

Bonus Report from BeliefsAboutWealth.com

10 Energy Wasters That Are Costing You Money and How to Fix Them Right Now.



Any One Of These Ten Energy Wasters Could Be Quietly ‘Siphoning money’ Right Out Of YOUR Bank Account! Read On To Learn How to Eliminate These emotional, physical and “Financial Drains” and QUICKLY Bring more abundance Into Your Life.

From: Susan Marshall & Ray Dodd

One of the biggest issues we all face when trying to attract and accumulate wealth is becoming aware of how we use our time and energy.

Nothing will impact your goal of attracting wealth more than learning to conserve and consciously apply your physical, mental, and emotional energy.

This is incredibly important. When our thoughts and actions are in alignment with what we say we want to achieve, we apply our precious time and energy to things that take us exactly where we want to go.

Are you doing that today? Be honest. If not, perhaps it's time to make a change.

Accumulating wealth or creating wealth has a lot to do with how you use your time and energy. If you spend time with negative people, spinning your wheels at a job that's going nowhere, or complaining about this and that but never find a solution, it's a tremendous waste of energy.

One of the best places to start is to identify where you are losing precious energy. What "energy wasters" are sapping your strength?

To start, let's define what we mean by energy wasters.

“An energy waster is a behavior, point of view, or pattern of thinking that doesn't make you feel good, and provides no solution to the problem you face.”

Energy wasters are decisions, thoughts, words, and behaviors that are not helping you and will NEVER help you fulfill your goals, hopes and dreams.

Energy Conservation = Wealth Accumulation

Discovering and changing the energy wasters in your life is an *energy conservation project*. When you use your time and energy wisely you will feel unstuck, empowered and keenly aware of what is happening around you.

When you are aware and not feeling depleted, it's easy to make better choices. It's easier to recognize the opportunities life presents, no matter how things may look.

Life presents opportunities to us all the time. I have heard many people say, they believe that they haven't been given a chance. But it's NOT true. The truth is it that the opportunities go unrecognized. Without awareness, opportunity just passes us by, almost every day.

Like I said, discovering and changing the energy wasters in your life is all about energy conservation. The conservation of energy influences your physical vitality, your desire, your emotions, and how you use your time and resources.

How you use your time and resources has a HUGE impact on your ability to create, attract and accumulate wealth in every form.

It sounds almost *too* simple, but the NUMBER ONE way we can begin to conserve our energy is by becoming AWARE of how we waste our energy.

So let's begin. Here are 10 common energy wasters that can be costing you money and how to fix them.

1. Using Your Word Against Yourself Or Others.

The creative spirit of every person blossoms when we feel supported, nourished and encouraged. Everyone I know likes to feel respected and accepted.

Have you every heard anyone make statements like these?

- Why should I deserve a lot of money?
- I blew it, it's too late. All the good opportunities are gone.
- I can never save enough money.
- I will never be able to do that on my own.
- I am not cut out for that; I don't have what it takes.
- I am not good with money.
- I am destined to struggle with money. This is my *life lesson* this time on earth.

Try an experiment. Take these statements and change the "I" to "You". Now close your eyes and imagine your spouse, boss, Mother or Father saying these things to YOU.

Each one of us will have our own unique reaction to these statements, but my bet is that the emotions that arose didn't feel good.

You probably wouldn't like someone else making these judgments about you, and yet we receive letter after letter containing statements like these, statements people write about themselves.

Having judgments about how you are with money can have direct consequences on your financial well-being. If you are critical of yourself, that's not self respect. Using your word against yourself can pull you into a bottomless downward spiral.

When other people make unpleasant judgments about us it often feels worse than if we make these judgments about ourselves. That's only because we will abuse ourselves *just a little less* than we will tolerate from others.

We EXPECT others, especially those close to us, to be there for us, to accept us as we are, and never hurt us.

But listen closely to what you say to yourself in the privacy of your own mind. Are you accepting, patient, forgiving and compassionate with yourself?

Think about it, there is always someone who is there with you. YOU!! If you want to attract wealth for yourself, be your best friend. Always be there for you, accept yourself like you are, and NEVER hurt yourself. If you don't, who will?

Watch very carefully how you use your words. Begin with yourself. Do you ever say things about yourself that boil down to: *not good enough, not smart enough, not fast enough...* Statements like that don't feel good and provide no solution whatsoever to any challenge that you face.

If you want to attract wealth well-being, prosperity, and abundance start treating yourself like you deserve it.

The same goes for using your words against others. Words are the currency of the mind; they are creative and make things happen.

Holding judgments or opinions about how others are, or what they're supposed to do, is a big energy waster. Some of the most obvious ways of using your word against others are blame, insults, put-downs, labels and criticism.

Even comparison and diagnosis of fault are not a good uses of your time and energy. If you are irritated by someone's behavior and complain about it, go on and on about how they should be, does it feel good? Are you providing ANY solution to what you are complaining about?

When you use your word against others you create a limiting situation that keeps you stuck.

Wealth flows when your actions, words, and thoughts are in alignment with your deepest desires. Start by noticing if what you say about yourself and others is in harmony with the intent of well-being, emotional enrichment, or the free flow of energy. You don't need to be perfect, just start noticing how you speak outwardly and inwardly, and then ask yourself:

Are my words helping me or hindering me in creating personal wealth?

2. Assigning Blame.

Most of us are taught by example that somebody else is responsible when something goes wrong, or that WE are responsible for not getting it right.

Whoever is responsible is to blame and should be punished.

The word “responsibility” is often emotionally charged. Who's responsible is a "search for the guilty” game. A game, that by the way, that is a BIG energy waster.

No matter what someone else had done you have power over one thing and one thing only. You choose how you interpret every situation. You decided what it means.

What we decide something means is the story we tell ourselves about what happened and how it affected us. If that story ignites negative emotions, and doesn't provide any solution, it's an energy waster.

This is true no matter what happened. No exceptions.

The way to fix this energy waster is simple. Be accountable for what YOU can change.

You can't change others, and you can't change the past. With your own free will, you decide what's true about what happens to you, and around you. Those decisions create the filter you see life through and they either empower you, or they are energy wasters.

Period.

What happened is what happened. That's a fact. But blaming others is a judgment that diminishes your effectiveness and provides no solution. Will playing the “blame game” advance your wealth or attract abundance to you? I doubt it.

What you can control is the way you interpret every situation. Use that power to cultivate positive points of view that attract richness into your life. Choose an outlook that doesn't waste your energy.

Once you choose an outlook that feels better than blaming, take action that makes the most sense and produces the best solution.

3. Making Assumptions and Not Distinguishing Between Opinion and Fact.

The human mind is a beautiful creation. One measure of intelligence is how our *logical* mind predicts what will happen in the future by recognizing patterns based on past experiences.

It is natural for the mind to draw conclusions. For example, a little child who touches a hot burner on an electric stove for the first time learns “This hurts!”

The child can easily come to the conclusion that touching any electric burner will ALWAYS cause pain. He may not understand that it will only burn him when electricity is running through it. He makes an assumption that what happened before WILL happen again.

We all do this - predict the future based on what happened in the past. It establishes a boundary of safety, the island of what we know. One of its main purposes of the predictor is to figure things out so life makes sense, to protect you from being hurt, and to create something that works (or at least appears to).

But what if the predictor is driven by a fear that was real in the past but is no longer relevant today?

We do this all the time by making assumptions based on what may have been true in the past.

A common assumption is surmising what someone means, even if the words that they use don't mean what you assume they mean. Couples do this all the time...

Husband: “Hi honey, what did you do today?”

Wife (Reacts angrily, thinking): *He's NEVER satisfied no matter how much I do around here!*

Question: Is That A Fact OR An Opinion?

A fact is what happened. The rest is judgment, your interpretation about what is true.

Imagine: You come home late one night, and someone has broken into your house. The front door is damaged and your brand new television set is gone. For most of us, this would be upsetting. So upsetting, we might talk about it for days, call friends and family, discuss how the house was robbed, speculate about why the world isn't safe anymore, and perhaps even decide that it's time to move somewhere else.

So, what's really true?

The emotion that we felt when we walked into the house was authentic. Someone violated our space, and there may still be a real danger. The door has been broken and the television has been stolen. That's all true. But, the rest of it is a made-up story. An opinion – what we THINK is true.

Here is a common limiting opinion about wealth we hear all the time:

I blew it, it's too late. All the good opportunities are gone.

Maybe this did happen once, you missed an opportunity, and it was a hard lesson. But is it ALWAYS true?

Not likely. Days, months or years after it happened is it only an opinion - what we THINK is true.

Opinions are often based on things that were once true, but are, in this moment, only assumptions. Assumptions are an interpretation based on the past, and the projection of that interpretation into the future.

If our assumptions are driven by the need to be safe, and to explain how things are, they may be keeping us from growing.

Expectations are assumptions about what we think will or *should* happen. Expectations can strangle opportunity.

I often ask my clients, "Do you know what is going to happen in 10 years?"

The answer is obvious. No, no one knows what is going to happen in 10 years, or any time in the future, for that matter.

Then I ask them "Do you still wear the clothes you wore when you were nine years old?" I've never had anybody say yes to this either. When I ask them why they say, "Because they don't fit."

The truth is they have grown and changed. They have evolved.

Change is normal and natural. What once was may not be true today. It's only true only if you BELIEVE it is.

Assumptions based on a piece on past history are big energy wasters that can cost you opportunity and money.

How do you fix this energy waster?

Don't make assumptions or stand firmly on prejudice. Pay attention to what is happening in this moment. Be open to any possibility. What was true *then* may not be what is true *now*.

We live in an unfathomable universe, yet we interpret everything through what we know concocting a reality of our own making that often doesn't allow us to grow. Not assuming and stepping beyond what we know opens us to extraordinary possibility.

We all live on a self constructed island of safety. What you THINK is true is often subject to change, especially when we are stressed. If you want to attract wealth, beyond what is "normal" for you, you are going to have to venture off that island and look at the world with fresh eyes, not clouded by all the knowledge you have accumulated.

I'm not suggesting you do something foolish or throw away well-tested financial fundamentals. What I am suggesting that you recognize how limiting assumptions, opinions - that were once based on facts - and interpretations about things relating to wealth may be costing you BIG MONEY.

4. Taking Things Personally.

A common drain of our energy is feeling upset or offended by what other people have said or done. Whatever the emotion you experience is: anger, sadness, indignation, or resentment -- the one experiencing it is you. Your feelings are really components to the meaning you have given the event because every story you tell yourself has an emotional perspective.

Jennifer's Promotion...

While Jennifer was receiving her yearly performance evaluation, her manager told her she was a great team player but could perform better if she improved her organizational skills. Until she became better organized, her manager would not recommend her for a promotion.

Jennifer called her husband as soon as she left the evaluation. She began to cry and railed about how hard she'd worked and how unappreciative her boss was.

Lying in bed that evening, she became convinced that her boss was just out to get her. She was sure that she was no longer wanted and would probably be asked to quit. The more she thought about it, the angrier she became.

"How dare she say those things about me after all I have done for her?" Jennifer told me.

So what is true? Jennifer's manager NEVER indicated she wasn't valued. Her manager said that Jennifer could improve her organizational skills. This was a necessary skill set for her to move to the next step.

Jennifer's energy would've been much better used if she concentrated on how to do that, as opposed to how hurt she felt.

Jennifer was only reacting to her own interpretation of what her manager had said – a reaction that was ignited by the deep beliefs she has about herself and her own value.

Even if Jennifer's manager had been sarcastic or used veiled insults, it still wouldn't be personal. Not matter what Jennifer's manager said, she was just processing what was before her filtered by her own beliefs and opinions. It was NEVER personal.

When you take something personally, you are making an assumption that someone else is trying to hurt you. Taking something personally is always the result of a judgment, or an interpretation.

If the interpretation feels bad and doesn't provide any solution, IT'S AN ENERGY WASTER!

5. Giving Up Your Passion to Walk A Well-Traveled Path.

Do you ever feel like you are trapped in a situation but can't seem to move on? You want to..... but there is a road block in your thinking?

I have one simple question: How does it FEEL?

Do you ever catch yourself WANTING to do something about it but having a little voice in your mind formulating arguments starting with the words "I can't"?

Yep, sounds like an energy waster - a point of view that doesn't feel good and provides absolutely no solution.

The stories we make up that hold us in place, stories like: *I can't*, are powerful because we are RIGHT about our point of view.

We hold together a self-constructed universe of what we assume to be true by defending what we know. Insisting on being right is the gravity that keeps in constant orbit old wounds, stories, opinions, judgments, and expectations. Giving up being right allows points of view that no longer hold value to fall away and offers an extraordinary new level of well-being, freedom and opportunity.

Every self-limiting story we tell ourselves is just a habit. Yes, it takes energy to break out of the habit. But it can take *more* energy to stay in one. That's why busting this energy waster is so important.

Insisting on being right can keep you locked in stalemate, unable to move forward. Yet how easy is it to give up the need to be right? All your life you have probably been rewarded for being right. If you get the right answer in school, you get good grades and positive attention from teachers. If you're right you are the winner.

In some ways, this goes against all logic. It's what you've been taught, *you need to be right*. On the other hand, what kind of success can you have if you stubbornly hold on to old limiting stories about why you can't, what's not possible, or what will surely happen if you do this or that?

You see, the *I can't* story is a restraint fashioned by your need to be right, an opinion keeping you in a prison of your own making.

If you are stuck in a situation that is not yielding a lot of benefit, but afraid it would cost you a lot to move on, then you're wasting energy. In fact, the longer you stay the more it will COST you.

“Cost what?” you may ask.

ENERGY AND OPPORTUNITY.

Add those together and there is a great potential for increased wealth.

If you want to quit wasting your energy by holding together little, or big arguments that hold you back, give up the need to be right.

Try it just once. See how it FEELS and what it creates!

6. Complaining About Whoever Is Paying You.

If you are griping, complaining or resent anyone who is paying you – your customers or your employer - it's a huge energy waster.

Griping and complaining comes from feeling wronged. You want justice, and you want things to be made right. When you complain about others, or feel slighted by them, you give away your ability to come to any solution.

When you complain about how you can't get any justice, you are a victim. I have some news for you.

A VICTIM HAS NO POWER!

A much better use of your energy is to practice gratitude.

Gratitude for what? You might ask. It's a fair question.

Good or bad, right or wrong every situation contains a gift. Let's say you work for a company it's a "bad" job – toxic work place, poor communication, dissatisfied customers and grumbling employees. If you look closely, there is a wealth of experience and knowledge in a situation like that on how to NOT run a business. Learn from it, accept the gift and have gratitude.

When we gripe and complain we have a tendency to seek out others who will agree with us - to share our feelings. You may THINK this makes you feel better – but does it really? Does it provide any solution to the problem?

Try on an attitude of gratitude. Having the outlook of gratitude feels good and creates connection and open communication – a prerequisite for attracting wealth.

Rather than sharing resentful feelings with others consider paying attention to those feelings. Start by becoming aware of what the dialogue around the resentment is. Use your discernment can begin to separate fact from opinion. Is everything you're saying about the situation REALLY true?

Once you have determined what is true, ask yourself THREE very important questions:

What is it I want from this situation?

What action do I need to take to create a real and viable solution?

And finally – *Where is the gift for me here?*

If you want to bust this energy waster, pay attention to your feelings and notice the truth they are telling you. Determine what you want, be grateful for what you have, and for what you have learned. Then, take action that creates a real and viable solution.

7. Hanging Around With Negative People.

Words are powerful, and opinions are like viruses.

Did you know that as much as 50 percent of the dialog chugging along in your mind is made up of other people's opinions?

Opinions have a powerful influence when they find a fertile mind. Let's say you are moving into a new neighborhood and the man next door comes over to welcome you. As he is introducing himself, he tells you that the woman across the street is very mean. The first time you see her you will probably wonder, "Is she really mean?" The seed, the virus has been planted.

If you are surrounded by others who constantly use their words in a negative ways, it is almost impossible not to absorb how they interpret life. It is easy to be influenced by opinions and begin to repeat what negative or unsuccessful people are saying or doing.

Conscious or not, when you accept the virus and allow the seed to be planted in your mind, then you agree with the opinion - *Yes, this is the way it is.*

If you are trying to attract wealth, a constant diet of negative opinions will only waste your time and energy. As we've discussed before in Energy Waster #7, griping, complaining, and resentment doesn't really feel good and provides no solutions to the problem at hand.

The first step to ridding yourself of this energy waster is being aware. Notice if the people you routinely hang around are saying things that SUPPORT positive beliefs and your intent to create wealth.

Notice how what they say FEELS. If they aren't supporting what you want to create don't make them wrong, simply move your attention somewhere else.

Begin to seek out and surround yourself with others whose words and actions are in line with your goals and will nourish your intent to create wealth.

Now one of the most common energy wasters I hear is...

8. Holding On To a Poverty Point Of View.

We recently interviewed over 600 people and collected their thoughts about money -- earning it, attracting it, accumulating it, and spending it.

Here are a few common limiting opinions about money:

- *There's not enough.*
- *Money only flows to those who deserve it.*
- *We owe too much to ever get out of debt.*
- *No matter what I do, nothing seems to change.*
- *It's too late, I've missed my opportunity.*
- *My income is limited by the number of hours I work.*
- *I can't make a living, living my dream.*
- *A woman can't make as much as a man without hurting her children.*
- *Money is for lucky people.*
- *Money is for people who know the right people.*
- *Money is for well educated people.*
- *I'm at the level of income I'm supposed to be at.*

Ask yourself one question. And be honest. Is all of this REALLY true?

Maybe, just MAYBE these are things were, at one moment, true. But now, in this moment they are only assumptions –opinions (what we think is true) based on the past and used to predict the future.

Many of these statements are nothing more than assumptions. We talked about assumptions in Energy Waster #3.

We predict the future based on what happened in the past. It establishes a boundary of safety, the island of what we know. One of its main purposes of predicting is to figure things out so life makes sense, to protect you from being hurt, and to create something that works (or at least appears to).

For example, here is a poverty oriented opinion that is rife with assumption:

My income is limited by the number of hours I work.

REALLY?

I read recently about a teenager who makes \$70,000 A MONTH with a little internet site called www.whateverlife.com. Her income is the 40% commission from the ads she allows people to post on her site. What she produces (her product) is given away for FREE.

Poverty oriented beliefs are just assumptions about what might be true. Supporting them doesn't feel great and provides not one solution to the task of accumulating and generating wealth. Definition – an energy waster.

Look at the list again. Do you ever say any of these things to yourself? Are they statements of fact or assumptions?

If you are holding any of these – or the thousands of other poverty oriented opinions - they are probably not assisting you in creating wealth.

One of the places to start changing your beliefs about money is to discover how you formed them. Did you hear poverty oriented opinions from your parents, teachers, or friends? Did you have any experiences that re-enforced these points of view?

As I have said earlier, opinions are just assumptions about how things work. When you first begin to take on someone else's opinion as your own, you usually look for evidence to support it. After a while it is not uncommon to sink into an unconscious behavior that expresses those opinions.

Take a closer look. You may recognize that these opinions are not your thoughts but other people's opinions you agreed with.

Today, you have the power to disagree with these lack and poverty opinions and stop wasting your precious energy.

9. Regret About The Past And Worrying About The Future.

Dwelling sorrowfully in the past or worrying about the future is a big energy waster.

I'm not speaking about reviewing hard facts about what happened. Again, I'm talking about your opinion of what happened to you and how you interpreted what occurred around you.

Remember the definition of an Energy Waster:

“An energy waster is a behavior, point of view, or pattern of thinking that doesn't make you feel good, and provides no solution to the problem you face.”

Answer honestly: Have your opinions about the past, yourself, and the world around you always brought you pleasure, or have they sometimes brought you pain?

Think about it – is what you have decided is true about your experiences always led to a productive solution?

If you are like most of us, the answer is no.

Again, what is past is past. What is incredibly important is what you decided about it and how that is filtering your view of the future.

If you are dwelling in the past or worrying about the future **HOW IN THE WORLD** are you going to recognize the opportunities that are present **RIGHT NOW?**

What do you have the power to change? It bears repeating.

You have absolute power over what you decide is true about what happens to you and around you. Those decisions color your perception and drive everything you do.

So here is how to fix this energy waster: Be accountable for what you tell yourself about the past and how you project that into the future. Responsibility is response-ability. You have always had the ability to respond in a thousand different ways. You are the authority of your life, the author, and the creator.

If your look back at the past or your view into the future doesn't feel good and will **NEVER** help you fulfill your goals, hopes and dreams – no matter what happened- stop and recognize that **DO** have the power chose.

10. Going Against Yourself - Saying Yes When You Mean NO.

When you continually place the desires of others before your own so they will value you, like you, or accept you, you're not valuing yourself. If you are not valuing your true feelings it can create a whole litany of emotion: resentment, indignation, anger, envy, or disappointment.

How often do you do something because you think you should or because you feel obligated to? How often do you say yes with your mouth when the rest of you is saying no? What things in your life are you tolerating? Why are you tolerating them?

If it causes resentment, and it's not taking you where you want to go, it's an energy waster.

Attracting wealth is a conscious creative process. It requires that you exercise your authority (taking action because of your convictions and desires), and that you honor your intuition -- how you feel about what's going on.

Have you ever lost money in an investment listening to an expert? There's nothing wrong with listening to an expert and hearing their opinion. They can give you tremendous insight. On the other hand, when you put your money completely into somebody else's hands, you lose your authority over it. If you're feeling uncertain but you don't do anything about it because you don't want to create friction, you may not be following your truth seeking sense – your intuition.

When we habitually do things we would rather not do to please others, and we just go along, we can end up being resentful.

Do you ever wear a smiling mask, but there is something churning underneath? The mask hides why we say yes when we really mean no. The mask hides the truth of how we feel.

Limiting beliefs about trusting yourself, or being accepted can result in your going against yourself, an act that undermines your ability to attract wealth and is a pure energy waster.

One way to bust this energy waster is to make a list of 10 things you are tolerating on a regular basis. Examine them closely. Ask yourself the following questions:

- *Is tolerating this really necessary?*
- *Can I do this with a different attitude, with a YES! instead of the no?*
- *Is the thing I'm tolerating helping me to achieve what I want?*
- *How do I feel when I do this?*



If you want to move closer to your goal of attracting and creating wealth, it requires that you support it, dream it, and act upon it. Energy wasters rob you of your of your resources and keep your goal out of reach.

90% of the process of changing limiting beliefs and agreements is recognizing them, becoming aware of them. When you're spending your energy unwisely, it is very difficult to emerge from the chaos and become clearly aware of what you're creating.

Nothing will impact your intent of attracting wealth more than learning to conserve and consciously apply your physical, mental, and emotional energy.

When your thoughts and actions are in alignment with what you say you want to achieve, and you eliminate the Energy Wasters, you will use your energy on things that will take you exactly where you want to go.

Many Blessings,
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Are your beliefs holding you back from experiencing greater abundance?

***Visit: <http://www.beliefsaboutwealth.com>
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about this life-changing personal development process.



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