



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



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[Journaling Questions and Exercises for Lesson 14](#)

Frustration Regarding Your Career and Money

Frustration regarding your career, work life and money are all sure signs that now is the time to follow your inner guidance. The next step is present, yet the ego messages are overpowering your inner guidance. What makes this occur is that you are buying into those all too good excuses.

Below are a few questions that pertain to your career or work life/ situation to support you to recognize the excuses that you are hanging onto that are preventing you from moving forward to tapping into even more of your potential and ensure you are fulfilling your life's work.

[Journaling Questions Regarding Your Career](#)

1. Do you feel you are currently fulfilling all, part or none of your life's work? Explain.
2. What could be done differently in regard to your work life that would bring you greater joy, fulfillment or peace?
3. What reasons do you give for not being able to create those changes in your life?
4. In what way does your reason make you the victim regarding your current situation?
5. If you were to determine to take a risk regarding your career/work life, what would it be?

6. How would your essence feel if you were to take that risk?
7. What do you feel the consequences will be should you continue to deprive yourself of taking that risk or next step?
 - A. In particular address the following:
 - B. Your internal consequence?
 - C. Your spiritual growth consequence?
 - D. The consequence to others?

Journaling Questions Regarding Money

1. What is the most common reason you find yourself getting frustrated about money?
2. Is there a story or theme regarding money that keeps popping up or repeating itself?
 - A. If so, what is it and where do you believe that story/theme comes from?
 - B. Does the theme pop up in other areas of your life as well?
3. How would you currently describe your relationship with money?
4. In what ways does your essence encourage your relationship with money to shift?
5. What excuses do you buy into that prevent you from making this shift in perspective?
6. In what ways would your essence want to enhance your beliefs regarding money?

Exercises:

1. Look through your journals or past memories and recall events regarding career and money. Rather than getting emotionally entangled in the victim side, image yourself as an outsider looking in at your experiences. See yourself growing bored and impatient with the stories being fed to you. Now look at yourself in a mirror, looking into your eyes, commit to what one different step is you can take in the next 24 hours.
2. Continue to build up your relationship with your essence. To be able to take risks on behalf of your essence, you have to be able to trust in what your essence is saying. Even for those of you who have had a long-term relationship with your essence, you can always find yourself getting caught up in the to-do list rather than your to-be guidance. Pick a day that you are able to-be and follow your inner guidance from everything big and small that day to reinvigorate your relationship!
3. Set an intention regarding your relationship with money. After reviewing the journaling questions regarding money, set an intention regarding how you would like to enhance your relationship with money. Be sure that you are not coming from a place of lack. Instead, allow the intention to be about how money is supporting you to create a deeper understanding in terms of your spiritual growth. Keep that intention at close attention throughout the duration of the topic of frustration (until lesson 17!)

I am so excited for you to be applying these lessons. Should you have a recent experience in regard to these lessons or journaling questions that jumps out, I would love to hear about it! You can email them at support@michellebersell.com

Wishing you continued blessings on this mastery journey!

Michelle