

FOUR MOST COMMON MYTHS AROUND MONEY

MYTH #1: MAKING MONEY EQUALS HAPPINESS

Money isn't the root of happiness. We understand this idea intellectually, but it's more challenging to internalize it emotionally. It is very common to think once I have ____amount of money then I will be happy.

MYTH #2: SPENDING MONEY EQUALS HAPPINESS

Besides equating making money with happiness, sometimes we think spending money will fill some sort of emotional void. Although a shopping spree can create a short term boost in happiness, it will quickly fade if we are not dealing with the emotions we are trying to bypass directly.

MYTH #3: HAVING MONEY EQUALS HAVING PERSONAL VALUE

One of the most powerful messages in our wealth-driven culture is that money makes us more valuable as human beings. We can either apply this directly to ourselves: I do not have value unless I make ____amount of money. Or our Survival Mind can use it to judge others' value based on their financial situation.

MYTH #4: HAVING MONEY LEADS TO GREED AND SHALLOWNESS

On the opposite side of the spectrum, many people do not allow themselves to be successful because they do not think it is possible to make "good" money and be a good person.