But all of those thoughts you were not born with them. They got wired in your brain, which means that they can be rewired.

There is nothing wrong with who you are-only with your thought patterns, which is possible to change through coaching.

It's the same for my clients or for Matt's clients.

When you think I should be able to do this, then you don't, you feel defeated, discouraged, maybe even hopeless or helpless to change it.

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I should be able to do this turns into I can't do this.

I can't do this turns into I don't do it.

But just because you haven't done it. Which by the way is not usually true. We think because we don't do it 100% of the time, we haven't done it.

Because it doesn't feel permanent, because urges still come up, we haven't done it.

But we have done it.

Where are you not giving yourselves credit, where are you shortchanging yourself?

And where else is this showing up for you?

Courage and confidence doesn't just show up-they come from showing up.

Your actions aren't who you are.

It's just what you're doing because of a pattern wired in your brain and you can rewire that behavior.

We don't have to judge the thoughts feelings or behavior in order to master the behavior.

There is a way out of any thought pattern. You don't have to change you. We are not our thoughts, feelings or actions. We don't have to judge. We can take back control.

We can use the MASTER your money mindset process to master anything in our lives.

Next week we'll talk more about awareness so that you can continue to build awareness around the Money Lies you're detecting and exposing.

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Outro:

In your business you will have trouble.

There's no eliminating problems showing up in your business.

But problems don't have to mean something bad.

What if problems are just an opportunity to exercise those problem-solving muscles you're developing?

I have a new toolkit I use with my clients that I'm sharing with you to help you become a Problem Solving Ninja in your business.

I'm super excited to share this process you can use to solve literally ANY problem you have in your business.

It's available now by visiting [jillwrightcoaching dot com forward slash solve-dash-any - dash - problem](http://jillwrightcoaching.com/solve-any-problem)

There's a series of short videos and three worksheets that will explain in detail as well as walk you through using this process to solve any problem in your business.

This free resource includes some strength-building exercises you can use in your biz so that when challenges and obstacles come up you know exactly how to solve them. I use this in my own business when I feel stuck so I don't have to stay stuck and I can move forward instead of wasting time spinning.

Go and sign up to download all these resources absolutely free.

When you sign up, you'll also get notified of the special calls I'll be hosting to answer questions about the process and coach you live on any problem you have in your business.

Hurry and get yours now, so you can move forward in your business. <https://www.jillwrightcoaching.com/solve-any-problem>

Ep 55: Where Will MONEY LIES Lead You?

Exposing Money Lies with Jill Wright