

Love & Money Mirrors

Chapter One



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Love & Money Are Inextricably Linked.

Your Relationship With Money Will Affect Your Relationship & the degree to which you are happy & fulfilled in this area of your life.

Firstly I want to talk about **the old, out of date paradigm of thinking & behaving in western society, which is conditioned & instilled into us & is based on fear & struggle.** This is the current framework that has been passed down historically & forms the status quo mindset. It filters downwards into society, conditioning the majority of people to 'buy-into' stories of lack, disaster & separation, without encouraging them to question the messages they hear or read or their own behaviour.

It keeps men & women apart in very cunning & subtle ways, so much so, that the majority of people fall for the messages & then live by them. All the while they are doing this they render themselves incapable of harnessing their true power, creativity & inner wisdom or genius. They simply do not understand how to be a powerful creator of their own reality in any area of their life without hustle, struggle, forcing, blaming, controlling, over rationalising, worrying & ultimately feeling helpless & powerless & not particularly happy deep down.

This of course has a huge knock-on effect on our romantic relationships & our relationship with money. It doesn't take a genius to know that money stresses can put serious strain on a relationship. If a relationship is not fundamentally strong & healthy it will be easy for any money troubles or worries to create more tension & conflict.



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So, **our relationship with money often mirrors what is going on in our romantic relationship.** This mini-training is therefore designed to help you take a closer look at where the mirrors exist between your love life & in your relationship with money. The two are generally linked. Of course every situation is different & unique and so it is wise not to paste a blanket statement or analysis on everyone. It is important to take time to understand how your own relationship with money might be affecting your relationship, so that you can take steps to remedy it. Even if you do a lot of work on yourself & you start to feel provided for in love, your money story can still get in the way of helping you & your partner to create higher quality & more consistently passionate & intimate connection.

So let's go back to **the old paradigm. Here as we all know, there is a huge emphasis on money. Many people equate money & the ability to earn a lot of money with success.** Images of the rich and famous are paraded in front of us in the media on a daily basis and it is easy to be dragged into comparison and yearning for more. Not that there's anything wrong with wanting more & let's face it, money definitely provides us with choices & the opportunity for a wider range of experience.

The trouble, however, with the comparison & the yearning is that it often leads to feelings of failure, lack, disappointment & fear of losing any money we do have. Many of us have grown up with a lack mentality due to experiencing & absorbing the fear of our parents, who may well have struggled to put food on the table & felt the stress of having to provide for their family's basic needs.

The trouble is many people who actually always seem to have enough money & who earn more than enough to cover basic needs still operate with the same fears of loss & depravity that were instilled into them as children.



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This serves to create a hustle type of energy whereby, they are always chasing the next level & often unknowingly telling themselves that their life will be so much better when they earn the next amount of money they are chasing.

If there is an ongoing undercurrent atmosphere of lack, struggle, overworking and anxiety there is much potential for a negative impact on your romantic relationship.

No wonder, many couples cannot have a conversation about money without arguing. No wonder many people put their desires on the back burner & no wonder they get stuck in the same old energy & routine of paying bills & trying to save enough for their retirement, which of course is important. However, they don't stop to think 'what about now?' Am I living my life in the way that I value? Am I living my romantic life in a way that makes me feel alive, inspired & deeply loved? Am I being who I really want to be in my love life? Am I being the best person I could be?

We have all heard of people who get to retirement with pots of money & who don't get to see their retirement out. We also hear deathbed stories of people regretting the fact that they did not spend more time with their loved ones & cultivate more open & loving relationships.

Here are a couple of quotes 'no one says I wish I had spent more time at work or on my business or alone on my computer'. 'When I am on my deathbed, I don't think I will be thinking about a nice pair of shoes I had or my beautiful house. I am going to be thinking about an evening I spent with somebody when I was twenty where I felt that I was just absolutely connected to them (Tom Ford).



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Let's refer back to the **hustle energy** that results from a dysfunctional relationship with money. This is the energy many of us are operating with on a daily basis. It creates the feeling of 'I never have enough time' & the constant feeling that there is a never ending to-do list that we can never get on top of.

If this is the general undercurrent & we are feeling under pressure, it makes sense that we will be less inclined to relax & enjoy our partner's company. Fundamentally **this then induces a lack of trust. This lack of trust starts with a lack of trust in one's own capacity to create abundance in a way that is sustaining & fulfilling.** This is often unconscious & a sign of self sabotage. It manifests in all sorts of forms such as feeling unsafe, not blessed, not chosen, not attractive enough, not intelligent enough, not good enough, not lovable enough & so on depending on your exact programming & ways of thinking & behaving.

The lack of trust also gets projected outwards onto a partner & the relationship itself. If you cannot trust yourself on some level, you will find it hard to fully trust your partner & life in general.

If you are adopting hustle energy around money - don't be surprised if you experience a partner who is defensive, resistant, 'turned off' or even needy.

Relationships DO NOT & WILL NOT respond in the same way as your business or your career where you can achieve promotion through pushing your way to the top or being super pro-active. In either of these you can use hustle energy to achieve success.

When it comes to relationships it doesn't matter how much money you are earning. Believe me there are many couples who earn 6 or 7 figures but still fight like dogs & have very little or zero QUALITY passion and intimacy.



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This is exactly what the old paradigm sets out to do. Keep you disconnected from your partner, in fear & lack, all the time worrying about maintaining a current level of living more out of concern about what others might think, because that is the currency of success & power today, albeit generally fake & manipulative power. Or you might be worrying about making ends meet. These are not the ingredients for a wildly successful relationship.

There are couples, on the other hand, who do not earn such heights, yet have consistent and high quality intimate connection, because their relationship with money is not running everything from underneath the surface. These couples are living according to the New Paradigm, which helps you to address the unconscious sabotage that keeps you from enjoying life in a way that is truly aligned with who you want to be. This paradigm sets you up to live in the most fulfilling way for you, without having that uncomfortable feeling that something is always missing.

Similarly it will help you to enjoy a healthier relationship with money where you feel more provided for & more trusting. It does this because you make the decision to live in alignment with who you really want to be & how you really want to do things. You decide to do whatever it takes to live in integrity with yourself, even if it means making mistakes. When you decide to live in this way it will then have the knock on effect of helping you to design a life where money works for you in a more creative & alive way rather than getting stuck in the same old ways of relating, which only serve to keep you unfulfilled & unhappy.

One of the biggest mirrors that goes on for many people in love & money & which they are generally unaware of is the lack of connection, understanding & alignment with one's values, desires and standards when it comes to both of these areas.



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Most people don't actually stop to reflect upon whether they are living life in the way they truly desire; whether they are being who they really want to be as a person & whether they are showing up in their relationship in the way they really value. Neither do they think about how they are spending money, mindlessly in many cases or they are too scared to take a risk & end up hoarding & never acting on their dreams. There are many variations in between & I am sure you can see yourself along that spectrum somewhere.

So, you can see how the money hustle pressure is running the show from behind the scenes. Unfortunately this doesn't often change over time & the relationship, which needs growth to evolve ends up becoming more & more stagnant or full of conflict (which is really just another way of trying to cope with the stagnancy). This is why so many relationships fail or couples end up feeling like they are just roommates.

This hopefully gives you an insight into why your relationship with money can have such an impact on your romantic relationship.

In the next chapters we will take a deeper look into some of the more specific patterns that arise in relation to money & what particular thinking & behavioural patterns they derive from, so that you can start to spot your own patterns more clearly. We will then look at ways in which you can overcome this in order to help you create the feeling of more space, freedom & fulfilment in your love life as well as in your money situation. What we really want to be able to create is a situation where your money journey evolves & transforms in line with your relationship & does so in a way that is satisfying, aligned with what is important to you & who you want to be, as well as being abundant & creating a sense of fun and adventure along the way.



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