



Prosperity

**Identify your Money Saboteur  
through Money Behavior**



# 1

## THE PEOPLE PLEASER

The People Pleaser is the most common money saboteur. She is the one who will not send a meal back at a restaurant if the wrong menu item comes. She's afraid to speak her truth. If she runs her own business she likely doesn't charge enough for her time, gifts & talents. She may feel resentful, sad or frustrated and unsupported. Sometimes has buyer's remorse.

### Money Behaviors of the People Pleaser

Bartering

Trades time for money

Gives things away freely

Giving her time away

Not charging enough

Does not like conflict

Does not speak her truth

### Often Says:

"It's all good"

"I am fine, I am ok"

### Needs:

Connection, Empowering Beliefs, Healthy Boundaries, Courage, To be Heard

# 2

## THE MARTYR

The Martyr is often in the world of service to help others. This might be a healer, coach, doctor but can also show up in other professions and areas of life.

She may feel unappreciated in her efforts.

The Martyr gives but subconsciously expects in return. Often times feelings of anger, resentment, and frustration show up when the giving is not returned.

### **Money Behaviors of the Martyr**

Giving with strings attached

Overworking

Perfectionist

Overwhelmed with piling more on the schedule

Indulges in a lot of new things

Scattered when it comes to how they use money aligned with values

### **Often Says or Feels**

"If I don't do it, no one will"

"It has to be me"

"I do everything"

"No one appreciates, sees, or values me"

### **Needs:**

Support, to be seen, validation,  
connection, invitation







# 3

## THE FIXER

The fixer is similar to a martyr but is avoiding their own patterns by constantly rescuing others. They are the ones giving advice, bailing people out, and over giving. They love to feel valued and recognized for their efforts in return for helping others. She often feels busy, important, analytical, and may have a hard time with trust. The analytical spender

### **Money Behaviors of the Fixer**

Buy lots of gifts for others  
Spend money for approval  
Seeks approval before spending

### **Often Says:**

"I have to help them"  
"Hopefully they will change"  
"I am too busy"

### **Needs:**

Connection, Trust, Safety, acceptance, movement, Trust, Loyalty



# 4

## THE VICTIM

The victim can be tricky to spot at first because they often rope you in with a story around what is not working. They want to be rescued and often need extra attention or support. Nothing ever works out for them. They are often in scarcity and unwilling to receive support, but will ask for it. When given support, they often don't take the help, it's more of a cry for help. They have a hard time trusting people and receiving money, results and often have buyers remorse or cancel and break promises and contracts. No matter what there will never be enough. They have a hard time forgiving past mistakes and can hold grudges, project and become disempowered. They may feel hopeless, sad, mistrust, and anxiety.

### **Money Behaviors of the Victim**

Not Reliable and does not take self responsibility

In debt and unhealthy spending

Emotional and lack of trust

Scarcity

### **Often says:**

"I don't know what to do"

"I need help or Help me"

**Needs:** Discernment, Healthy Boundaries, Trust, Balanced Truth & Compassion



# 5

## THE TYRANT

The Tyrant is the saboteur that likes to control everything. She lacks trust in others which can also lead to being untrustworthy. She wants to win at all costs. She likes to control everything. She is often obsessed with image. She has a hard time asking for and RECEIVING support. She is often successful and the center of attention. Magnetic, Charming, likes luxury and glam. She is the one who we often think makes money look bad because they are successful, wear it well, and will do whatever it takes to be successful and uphold their image. She burns bridges, her health isn't optimal, and she doesn't have close relationships.

### **Money behaviors of the Tyrant**

Spends and invests on her image and appearance

Spends on nice things

Does not offer to pay for her portion

Might use people to her advantage

Budgets and Tracks everything out of need for control

### **Often says or feels**

"No one can do it as good as me"

"No one has ever helped me"

"I will do whatever it takes"



# 6

## THE FREE SPIRIT

Spiritual People do not have to be poor.

Healers, coaches, yogis, gardeners all have a place at the table of abundance. A *celebrities yoga teacher is paid well*

The free spirit is the one who dreams and spends without worry or care. Trusts that manifesting is enough and money will just show up. If it doesn't, it's ok, I have enough. The free spirit does not take aligned action and is not intentional with money. They often by-pass responsibility in many areas of life and have a hard time finishing what they start.

### **Money Behaviors of the Free Spirit**

Invests resources on the image of being a free spirit

Often changes what they love

Can be irresponsible with money

Likely has had debt

Has a job but not a career

The fun person at the party who spends without a care

Talks about manifesting money but doesn't take action

### **Often says**

"I am manifesting.."

"Just trust"

"I don't have the money for x, y, z"

### **Needs:**

Accountability, Aligned Action,  
Guidance, Budget, Firm Truth, Safety





# 7

## THE SAVER

The saver is the one who pinches pennies for a rainy day. Buys 3 or more of everything, only buys on sale. She buys cheap things and has a hard time investing in anything, vacation, education, clothes, home. She often lives below her means and doesn't allow money to work for her or to enjoy the fruits of her labor. She is a hard worker and is afraid money will run out. She invests in her retirement and tries to pay everything off right away.

### **Money Behavior of the Saver**

Buys 3 of everything

Only buys on sale

Hardly invests in herself

Uses coupons

Buys cheap gifts, doesn't value luxury

Do lots of research before buying "The Researcher"

The investigator who shops around for the best deal

### **Often says**

"That's too expensive"

"I don't have that type of disposable income"

"Who would pay that"

### **Needs:**

Connection, Safety, Risk, Passion, Joy, Permission, Release



# PODCASTS EPISODES ON PROSPERITY

- Ep 136 I am worthy meditation
- Ep 135 Amplify your voice and values through prosperity
- Ep 134 A visualization to embody prosperity
- Ep 133 Allow your passion to create Prosperity
- Ep 132 The energy of Prosperity
- Ep 85 A prosperity prayer

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