



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



Michelle Bersell

Journaling Questions and Exercises for Lesson 19

Guilt Regarding Your Career and Money!

No matter how conscious you are, guilt can still occur and often does so when it comes to money and career. Again, the theme to be looking for is regarding roles and images of yourself that you want to uphold versus what your ideal is. The other component of guilt is to signal how you are not living up to your ideal and can you take the message without the rest of the ego messages that set you on a downward spiral. The following journaling questions will support you to differentiate between the ego & your essence when it comes to guilt, so you can take what you need to create your ideal without being held back.

Journaling Exercises When You Feel Guilt Regarding Money:

1. In what areas of my life do I wish I had more money to spend?
(without guilt or judgment, share)
2. What have I felt guilty about spending on in the past?
 - A. Looking back, with the viewpoint of emotional consciousness, what was the guilt really about?
 - B. Is there still aspects from that guilt that will support me today to remember and keep in mind?
3. Are there certain times or triggers that make me feel more deprived than others? Explain. (ie..running into a specific person, working too hard etc...)

4. In what ways did money play a role in defining who I was in the past? In what ways does money still define me (ask your essence, you will have to dig deep but it will support you to heal your relationship with money!)

5. In what ways does my essence want me to know that I am more than adequately cared for? In what ways have I been cared for that exceeds the norm?

Journaling Exercises When You Feel in Regard Guilt to Your Work/Career

1. What role does my career/work play in my life?

2. Are there ways in which I over-identify myself with my work? If so, what does my ego want me to buy into that isn't true.

3. Is the way I work aligned with creating my ideal life?

(answer both)

A. Why?

B. Why not?

4. In what ways does my ego currently get a hold of me when it comes to my work/career?

5. My essence wants me to know the following about my work/career:

Exercises for Shifting out of Guilt & Into Your Ideal

#1 Imagine Your Money Ideal—from your essence! People tell me they dream and imagine their money ideal all the time but they are unconscious to the fact where that dream is tied into their ego. Just as I mentioned in the video that unconsciously we become tied to ideas of what will bring us joy such as ice cream or shopping for shoes that may no longer be your truth (or not your truth as often as you may think). It is an old habit that isn't true. Same is true regarding the amount of money that we need to be our ideal. You likely think the more the better but we all know of people who are surrounded by wealth and they are no where near having their ideal life. To image your ideal when it comes to money from your essence, ask yourself "What is it that I really want to afford?" See yourself with that in your life and with the understanding of why exactly it brings you joy. In what ways are you already creating some element of that ideal in your life? Hold this image as your truth both how you have currently created your ideal in regard to money and how you can expand that in a truthful manner that is in alignment with your heart.

#2 Checking Reality Spending VS Joy. List the ways you enjoy spending money. Now look at your credit card bill or budget. Does how you spend accurately convey what brings you joy? What shift needs to be made to make joy a priority? What fears/blocks have prohibited you from doing so? What can you do to make joy show up in your budget in greater alignment with your ideal. (This can be spending money on flowers rather than a coffee or spending money on a coffee you have with a close friend rather than buying a magazine, healthy food vs processed food etc...)

#3 Image the Ideal Way You Work. When it comes to imagining your ideal career, you typically think about what it is you want to do. Regardless of what you do, your essence needs to feel good doing it, otherwise, any work can turn from a passion of the heart to a weight imposed by the ego.

Shut your eyes and experience the ideal way you would work. What would feel like the correct kind of balance. What would your

would you experience? How would you define your work rather than allowing work to define you? Take in how that feels within your heart? Ask yourself what would allow you to define this as your true work role?

You have been amazing taking on each week's work and examining these aspects in your life. Thank you for being on this path with me!

Have an amazing week!

Michelle