



Who Says You Can't Be a Master of Your Own Money?

Andrew Jenkins, Wealth Coach

"This planet has - or rather had - a problem, which was this: most of the people living on it were unhappy for pretty much all of the time. Many solutions were suggested for this problem, but most of these were largely concerned with the movements of small green pieces of paper, which is odd because on the whole it wasn't the small green pieces of paper that were unhappy". ~Douglas Adams

What is it about money that intrigues us?

What is it about money that scares us?

What role does money play in your life?

Do you control your money or does your money control you?

Money has so many loaded meanings. What are some meanings that you bring to money?

I believe money is

I believe that rich people are

When I look at my bank balance I feel

When others start talking about money I

Some of the beliefs we hear from our clients are

"Money is the root of all evil"

"I have to be ruthless in order to get money"

"I am not obsessed with money. Money is not important in my life"

"I have to give up my integrity in order to earn large amounts of money"

Our relationship with money is vitally important and how we view it can impact our enjoyment of life. Our attitudes towards money are as important as how much of it we have. So how can you change your attitude to improve your relationship with money?

One of the greatest things we can learn is that our world can change in one of two ways – one is to change the external world around us and the other is to change our internal perspective of the world. We have very little control over one of these and absolute control over the other. This is true of our financial world as well.

Here's an interesting example of how our perception can alter our financial world:

A friend of mine recently went on a holiday and purchased an accommodation package that included a three-course dinner at an exclusive restaurant. She described how magnificent the food was and what a lovely evening they had. She felt very free to choose whatever she wanted and thoroughly enjoyed her evening. She made a comment that was very interesting - the very fact it was 'free' made it so much more enjoyable for her.

Now, she was fully aware that it was not 'free' – they had prepaid via the package, yet it is interesting how many of us could have a more enjoyable experience by simply changing our attitude.

This is just a simple example of how the way we perceive the world can benefit us – *the world did not change, just how we viewed it*. What is one attitude you could change that would really improve your experience with money?

The great thing is that each of us can develop mindsets that allow us to be far more resourceful with our relationship with money. It can be as easy as adopting an attitude akin to prepaying a service.

How can you become a better master of your money?

Many people have an unproductive relationship with money. The way we think about wealth is the most important aspect of how wealthy or 'unwealthy' we will be. Becoming wealthy is, in fact, a mind game. Most people wish for riches but see and dream struggle and toil. We are continuously bombarded by negative influences and circumstances. If we allow our circumstances to dictate who we are and what we make of our lives we will continue to experience the same set of circumstances. The only way to break this cycle is to fill our minds with positive and uplifting thoughts and images.

Think about yourself and money for a moment and what is the first image that comes to mind?

Be honest. Was it a fearful image of not having enough money to be able to live your dreams? This is precisely why most people do not ever achieve great wealth. They choose to chase money at the expense of their dreams. No matter how much money people have they will always still have dreams, and the money they have today will rarely ever satisfy those dreams. Why is this? As we grow, so do our dreams. Dreams always extend us. The dreams of a multi-millionaire are as audacious and bold as those of a well-off middle class businessman. Are you waiting to get the money before you start living your dreams?

The real secret of our relationship with money lies in our attitude towards it. If we fear it, or fear lack of it, those are exactly the images that will fill our

mind. We all think in pictures, and we create what we see and feel most. Wishing positive and thinking negative will never serve our cause. We are creative beings and we continuously create what we allow most into our minds.

What thoughts and feelings are you currently allowing into your mind? Are they resourceful?

We focus a lot of our attention on money, so the way we think of ourselves and money is most important. Money is not our end goal, it is a means to an end – Money is our servant, it is not our master. Do you view money as your master? If so, is there any wonder that you conjure up thoughts of fear?

Money is our servant – it is there to help us achieve our mission. Without a mission, however, money becomes our master and also our focus.

Do you allow your finances to intimidate you to such an extent that you avoid dealing with them as much as possible? In attempting to solve your money problems are you looking for answers that satisfy your fears or your heart?

Many of us strive to have or make as much money as possible since we think that is the antidote to our greatest fear - not having enough money. Yet the irony of this type of thinking is that it often doesn't cure the fear, but perpetuates it by creating a constant need for more money.

Recall for a moment a time when you had a purpose that consumed you; that dominated your thoughts and actions and completely absorbed you. Did that conjure up a positive feeling inside that made you feel powerful and in control? Was money an issue, or just an after thought? What was important to you – the purpose or the money? These are the types of thoughts and goals that drive the positive feeling within and these thoughts and goals come from a mission, a purpose. Money is an after thought, the mission is everything.

"The best way for a person to have happy thoughts is to count his blessings and not his cash"

~ AUTHOR UNKNOWN

So, what is money?

Money is such an all-pervading substance in our lives. We are involved with it in almost all areas of our lives. There is little we can do to avoid it, yet many of us attempt to do this. Others are so focussed on it that they can become obsessed.

So, what is it? Money has evolved over the centuries, and will continue to evolve. It changes its character continuously and it has multi-purposes and meanings to people.

For most of us, money raises ideas of economics, mathematics and statistics. Many of us may feel insecure with money because of these associations. Interestingly, the use of money evolved out of deeply rooted customs and arose independently in different parts of the world. Its subsequent unification around the world arose as a result of a replacement for the barter system. This association has provided it with extremely strong economic connotations. However, its evolution was from other than pure economic reasons. Glyn Davies, the author of "A history of money", is of the opinion "that economists tend to overestimate the purely economic and technical functions of money and have placed insufficient emphasis on its wider social, institutional and psychological aspects".¹

Do you discredit your ability to have a good relationship with money because you know little or nothing about economics, mathematics and statistics? It may be of comfort to you to recognise that the primary origination of money was largely from non-economic causes such as for ceremonial, ornamentation and commemorative purposes.

What meaning do you give to money?

As a concept, money can mean different things to different people. Everyone has a different view of what money means to them. To some people it is the goal, to others a measure of success. To others it may be the source of power or others, a source for powerlessness.

It is important to have a good relationship with money. Part of that involves understanding your self and your higher frames of mind around money. If you have conflicting frames of mind associated with money you will not be in alignment with attaining it. Within your mind there may be a conflict that does not serve you.

For example, at some level of your mind you may want money because money means freedom to you. Yet at another level you believe that in order to get money you have to give up your freedom. This conflict is unlikely to serve you well and is likely to result in frustration and a lot of wasted energy.

These conflicts can arise in all of us, regardless of our financial intellect. The ability to have a good relationship with money is not discretionary. You do not need a degree to have a good relationship with money. In fact, having too much information may create more conflict than resolution.

We are all equally capable of developing a resourceful relationship with money. Are you ready to develop your relationship? With exploration, you can align all the meanings that money has for you and attract it more easily.

"Do not value money for any more nor any less than its worth; it is a good servant but a bad master"

~ ALEXANDRE DUMAS

¹ Glyn Davies, " A history of money from ancient times to present day, 3rd edition Cardiff: University of Wales Press, 2002.

It is also important to have a good understanding of how to control your money i.e how to save, how to set and reach financial goals and working on improving your financial intelligence to assist you in becoming financially independent.

Accepting responsibility for your relationship with money is one of the most important decisions you can make. This means eliminating all areas of blame and resentment surrounding your concept of money.

Are you prepared to accept responsibility for this area of your life?

If so, this is the first step towards taking control of your money and becoming a master of your money.

To find out more about Wealth Coaching, [please click here.](#)