

## Releasing the Idea of Struggle

If you feel like you are constantly in a struggle when it comes to your finances, you're in good company. An estimated 90% of the population has a difficult time trusting the flow of money into their lives, and feel the need to have more. I want you to focus on this: when you begin releasing struggle from your financial situation, you begin trusting the flow of riches, and begin attracting wealth into your life. Stop Worrying About Your Finances Your beliefs and habits are what keep you from being [rich](#) and create the feelings of struggle you have around money. When you hold on to limiting beliefs you rob yourself of the possibilities and opportunities that exist for your life. When you are ready to begin living a rich life, you have to let go of what you think you know and begin trusting the flow of riches that is ready to enter your life. Releasing your limiting beliefs about wealth allows you to replace your old beliefs with new ones. You can finally let go of the struggle, and realize that you have absolutely no reason or cause to worry about money. Truly. Letting go of the struggle means allowing [abundance](#) into your life. By utilizing the Rich Mind Life Strategy, you'll understand what it truly means to be rich, and invite an unstoppable flow of riches into your life. Remember that if you equate being happy with having money, you are setting yourself up for continued struggle and financial unease. Feel secure about your current situation, exactly as it is now. You can learn how to create an unstoppable flow of whatever you need or want into your life. You can create a flow of abundance and let go of the struggle. If you can't be content with what you have now, you will not be able to feel content with any amount of money. Shift Your Beliefs, Have More Money It doesn't have to be difficult to create, have, or keep money. Our underlying beliefs shape our habits and attitudes towards money. If we believe we will never be rich, we won't be rich. If we are afraid of having money, we won't have money. If we think it's difficult to make money, we will struggle to make money. Can you recognize the beliefs you have that are sabotaging the flow of riches in your life? One of the ways that folks limit or block the flow of riches into their lives is by focusing on a lack of money. Let's say that you're constantly afraid you won't have enough money to pay the mortgage, or make the car payment, or pay the credit card bill, you are creating a vortex of lacking. Focusing on a lack of money amplifies your lack of money. Stop! Know in your being, you have the ability to create a flow of unstoppable riches into your life. Stop fearing the money and allow the flow. Once you begin releasing your fear about money, and give up the belief that having money means you have to struggle, you will consciously allow an unstoppable flow of riches into your life.

## About the Author

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