



F.E.E.L. Feel Every Emotion as Love™ Virtual Mastery Program



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Journaling Questions and Exercises for Lesson 10

ANXIETY Regarding Your Career and Finances

As you saw from the video, there are a few different themes that may be coming up for you when you are experiencing anxiety. You will be able to shift this energy to love and truth when you begin to identify your ego's theme regarding anxiety. The theme stays consistent until you consciously draw it out and begin to tease out fact from fiction. Because anxiety also comes up when you are paying too much attention to both your ego message and your rational mind over the wisdom and insight of your essence, there will be questions to support you to give your energy back to your essence.

(Remember when you journal, you will often hear the ego first which is critical or victim story. Allow that to release. See it for what it is, a story, and then re-ask these questions if necessary to listen to what your essence wants to share.)

Questions to Contemplate When You Feel Anxiety about Money & Finances

1. When you start to feel anxious about money, what messages is your ego communicating to you? Journal why you believe in the messages of your ego over the messages of your essence.

A) What changes in perception does your essence want you to make?

B) What actions does your essence want you to take?

2. In what ways do you fall victim with your relationship with money?

- A) There is not enough syndrome?
- B) I cannot afford mentality?

Journal what your essence is feeling in those moments when you fall victim to those ego stories. See if you can begin to recognize how your reaction fuels and adds energy to your ego rather than your essence.

3. How would you describe your relationship with money? Do you feel close and connected or out of touch, even fearful? Ask your essence if there is anything about your relationship with money that needs to change. How would your essence create greater health and intimacy with your relationship with money?

Questions to Contemplate When You Feel Anxious About Your Career/Work

(Please note these will vary to some degree depending on your circumstances. Use those that apply to you!)

1. Do you feel fulfilled in life? What could change to make your life feel more fulfilling? How does that apply to how you manage or perceive your work?
2. Do you feel competent toward your work or do you underestimate your abilities? What messages do you tell yourself about those parts of your job that create fear? What would your essence tell you instead?
3. Do you recognize and honor your special talents or do you look to others to give you that validation and confidence? What does your essence say about the gifts you bring to your work?

Exercises:

#1 Stand in Awe of You – Take time at least once per day and acknowledge all that you are and do. Stand in awe at yourself for choosing this life, with your challenges and gifts that are there for you to evolve and claim your fullest potential.

#2 Stop Yourself- this is the most important thing you can do when you feel anxious is to stop and pay attention to what is really going on within you. Anxiety can come on so quickly and so easily gets blown off as stress that you have likely learned to adapt to some levels of it. When this happens, you will be busy but chasing your tail. Stop and take 5 to talk to your essence.

#3 List How You Would Feel Different if You Had Unlimited Amounts of Money – ask your essence to guide you toward greater truth as well as support as to how you can begin to claim those feelings now!

Wow, isn't this fun and amazing to bring up these closeted blocks?!? Be amazed at the fact that you are willing to do this while so many will never be able to handle the challenge. You are doing great work!

Michelle