

Ep 67: Where Will Your Money Mindset Take You



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[Exposing Money Lies with Jill Wright](#)

Ep 67: Where Will Your Money Mindset Take You

Jill Wright

Well, you know what that means it's time to expose the money lies.

Let's get started.

Well, welcome back to the money lies podcast. I'm Jill Wright and I am thrilled to be here again today. I have such a treat for you. I have Anke Docherty joining me for a conversation. And what I loved about this conversation was just so much more definition around Money Lies and how it impacts us where they come from. And so that's how I decided on the title like, Where will your money mindset take you. It's really important to recognize how much impact your money mindset really does have on you and on your business. And really not just, you know, in a small way, or in a limited way, but it impacts every area of our life. And we've talked about this, as we've been learning more about how to Master your Money Mindset.

So you might remember that I'm doing a series of episodes where I'm sharing, you're sharing my Master Your Money Mindset, six step process. And each month, I'm sharing examples and strategies on how to master your money mindset. So in April, I started with the M and master, which is for money lies, you first have to detect and expose the money lies you believe, in order to master your money mindset. And that's why I talk so much on this podcast about money lies and what they are, how to detect them, how to find them. And so this episode here today is going to talk a little bit more about how to find those money lines. Because until you find those money lies, you won't be able to take them through this process. So back in April, I talked a lot about that.

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That's Episode 49 through 53, if you haven't listened to those episodes, and I talked about how money lies really are almost like a computer virus that's operating in the background, they really do impact the performance of your business. Then in May, episodes 54 through 57, I talked about the A in master which stands for awareness, I talked about building up awareness around where the money lies came from, how they impact you what results, they get you a lot of the different facets of the money lies that we believe because awareness really helps us build up ammunition that we can use in the next step of the master process, which is scrutinize.

So then in June I talked about in episodes 58 through 61, I shared the process of scrutinizing the money lies, questioning those lies, so that we can then uncover the truth about ourselves and about money and about anything that we do in our business. So that was June. And then in July, I covered the T in master which is transform your identity. So you remember I talked about Charlie Jubilee and CEO Charlie and that whole persona. And so that's we talked a lot about identity. And luckily, there was five weeks in that month, which is perfect, because I like to spend a lot of time on identity because our beliefs about ourselves, our beliefs about money, really do impact how we see ourselves and how we see our identity. And our identity has so much to do with how we show up in the world.

So that would bring us to the E in master which is elevate, elevate your thinking, elevate your possibilities. And so this is a perfect way to kick off August when I'll be talking about how to elevate your thinking and elevate your possibilities for your life and for your business. Now every stage in the process is very important. But I think once we step into that new identity, we open up a whole new world of possibilities. When we step

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into the identity that where we've already stripped away some of those money lies. Remember, we've stripped away the marble, right, Michelangelo and the statue of David. We've stripped away those parts of us that aren't really us.

And I think a lot of this that we're going to talk about in this episode really speaks to stepping out of that old identity, stepping into the new identity, and how you can access different areas of your brain to elevate your thinking even more from that place of this new identity. So I want to let you listen to this conversation that I had with Anka. And I think you're really going to enjoy it. I want to do Anka, too. Give us a little synopsis of who you are. Who is Anka Docherty?

Thank you so much, Jill. And thank you so much for having me on here. It's my pleasure to be here with you and to talk to you about money lies. Okay, yeah. So I'm Anka Docherty. And you're not the only person that is frequently confused about pronouncing the name. So that's why I always say it's fine. And you're actually pronouncing it well. So no issue. Um, yeah, I can talk to you. So I'm a life and career coach. And I'm also an RTT. therapist. What does that mean? RTT means rapid transformational therapy. I don't know if you want to know more at this point. Really?

Yeah, I would love you for you to describe, like, what does that mean? rapid transformation therapy.

Okay. I always compare it to a house. Okay. So a lot of fans, especially in the coaching world, we work on the conscious mind, right, we work on our thinking, we work on our mindset, and all the things, this is like you're in your house in the ground floor, okay. But then there's that basement, and

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the basement is the subconscious mind or the unconscious mind as we sometimes call it. And it's not something we regularly think about or know about, it's just something we do automatically. It's like, when we're driving a car, right, we don't think about how we open the door, or how we get into the car, like put in the key, turn it open the door, we don't do that we just get in the car and be drive. So and the same applies in our life. Like there are so many things, which we do subconsciously or unconsciously just like driving a car. And a lot of these things influence how we act in our conscious life. Okay.

So for example, when it comes about money, sometimes we have certain money beliefs, subconsciously, that we're not even aware of, but that influence our life and how we act and how we think. So I always say it's like getting a key going down to the basement, seeing what's there, making sense of it, clearing it up, rearranging it, coming back up and lock it again.

Yeah, that's, that's, uh, I love that explanation. Because, you know, I mean, okay, just from working with you. And we've known each other a couple years now. So I know that you have a lot of expertise in human resources you've worked in, in human resources, you've had a career in human resources for a while. And I think that alone gives you such a broad perspective about people. You add in your coaching certification from the Life Coach School, and now your certification as an RTT. therapist. And I'm like, Wow, what a great vantage point you now have with all of these, you know, different perspectives about people have all of the stories that people tell themselves that limit them, you know, so I'm just curious, what even led you to get interested in to get certified in RTT?

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Okay, that's actually a bit of a long story. I'll try and compress it a little bit. Yeah. Okay. So, as you said, I used to work in HR. Okay, so I used to be an HR director for a number of years and in a multinational company in different countries. And I like the HR, I always like HR, but for me, a piece was missing. Because in HR, everything is about, you know, the balance between the company and the person. And I'm quite a person centric person, if that makes sense. Yeah, yeah. So yeah, I'm all about the person how people can improve, you know, and how they can get ahead in their career at that time or in their personal life. And I saw that there are so many things that keep people stuck. Okay.

So, plus also some things were going on in my personal life at that time was around Yeah, six years ago, okay, where suddenly everybody around me got ill. Okay. So, mother, father, mother in law, father in law, husband, daughter, they all got ill and they all had not just, you know, small things like we had massive things like strokes like mental diseases like cancer or Other things. And while I never had anything myself, I saw it all day every day. And of course, I had to deal with it, right. And it just dragged me down like crazy. And this has been, when it comes again, to the personal side, you know, I really struggle doing my job sometimes because I'm like, I cannot deal with all these office politics, for example, I have genuine problems, you know, and always, I love my work and love showing up. But I just found it so hard. And this sort of brought me into coaching. So for us, just for myself, you know, I joined the Life Coach School, which you obviously know, because you've been there as well. And I listened to the podcast, I joined self coaching scholars, I absolutely loved the work, it helped me so so much, and I just went into certification, and then became a coach, not full time, I just did it at the side in parallel to my work. And then this is then we're slowly but surely RTT came in, you know, we work

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together, okay. And I decided to build a career coaching business and to help people with their career in all sorts of different forms and shapes. Okay. But nothing really worked. So I worked also on mindset, I worked on marketing, I worked on money life, okay, all sorts of things. And I did have clients, but just on a very small scale, and I just felt so old. And I didn't know why.

Okay, so I just was looking around, you know, and as we search through the internet, we come across different things. And one day I came across Marissa here, who is the founder of rapid transformational therapy. And I just listened to it. And she kept on talking about the subconscious mind and how it all works. And I'm generally quite a practical person. So I'm like, this, this hypnosis stuff and subconscious mind, like, what the heck, basically, yeah, excuse my language. But, um, and then I thought, maybe there is something towards listening more and more, and I watched videos, and I'm like, she's actually right. And nothing of this is totally rude. Like, there is a sense to it. You know, and this is then how I got into it. And I had an RTT session myself. And it just, it transformed everything for me, because suddenly everything made sense. And what I found out for myself now is what was holding me back were certain beliefs about, you know, being self employed, about earning money as a self employed person talking about money life. Yeah. And these beliefs were so deep seated that I didn't even think about them anymore. And suddenly, everything made sense. And I'm like, yeah, this is what I learned.

So for example, I learned that, well, if you're self employed, you're a poor person, or, you know, if you want a decent life, you need to have a good job. This is beliefs that I grew up with. Okay. And I kind of knew it somewhere. But I never thought that this is influencing me the way at it.

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And then after RTT, everything just bang made sense. And I'm like, right, okay. So let's combine everything, let's combine my HR knowledge, my business knowledge, and RTT into something where I can help people to sort of get unstuck. And this is what I'm doing nowadays. Yeah. So I've worked with people, professional people, whether it's in a career, or in a business, to get unstuck, whatever it is whether you know, they don't get their business off the ground, like me, at some point, some people have some issues around confidence, or money blocks, like RTT can help with so many things. It basically is a methodology, if you want to call it like this with which goes into your subconscious mind and finds the root and the cause and the reason for the problem that you're currently having. Yeah, it's not a magic cure. But it explains everything, it unlocks everything. And then you actually can proceed with whatever you want to proceed. That was a long explanation now children.

Yeah, and it ties right into the clients that I coach, you know, because you know, you are, you're a coach and RTT therapist, and so you fit the mold of, of the typical woman that I end up coaching, in my business, on their money lies. And what I've noticed from coaching all of those women on their limited money mindset is that so many of the stories that we believe about ourselves in relation to specifically in relation to being capable of making as much money as we want, but so many other things as well in our life and in our business, just as you mentioned, whether it's in their career or in their business, right, it doesn't matter because it all boils down to sort of the same beliefs. And so many of those things I noticed as I was coaching, my clients are subconscious. And so and what I've noticed is, so many of these money stories are sometimes buried very deep beneath the surface beneath those times. Just layers in the basement, as you call them. And so many times I can remember thinking to myself, as I'm coaching my

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clients, there's more that I am not seeing. I mean, I can feel it. Because I'm very intuitive person. So I could feel that there was something more that was below the surface, but I couldn't quite get to it. So I think it takes a while to dig down. Because you have to build a level of awareness in that subconscious mind that people normally just don't have. Right away. And so that sometimes takes time. And that level of awareness is what is, I've noticed has been needed to detect and expose those money lies. And so I love learning about RTT, because it feels to me and like a shortcut to finding those. And the discoveries I made in the RTT session I had with you, some of which I talked about on the last episode of the podcast, certainly would point to evidence of that shortcut. So I love that this work can be even more powerful with this additional tool. And I'm really excited that you and I are starting to talk about the possibility of collaborating more on this connection to the subconscious with regard, especially to detecting and exposing those money lies that keep people stuck, as you said, what I what I was really excited about getting together with you and talking about was was more of that connection that money allies have and how subconscious they are and, and even how they impact our identity. So if you want to talk about even with with respect to what you learned, or what you uncovered, helped me uncover in the the RTT session I had with you, or even in your own RTT sessions. Some of the things that really pointed to who we are, because I think that is a huge part of unlimited. Our mindset is to identify those parts of our identity that are limiting us.

Yeah, definitely. I mean, let me start with mine. Okay, so for me, I had those beliefs that I mentioned before that, for example, being self employed means I have no money, which is of course a money lie, right? Because money doesn't come from being self employed, or it doesn't come from being a job. You know, I mean, there are so many people that are self

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employed and earn the most amazing money, there are so many people that are in a job and earn the most amazing money. So it has nothing to do with it, you know, so this is one for example. Then I came across some people that said, well, especially women, if I earn money, that means I'm neglecting my family. Because the more money I earn, the more I work. And the more I work, the more I make. For example, this is a very prominent one. Another one was, that was a very charming lady. I remember her now. And she came also to me and she said, Yeah, I just cannot get my business off the ground and so on. So okay, so we were diving in into the basement, as I say, into the subconscious mind. And she then she remembered a theme from her childhood where her parents were quite successful and ever selling all sorts of products to people. And she was actually very good at explaining it.

She was a bit old at that time, not a small child. Yeah. So she was very good at explaining it. And she explained everything. But she felt so fake. She felt like she was cheating people, she felt like she was forcing things on them. Okay, so again, this is why she didn't really want to make money with her coaching because she had those beliefs that she wasn't even aware of. She was great at coaching. She sells tons of free coaching people love her work. But when it comes to making money with it did not work, because she had those beliefs. So and you can talk about your own beliefs. Yeah, maybe it's better if you say that. So this is just a few examples of what people have in their basement that actually holds them back when it comes to making money. And by the way, one more thing, maybe it's the same when people have a job. It's the same thing. Some people say again, especially women, well, there's a ceiling, I cannot go beyond this. I cannot earn more or it's not possible. Well, why isn't it you know, I mean, of course, it's not unlimited in the corporate world, but many

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people can make so much more money than they're making but they don't see it or they don't even think it's a possibility because of their Limiting money mindset or their money lies, as you call them. Yeah. So for example, you know, it could be okay, I can only earn that much, or, you know, maybe one of the parents only earned that much in a job. So that means only I can earn that much or, you know, there are so many possibilities. And that just holds people back. Yeah, so good. Yeah, because it's so.

And this is totally why I do this work, because I saw so many coaches and entrepreneurs believing those money lies. So it's so important to detect and expose those money lies. And that's not even. I mean, I saw sort of what was holding them back. And so money lies was the name I came up with to describe, you know, those limiting beliefs.

But I've just notice how much more people can do when they're able to master those money lies, they can create opportunities, take advantage of all the possibilities that they have open to them and available to them, when they strip away those limiting beliefs. So I mean, even in their career, I remember us talking about how, you know, women weren't particularly skilled normally at negotiating their salaries or their benefit package, or their compensation package, you know, so they become when they strip away those limiting beliefs, they become more powerful negotiators, more powerful advocates for themselves. And for their family. They're capable of establishing and enforcing strong boundaries, on their time, on their energy and on their attention, all while building an amazing life for themselves. Because they've removed those limitations. They've removed that ceiling, they've removed those things, you know, how they saw themselves those limits on on what their could what they can do.

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You know, one of the limits for women, and you just mentioned it a little bit, yeah, in the corporate world, for example, is that if you have a certain position, you cannot work part time. Okay? A lot of people have this in their mind. So they say, Well, I would love to work, but I can only work maybe three days a week, four days a week. And that's just not possible. So why do I even bother? You know, because if you look at job adverts, most of them say full time. Yeah. But the thing is, okay, they say full time, but if you have the skills, and if you can solve the problem that the company is looking to be solved. There are so many possibilities, so many opportunities. In the last two was a two year two ish years. When I came to the UK, I did my job as an HR director for several Well, two countries to be precise. I did that on a 60% basis. And it worked. Okay. But if you would have said that before, it's like, well, it doesn't really work, you know, so. And once you solve those problems, you get a whole new perspective, you suddenly start to ask for things. You make suggestions, you see things, you know, because if you just go to a company, and you say, Well, can I go work part time? And they're like, no, sorry, we need someone full time. Well, that's not the way how you do it. But if you don't have that limiting money mindset, then you can go and say, Hey, you know what, I have an idea. I know how to even solve your issues in 60% of the time you pull less, I tend to work less. And here's how we do it. There you go. And you bring a proposal. And that's a whole different ballgame. But to be able to do that. You need to work on here first.

Yeah, yeah, you have to be willing to own who you are. And you have to have faith in who you are. You have to, you have to have that strong identity, that I'm a person that's valuable, which a lot of women also struggle with. And that's, you know, again, speaking to the identity piece, which, you know, I just did a whole month of podcasts on, because it's

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such an important part, you know, when you become that person who is valuable, that person who has the answers, who has the solutions, who can contribute in such a powerful way to whether it's to a company or whether it's to, you know, a company that's paying you and hiring you, and employing you or whether it's for your own company, you know, having that identity of somebody who does solve problems and brings value to the world and is worth it and deserves it. All of those things that my clients struggle so much with, makes such a big difference. And without, you know, stepping into that identity by stripping away those those limiting beliefs, those money lies, then you're not able to you're not in a position to go out and Give a strong proposal and convince somebody and sell yourself and and step into, you know, I'm valuable, I'm more valuable to them than they are to me. And I'm going to negotiate from that position. You know, a lot of women can't do that, because of how they see themselves.

Yes, and you need to have it within you, okay? I mean, you know this for yourself, you can tell people what to do. Or, you know, in my career coaching, I can tell people how to negotiate, it's not a problem, but if you don't believe it, within you, your voice will be different, your demeanor will be different, you know, the way you talk will be different everything, and this is something your knee cannot teach, right?

Yeah, yeah. Yeah, even your how you stand, and how, you know, how you lean into the people that you're speaking to, versus, you know, pulling back and, and, you know, I mean, you know, from my RTT session, I had a big problem with being invisible, right. So, when you show up as somebody that you know, needs money, or needs the job or needs the clients, you're going to, you're going to show up differently than when you

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show up as somebody who has something to offer, accompany an employer, or clients or patients, whatever it is that you do. So, so I'm curious to talk a little bit about what you have been able to overcome, and how you have been able to start to unlimit yourself around some of the money lies that you believed?

Well, for me, it was all about being self employed. So the funny thing with me was, I was quite successful in my career, I had no problem. I work in construction, most of my colleagues were men, okay, especially here in the UK, I have no problem whatsoever. My problem was when it came to my business, when it came to showing up when it came to telling people what I do, when it came to being consistent in my business. You know, similar to what you said about visibility, I just did not see myself also as a coach for me. I was an HR professional said, you know, and that was your identity. Yeah, that was so my identity. And I'm just like, well, coaching is nice, it's great. It helps all of these things. But here's Okay, she's an HR professional. So if I go out and someone tells me what to do, I'm like, Yeah, I work in HR. I didn't even say I'm an engineer, I never, you know, I just said I work in HR. It's like, at some point, I thought, how are you doing? Why are you saying that? It's not true? You're there's so many other things, you know, why do you even not say that you're an age either. So I always had this kind of thing that I need to hide, or that this is not we are all the things, you know, and still, I have to say, I mean, it's not that certainly this all disappears, right? It's a gradual process, but it just lifted me to a whole new level, you know, and now I can go up and show up very differently. Like, for example, before, I wasn't consistent on social media, I didn't show up on my podcast, I didn't show up to networking events. But the funny thing is right now, at this very moment, I still am very limited on social media, which is pretty popular. And this is a whole new issue. Now, you

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know what I mean? Before I just could not go up there and talk about it even.

Yeah, so powerful. Just, you know, I mean, the mind is such a powerful thing. It continues to amaze me how, how subject we are, to our beliefs, and to that whole structure of our belief system, right? It's not just one thing, we believe it's the whole structure that supports our identity. And what's possible for us because that is, is what drives what's possible for us. And so, once we're able to transform our identity, whether it's through coaching or you know, rapid transformational therapy, or a combination, right, like we're getting ready to do together, I hope. No matter how you get to that, it unlocks such other, you know, so many other levels to what you're capable of producing and creating and the money you're able to make and the impact you're able to have on the people that you help. And so I think it's so important, again, to keep going back and identifying what is limiting me and you know, you can do that Through RT T, you can do that through coaching on the limited money mindset, there are lots and lots of tools out there to help us break through the identity we once had, to the identity of who we truly are. Because I believe you don't really have to change who you truly are, you already are that person, you just have to strip away those subconscious beliefs that make you show up as somebody else. Because I mean, I think a lot of reasons that people feel like a fraud is that they have seen themselves in this way for so long, that when they start showing up as who they truly are, it feels it feels a little fake, it feels a little bit unfamiliar, but it's not because it's not who you truly are. It's only because of what you've always believed about yourself. So in the end, that has such an impact on what we can do in the world, and how successful we can be in our business or in our career, how much money we can make, how much impact we can make. Because, you know,

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my favorite thing to tell people is you are made for more and the only way you're going to be able to step into that. And the only way you're going to have to you're going to be able to step into that faith in yourself is by finding those subconscious thoughts, finding, you know, detecting and exposing those money lies, and then then questioning them and stepping into the who you are without them. So I'm curious Anke, what is your favorite thing to believe about money, whether it's the relationship you have with money, having money, making money? And how do you step into that belief or that identity? How do you live into that?

Well, I think one of the things which I tell myself now I just say, it's there, just go and get it. You know, whatever you do, whatever you whoever you are, whatever you make money is there, you know, people make money all the time, whether it's in a job or in people's business, just go and get it. That's it. You know, it's very simple. And when people are being held back, I mean, the mind learns by repetition, right? You know, this as well from coaching. So if I keep on telling myself, Well, I don't know how to do this, or, you know, I cannot do this, or this is not available to me, or whatever we tell ourselves, we start to believe it, and it becomes familiar. Okay, so whenever a new situation pops up, we go to what is familiar, and then the same music plays on repeat, right? Now, what I also say is, we can also tell our mind different things, you know, I mean, you know, this from coaching as well, it's not about saying, hey, yeah, I can make a million dollars, suddenly, we don't need to have a super stretch, but maybe, well, it's available to that person, it could potentially be available for me. And then we start to tell ourselves different things. And you probably heard me saying this before. Yeah, neither of this is true. Because we don't know what will happen. We don't know what we will earn or how we will earn it. So all of these things are basically alive. And Marie Sapir came up with

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this phrase some time ago when I was on her or not on her course in London a few weeks ago. And she said, Well, if you, if you lie to yourself anyways, why don't you tell yourself a better life? Just so you know, it's possible for me, why not? You know, if you keep on repeating it, then eventually it will sink in. And it may sound silly at first, right? Because why would you tell yourself things that you don't believe? Well, it sounds silly, because it's unfamiliar. So it's all about making familiar what is unfamiliar, and to make unfamiliar what is currently familiar, and then you also start to change.

Yeah, yeah. Byron Katie talks about something similar along the lines of Yeah. We don't know what the truth is. That thing is not absolutely true. So if you're going to believe something, that's not absolutely true, why not choose that for yourself on purpose, you know, something along those lines, and I love that. And I use that concept for myself all the time. I truly do believe you can believe whatever you want to believe, because there is no such thing in my opinion, as absolute truth, even research studies, right? That data has to be interpreted. And so every piece of data that we take into our brain, it all has to be interpreted, and we can choose how we interpret that. And the best way to interpret that is to decide what produces the best result for me what produces the ideal life that I want and then start to believe that what you know, there's lots of different ways to put that into practice. But I mean, that's, that's the ultimate goal in my life is just to believe whatever serves me best. So I love that that you said that you brought that to light and this conversation because it fits so beautifully with everything that we've been talking about. Because it's really a process, right? We start with detecting the money lies, but we ultimately end up with what is the real truth? What is the truth that I want to live out? And so I think that's so important. Who is the person that I

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want to live my life as, right? That is a choice. That's not, that's not something that is presented to you or something that's bestowed upon you? That's something that you decide. Yes. So as we wrap up, I just want to thank you so, so much for this awesome conversation. I love swapping thoughts and concepts with you. And I love talking about you know, what you're doing and how you're moving forward. in your life in your business. I'm so happy for all the stuff that's going on for you right now. So tell us a little more about what's going on for you. What are you currently doing? What are you currently offering? How can people get in touch with you? How can people learn more about you?

Okay, great. Thank you so much for having me, Jill. Money is always a topic close to my heart. Yeah. Not not because of greediness or anything, but I think it's so important that everybody sees the possibility for themselves, which is exactly what you're teaching people as well. So thank you for having me. Okay. What I'm offering at the moment, I help people who are stuck stuck in their life, in their career or in their business, whatever it is, okay, I help them to get unstuck. So I have different offerings. And one of the offerings which I have is to get unstuck, which is basically an RTT session with a personalized recording afterwards, because the information needs to sink in. Yeah. And then. Yeah, so this is this is what I offer plus a few other things. And people could just go to my website if they like, which is AnkeDocherty.com. Yeah.

Great. Great. I love it. So yeah, now put the that information in the show notes. Wasn't that awesome? Just I love that conversation. It was so insightful. And the thing is that this is the perfect transition into elevating your thinking for this month in the EA and master. So if you think about it, once you detect and expose the money lies, once you question them, once

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you step into this new identity, where you've stripped away those money lies, it's so much easier to elevate the possibilities in your life and in your business, because you're not subject to those limits any longer. So if you think about just an example of this, and Anca talked about the example of the lady, the coach that was doing great as a coach, but she felt so fake, she felt like she was cheating people, even though she was a great coach, and she was offering so much value. So if you are able to remove the money lies, even if you're able to step out of the person that's cheating people, and into somebody who is creating so much value, so much transformation for people and seeing the value that you offer. And connecting that with, you know, asking for money or not being afraid to ask for money, not being afraid to negotiate your own value, then you step into this place where you are a powerful CEO in your company. And you can have so much more impact so much more create so much more transformation in the world. When you're able to step into that identity when you're able to unlimit yourself around these beliefs. So think about what that is for you. What is the money lie that you're subjecting yourself that you're limiting yourself under? And how can you transform your own identity so that you can elevate the possibilities because look at how much more is possible when you show up in that way. So that's what we'll be talking about all through August and I look forward to talking more about elevating your possibilities. You know, I am hosting a retreat in Nashville, Tennessee this fall, it's an event that I am so excited about. So make sure you save the dates, it's going to be October 22, through the 25th. You'll travel to Nashville on October 21, to get checked in, and then the retreat will start the very next morning. And then we'll go a half a day on the 25th, which is a Monday. And after that, you can go ahead and travel back home. But it's called the Elevate Retreat. And here's why I'm so excited. No matter where you are in your business, this is such an amazing

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opportunity to get away from all the noise in your life, get away from all the distractions, all the interruptions, and get quiet. Don't you need some quiet time, don't you need some time to yourself. So this is such a good time to come of the year to come to Nashville. It's a small private venue where we can make some really deep connections with all of the women that will be there, it's a very small group, there's going to be no more than 16 women, that's the maximum depending on how the rooms work out because we have some single occupancy rooms and some double occupancy rooms. So depending on who gets in first and, and what rooms they get, that's going to determine the number of women but it won't be any more than than 16. So not only will it be a great opportunity to get coaching on your limited money mindset and make some great new friends or deepen connection with some friends that you meet there, there are also some very tangible takeaways that we're offering included in the cost of the retreat, you'll get to work on branding asset with the fabulous Deena Rutter. branding extraordinaire, you're going to learn from her the key things to keep in mind, as you build your brand, whether you were just in the beginning stages of your business, or if you're already have been in business a little bit and you want to strengthen your brand. This branding is so important. And so you'll get a chance to meet with Deena and get some feedback from her and build one branding asset while you're there. And so that's something that you'll take take away completed from the retreat, you'll get time with a personal stylist, who will help you define or even redefined your personal style in conjunction with your branding and positioning. And she'll help you style your outfits for your branding photoshoot, which is the thing I'm most excited about. We're providing a branding photoshoot with my photographer, Karen Halbert. She is awesome. I love her so much. Karen's superpower is taking photos that clearly very clearly convey your brand and what you stand for what you do

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what you're about your personality, she is so gifted at bringing out who you truly are. And she makes it so much fun. So you really gonna enjoy this. Even if you're like me, and you don't normally enjoy getting photos taken. I don't this will be such a treat. She makes it so much fun. She makes you feel comfortable. And she does such a great job. She's so awesome. Everything in the retreat will be taken care of once you arrive from the time you arrive until the time you head back to the airport. We have everything taken care of we've coordinated everything so for you. So you don't have to worry about a single thing you're used to taking care of everyone I know. But when you arrive here, we're going to be taking care of you. So I want you to sit back, get quiet, get still and just enjoy this time that you have to focus on yourself. And to focus on your business. Go to my website, check it out. If you're interested, make sure you don't waste any time because there are a maximum of 16 spots. So once we sell out, that's all that we have for this year. So there are a couple of pricing options depending on the room you want and whether you want a single or a double double occupancy, but I would love to have you there so I hope to see you soon.

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