



MONEY BLOCK REMOVAL

You're not broken

There's nothing wrong with you.

You're not bad with money,
or behind, or incapable.

What's actually happening is simple:

👉 You've built associations around money that are blocking it from flowing to you

Not consciously...

Subconsciously.

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How your mind actually works

Your mind works in two parts:

- Conscious mind (5%)
- Subconscious mind (95%)

Your conscious mind (masculine) is:

- thinking
- logic
- decisions
- what you believe you're doing

Your subconscious mind (feminine) is:

- emotions
- patterns
- automatic reactions
- what's actually running the show

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Two completely different roles

They are not the same.

Your conscious mind says:

“I want to make more money”

But your subconscious might feel:

“Money = stress, pressure, problems”

And if those don't match...

👉 The subconscious wins every time

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Find where your money story started

Ask yourself this:

- 👉 What is my most negatively intense experience around money?

Don't overthink it.

Go to the **first** thing that comes up.



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Example

You might remember something like:

You're younger...

You see your mum sitting at the table, crying.

There's an eviction letter in front of her.

You don't fully understand it...

But you feel it.

- You feel upset
- You feel worried
- You feel nervous
- You feel unstable



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This bits key

That wasn't just a memory.

👉 That became an association

Your subconscious linked:

Money = stress

Money = fear

Money = instability

And now...

Even if consciously you want money...

👉 Your subconscious is trying to protect you from it

So when you say you want "Money" you're actually saying you want more stress, fear, instability.

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Write this down

Take a minute and write:

- What was the moment?
- What did you see?
- What did you feel?

Be **specific**.

Because this is where the block actually sits.



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When you notice it

You go to:

- send a message
- charge someone
- post
- talk about money

And you feel:

- stress
- hesitation
- tightness

👉 Stop for a second and recognise it:

“This is just my old association”

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Don't try to fix the feeling.

Don't:

- wait for it to go away
- try to feel confident first

👉 Let it simply be there



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Why this works

Every time you act despite the stress:

👉 your brain updates the meaning of money

From:

“this is stressful”

To:

“this is safe”

Make this your rule

Any time you think:

“I’ll do it when I feel better”

👉 That’s your signal to do it **immediately**

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Change what you do next

Instead of stopping...

👉 take the action anyway

- Send the message
- Ask for the payment
 - Post the content
 - Follow up

Do it with the feeling still there



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IF YOU'VE MADE IT THIS FAR

This isn't just about money

- It's about the way you think
 - The way you feel
- And the patterns that have been running you for years

If this has clicked for you and you know there's more there:

👉 Message me "SHIFT"

And I'll speak to you directly.

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