

Ep #45: Upper-Limiting and Money Blocks



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With Your Host

Brooke Keeling

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Ep #45: Upper-Limiting and Money Blocks

Want to have it all? Well, the best day to get started is TODAY. Welcome to *Love Your Living*, a podcast for ambitious women who want to take their life and business to a WHOLE new level of success. I'm Brooke Keeling, multiple six-figure business owner, passionate entrepreneur and your host.

Welcome to another episode of the *Love Your Living* podcast...

Hello everyone, and welcome to the *Love Your Living* podcast. I am Brooke Keeling and I am so excited to be here with all of you incredible people. And thank you so much for tuning in, as always, to the *Love Your Living* podcast.

Now, listen, I have had so many big life-changing topics that have come up recently, whether I am on one on one coaching calls, I am in my real estate business, I am working with my leadership team, I'm in my own mastermind group, and also just working in my own business from the day to day. And it's a common theme that keeps coming up in so many different areas.

So, the topic that I want to talk about today is women and our thoughts and feelings around asking for what we want in our life, but also, on a deeper level, being able to have the courage and let go of all of the negativity that comes from the feelings of letting people down or other people's expectations of us, which we talked a little bit about this last week. And all of these topics, they can kind of meld into each other.

But one of the topics that came up for me this week is, for one thing, if you run your own business or you're in a leadership role, or even just life in general, maybe you're a stay at home mom, whatever it may be, oftentimes, we are constantly trying to figure everything out, how to make everything work, make the most of our busy days. And one of the things that I've learned in my business, being a complete and total control freak, is that I have to let go of control.

[Love Your Living](#) with Brooke Keeling

Ep #45: Upper-Limiting and Money Blocks

I have to be able to be more open to what comes up in business from the day to day and seeing it as something that's fun, that's a puzzle, that's, "Okay, that's cool, how do we go from here?" Now, when I look at some of the most incredible women, and men, in business who I look up to or maybe I've been coached by before or I've worked with in the past or I'm just friends with, what fascinates me is that some of the most successful people, they could have things happen in their world that, for most of us, would be life-shattering.

It would take us weeks, months to rebound back from things that maybe even could derail someone's entire business. But their mindset and their actions after something like this happens is purely their commitment to whatever it is that they want in life, whether it's a business goal, a life goal, whatever it is. They have absolute certainty of where they're going, and so no matter what comes up, it's just another hoop that we have to jump through, it's another hurdle that we have to make. And it's nothing that is going to define who you are or what your business is.

And so, I think about that a lot and it's a character trait that I've seen in a lot of people, again, that I really look up to, that I think, wow, they're doing it all or they're so lucky because they have this perfect business or whatnot. And then, when the curtains are pulled back, you see that they have the same obstacles and they have the same struggles and decisions and hardship that all of us have to make, it's just a different mindset.

And it's a mindset of, this is what I'm here for, and no matter what happens from point-A to point-B, from start to finish, I'm going to make it to that finish line, nothing's going to stop me, I am unstoppable. And we truly do have to create that mindset within our own life, even if it seems too hard or you feel like, you know, you're not going to make it through something. Because I promise you, if you start to have a mindset of, I don't think I'm going to make it, or you find all of these different things in your day to day and in

Ep #45: Upper-Limiting and Money Blocks

your business, they're going to sidetrack you, they're going to derail you. They absolutely will.

And so, we have to be 100% committed to what the outcome is. And when we are 100% committed, when we do know, like, this is what I'm here for, this is what I stand for and this is what I'm after and I will get it, I will be relentless, I will be savage as fuck, I will do this – which I actually got called savage AF the other week. And I was like, you know what, I think I'll take that as a compliment.

But the reality is, we have to be so strong in believing in ourselves. And when we can believe in ourselves, that's when other people believe in us as well and that's when the universe starts to align with what we truly want and it gives us the strength to keep moving and keep going. We have to believe in ourselves. That's where the strength comes from.

Now, there's a lot of things that go on in business and I have pretty much given up the fact that it's smooth sailing all of the time, or you get to a certain point and it's all roses. I used to think, in my business, okay, if I get this piece in place or if we get this cranking or if we get this strategy implemented or if we get this person hired, I'm golden.

And now, I'm like, yeah this is cool for a few weeks, until the next thing comes up, right. I'm always already thinking. Rather than being like, this is so great, life is so good, because I don't know if this is the perspective that everyone should have. We don't want to always look for the negative or look for what's the next mountain going to be. But it allows me to kind of take a step back and know that it's really great right now and I can celebrate the really great and I can ride this high for as long as I can possibly ride it.

But the reality is, I've got to be ready to surf again. I have to be ready to dip down into low peaks in the valleys because they will come. Employees will

Ep #45: Upper-Limiting and Money Blocks

leave, systems will not work, team members will not work out, what you envisioned is going to have different hurdles along the way and you have to be able and willing to work through those, because they will happen.

But I do think it's also really important to celebrate the highs and celebrate your successes, be proud of yourself even though it's not permanent. We have our family, we have our husbands, our kids if you have a husband and a kid. You have yourself to rely on. That's never going to change. But people are going to come and go in our life. And I have a quote that I read, I don't know, a few months ago I found it. It was a Marilyn Monroe quote and it said, "People change so it's easier to let them go."

And it was during a really big shift in my business and I really appreciated that because, as women especially, we have attachments to relationships and we have attachments to what people think about us. And these attachments are beliefs that we build upon and they can hinder our growth and where we want to go.

Now, I'm reading an incredible book right now, and this is kind of where my messaging will shift a bit in the big message that I wanted to talk about today is that when things do get really hard or it is time to make a change or when things aren't working out the way that you want them to, as women and as leaders, we are so worried about people's feelings and emotions and what people will think of us and, oh my gosh what if they think I'm a bitch?

We perceive success and powerful women with being bitches. And we judge each other based off of that and it's not fair. If you look at the world of how many men live and work every single day – I compare myself to my husband in this sense because he's so detached with emotion and I'm very – I'm an empathy, so I can really feel people's energies. And I don't like to hurt people's feelings, but also, if I feel like I have been taken advantage of, watch out. That's when I have to, like, whoa, let's focus on what we need to

[Love Your Living](#) with Brooke Keeling

Ep #45: Upper-Limiting and Money Blocks

focus on right now because my momma bear claws will come out and I'm pretty much done.

Which I'm not proud of that side too, but I also think, as women, we have to stand up for ourselves and we have to stand up for what we believe in and what we deserve and ask for what we need with help and with team members, with everything. So, I'm reading this book right now, as I mentioned. It's called Get Rich, Lucky Bitch. And oh my gosh, there is so much that has been brought to the forefront in my own life, in my business, in my past.

This is such an incredible book and I'm super excited to let you guys know, if you haven't heard this already, that the author, Denise Duffield Thomas, is going to be on our podcast. I'm actually interviewing her in a week or so. And I am so excited to chat with her because this book is all about money mindset and it's about clearing the blocks that you have built up over time. And it applies to money. It applies to life. It applies to experiences. It applies to literally everything in your life.

But I am absolutely obsessed with it with money. I am obsessed with the concept upper-limiting right now and also money blocks, because I feel like – and I truly do believe this because I've been at certain phases in my life and I feel like I'm currently at one of these phases as well, is that when you start shifting into the next level of business and life and income, you will hit a plateau, you will hit a ceiling. And, subconsciously, you will start to sabotage your success.

These beliefs start coming in and they talk you out of certain things. They talk you out of taking action. They limit your beliefs within yourself. Old patterns start to come up about where you've failed previously, what businesses maybe didn't work out or a business idea didn't work out, if you've managed your money poorly at some point in your life. It's literally from the point you are a child until now.

[Love Your Living](#) with Brooke Keeling

Ep #45: Upper-Limiting and Money Blocks

All of these things start to resurface and you start to sabotage your success and it holds you back. It's called upper-limiting. You get to a certain level and, subconsciously, you're holding yourself back from pushing through to that next level.

So I want to talk about next level. I started out in my adult career working nine to five jobs. I was in different – I have a background in interior design, I worked in different design worlds and sales type settings. And I was making maybe \$35,000 a year. Yeah, that was pretty normal for me, right. And then I got into real estate.

My end goal was 100 grand a year. And for me to go from 35 just to 50 was a massive shift for myself. 50 to 100, when I crashed through 100 then it's beyond. And now my business continues to grow. But what I've realized is there are certain beliefs that will come up in what I'm doing right now in my business, that is holding me back from investing in certain investments and moves in my business, hiring different roles, saying yes to some of the things that I want to say yes to.

It's like you get excited and then it's like, oh who are you to do this? Who are you to hire this out or you're not quite there yet, or you better be careful because, you know, you've made a mistake in the past or whatever it may be. You start to have these beliefs that come up and they truly do hold you back from going through to the next level.

Now, I love this. I have been taking this into every area of my life, and if you guys have not read this book, please do yourself a favor and read it. It's phenomenal and it's one of these reads where you have to go back through and really do the work. You have to go back through and study and highlight and do the work and implement it into your own business. You're not going to get just reading a book one time that's going to change your life. You actually have to put it into play and put it into your life.

Ep #45: Upper-Limiting and Money Blocks

But it is just fascinating to me where we don't even know some of the things that are holding us back, some of the memories, some of the experiences that we have to let go. And so, it's all about clearing. If you've watched the Marie Kondo, that show which I'm so not a fan of because I'm like, gosh just clean your house. Like, it drives me crazy. I'm like a purger already and so for me I was kind of like – I don't watch a lot of TV anyway, so if you love that show, it's the same concept; making space for the things that you want in your life and allowing yourself to clear away what is no longer serving you, what thoughts are no longer serving you, releasing it, thanking it, and letting it go so you can grow and you can move on.

So this is so crucial, upper limiting and clearing these money blocks is so crucial if you're wanting to create something bigger and better in your life, if you're wanting to go to the next level. Maybe you've been plateauing for a while. I promise you, if you have been, you need to start uncovering some of these subconscious thoughts and these things that are coming up in your life.

And a lot of it has to do with your mindset of making a commitment unto what you want knowing how much money you want to make, and as things come up, you're able to clear away those thoughts that are holding you back from going there, especially when you have something scary. You know, for me, like, I didn't grow up with the type of income that I have goals for. And sometimes that can be stressful.

It can be stressful in family settings. It can be stressful with settings that I'm used to and comments and things that you kind of have to – you have to let them go because people are going to have an opinion of you. They're going to have an opinion of you if you don't make enough money, of what you do, of not seeing you enough. They're going to have an opinion of you if you make too much.

Ep #45: Upper-Limiting and Money Blocks

Everybody's going to have an opinion of you. And what I want you to know, and what was one of the big messages in this book is that no one's opinion matters but yours. You need to love yourself and support yourself and no one else's opinion truly does not matter because it's your life.

Also, one of the really great takeaways that I got from this, I love the book itself because she tells a story of – she kind of had the same story. She didn't grow up with a whole lot of money. And I'm not saying I grew up poor by any means, but she didn't grow up with a whole lot of money. She failed at a lot of businesses. And then it's like what took her from failing at businesses, making very little income, to becoming a multimillionaire that she is today.

One of the examples, the stories that she tells about this and her own path is having so much guilt when she started making money, when she booked her first speaking gig for a paid amount. It was like \$500 for a speaking gig and, you know, she was telling her mom about it and she felt guilt and remorse because her mom was working a hard labor job at the time. And she felt like, who am I to be telling this story when it probably takes my mom an entire week, two weeks maybe, to earn this amount of money. And you feel guilt and remorse around your success and your wins, and we should never feel that way. We should never have to feel that way about doing what we want to do in our life. But we do.

We don't want to make people feel bad. And then you get to this point – I was at this point not that long ago where I was making a good amount of money. This was a total upper-limiting issue and I didn't even realize it and it took me a good year to get through it – where I was like, gosh, I earn all this money, money doesn't make me happy, and I had a lot of guilt around making more money than a lot of the people that I am used to being around or my family, or I look at different family dynamics or issues within my own world and I think I should be fixing everyone.

Ep #45: Upper-Limiting and Money Blocks

I should be buying my grandma a house and I should be paying off debts and I should be paying people's taxes and I should be fixing, you know, their bills, whatever it is, their hardships. I should be taking care of them. And that is an incredible amount of stress that we put on ourselves when we start to create lives that we want is that, all of a sudden, I started feeling like I needed to give it all away. It was making me feel resentful around it.

It was making me feel resentful around the fact that I have a nanny and I drive a nice car and I have help around the house and I'm able to afford some of the things that I'm able to afford. You know, it goes back to the story, if you've ever heard me talk about the Louis Vuitton bag that I bought and I literally hid it under my bed for probably three months. I didn't even want to get it out because I felt so much guilt around it that who am I to have this in my life when other people around me are struggling.

And I'm not saying that we can't help others. Like, my dreams in life, I have so much that I want to give back to my family and I love when I'm able to help them and do nice things for people in need. It makes me feel great. I love contributing and giving back. However, just because we make a good amount of money and just because we work our asses off, doesn't mean that you need to donate every penny away. It doesn't mean that you have to fix everybody else's problems, because money isn't going to fix most people's problems anyways.

So that's a big one that we have to get over, just having resentment around the life that we want to live and being okay with that. And one of the things that she says in the books is that she grew up a certain way and, you know, it's okay, whatever your story is, and it's okay if someone doesn't agree with the way that you're living your life. It's okay if someone has an opinion about you. That's okay. Your job is to protect yourself. Your job is to love yourself. Your job is to really protect when you're allowing into your life, because it's your life.

Ep #45: Upper-Limiting and Money Blocks

And the reality of it is you are writing your legacy. You are writing the story for your kids. You are writing the story of what will be told of you way down the road. You're writing your kid's stories about whatever it is that they're working through or they're clearing or whatever. Not to put pressure on anybody, but that's the reality of it. And that was so powerful for me, and it's likely because I'm a mom.

And again, I had such an incredible life and I have so much love in my life and I'm so grateful, I have an incredible family. However, how I was raised and how I was grown up and how my husband was raised and he was grown up, those values and those beliefs have changed over time. And it's been a really hard transition in a lot of areas because you don't want to hurt the people that you love and you want to make everybody happy. And then you start to have a certain stereotype about you.

And I want you to know that everybody goes through these different phases and it's okay and you're going to get through the other side, but you have to be able to protect yourself and your energy and say yes to the things that you want to and say no, no to family commitments on a weekend if you don't want to go, no to a family vacation if you truly just don't want to go to a family vacation, no to helping someone, lending someone money, no to, hey, do you have some time, you can help me paint my house.

No, it's okay to say no. It's okay to say no to a lot of things and we need to say no more often and allow us to make space for the things that we do want to be able to say yes to. So that's one of the things that I think was super powerful. I really loved this.

And I was just on a coaching call today and it was interesting because it was with a woman and she may be listening, so I don't ever disclose names, but it was with an incredible woman that is going through a life upgrade right now, which I think is the most beautiful thing. And she was saying, "I've failed at this and my daughter says that I can never follow

[Love Your Living](#) with Brooke Keeling

Ep #45: Upper-Limiting and Money Blocks

through with anything...” or whatever. And she went on to say that she basically values the worth of everybody else around her. “I want people to tell me that I’m going to succeed in something. And with my first husband, he didn’t believe in me and he didn’t want me doing this as a career. And so I stopped doing it, and then my daughter needed me, so I became her nanny and I moved and supported her in her life.”

And she’s like, “Now I feel like I’m late to the party. I’m just starting out.” And I guess it’s a little too late to just start out because she’s 60. And I said, “Absolutely not it’s just too late to start out. We can build our dreams at any age, anytime that we want to.” But the reality of hearing her say that her worth was so attached to the people around her, and that’s what we need to let go of. We need to be able to believe in ourselves. And believing in ourselves comes from being kinder to ourselves.

It comes from saying no to the things that don’t serve us. It comes from saying yes to the things that really light us up that we want to do, even if nobody believes in you, even if nobody else thinks that it’s a good idea. That’s fine, you can have your small inner circle of people that maybe you surround yourself with on a business level or you have a coach that you mentor with.

But I don’t go to my mom asking her on business ideas. I honestly don’t go to anybody in my family, not even usually my husband when it comes to business. I have my inner circle. Almost always I have a mastermind and I have coaches and mentors, and that’s who I go to with business. I discuss things with my husband especially, but outside of that, I don’t go around looking for outside validation.

In fact, a lot of times, my husband doesn’t even have a clue as to what I’m doing and I don’t think that that’s a good thing either. But I very much roll with what I want to roll with and I’m very lucky and supportive that I have a husband that 100% supports me. That’s incredible. And he believes in me,

[Love Your Living](#) with Brooke Keeling

Ep #45: Upper-Limiting and Money Blocks

which means the world to me. And I know my family believes in me and the people that I love, that's what matters. But I don't go to them with business ideas. And truly and honestly, I really don't mix business with family.

I just don't even want to go there. I like to keep a hard boundary there so that – I don't know, I just think it's messy. There's plenty of people that are in business with their families, and if it works for them, that's really great. It's a boundary line for me. I have my work family, I have my business family.

But we have to be able to say no more often and we have to be able to not be so scared about what people think about us and how we're going to be perceived. It's so interesting and I keep referencing this book. And I hope that you guys go and you pick this up and you also tune in to when I have Denise on the show.

But she was saying that her perception growing up of rich people was just that, if she would see a wealthy woman, she would be like, "She's a bitch. What a bitch." And we have labels of people. You have labels of how family dynamics have worked. I've had my own labels that I've had to work through that I label other people. And a lot of these really hit home to me.

As I was going through, I could really resonate with the stories that she was saying because I came from a similar place. And she was saying, you know, I labeled all of these people bitches and that's not – one, that's not fair for us to do. We have to clear our labels of people, for one thing, because just because someone has money, doesn't mean that they're a bitch. But we have this perception, and especially with women, that they're just a stuck-up bitch.

And so, so interesting and so funny is that she says right in her book, like, look at me now. She's like, I am a multimillionaire and I have book called Get Rich, Lucky Bitch. So she even played off of her old stories and labels

[Love Your Living](#) with Brooke Keeling

Ep #45: Upper-Limiting and Money Blocks

of people that had money, and I thought that was funny because it really does make you laugh about some of the thoughts that you have around people or the judgments that you have around people, because a lot of that, it's not a reflection of them, it's a you. It's you having an issue with it. It's not them, it's your thought. And so digging deep and being able to clear that stuff is so powerful.

So, that is what I have been up to over here the last couple of weeks. If you guys have not read *Get Rich, Lucky Bitch* or *The Big Leap* – the *Big Leap* came up a couple of times. That came up in my mastermind group a few weeks ago. And that is such a great book on upper-limiting. If you have not heard about upper-limiting in the past, if you feel like you are at a plateau or maybe you've been at the same income level for a while, or if you don't know how to go to the next level, there's probably more in your subconscious mind that you think than you ever could have imagined that needs to be acknowledged and released in order for you to go to the next level in your life.

And so, if you have some big aspirations and dreams, I highly recommend both of these books. I believe in them wholeheartedly and they have been a game-changer in my life and in my business. And I have read both. I have implemented so much of what Denise teaches on. I haven't read *The Big Leap* probably for six months now and I'm going to bounce right from *Get Rich, Lucky Bitch* to *The Big Leap* and just see.

Because here's the big thing about life in general, wherever you're applying this into your life and your world, the work is never done. And so you may think, I cleared all of this, or I made it to this next level, or look at me now. You just wait, because the next round of things that you need to work through, the next round of mindset work, of releasing old thoughts, limiting beliefs, patterns that show up, whatever took you from the level that you previously went to, to where you're at, you're going to have another round

Ep #45: Upper-Limiting and Money Blocks

of stuff that you have to work through from this level on. And so, the work never stops.

We have to keep doing it. It applies in a different way. Maybe it's a different problem that we need to work through, but there is always something. And so, for me, it's very relevant in my life. And one of the other big takeaways, oh my gosh, I keep just thinking about all of these big messages that I've received in my life.

If you guys have followed along and tuned in on different shows, I just purchased a new house recently, and it was a big scary purchase for me. It wasn't a huge scary purchase, but it was one of those things where, for over probably an entire year, I would go back and forth. And I'm in real estate, so I have houses in front of me 24/7 and opportunities in front of me 24/7.

And I had this thought probably five years ago now that I wanted, you know, 50 acres of land and horses and I wanted to build this beautiful house. And the reality of that is, it's likely going to be a two-million-dollar house and it's just not in my budget right now. And I'm an all or nothing kind of girl, so I was like, nope, I have to stay miserable in my house until I can get to this next thing.

Lots of lessons that I learned there – how to enjoy your current life, your current situations while you work towards your goals, oh my gosh, creating it now, not waiting, another concept that Denise touches on in this book. Incredible takeaways – saying yes to what you want in your life, maybe it's not a two-million-dollar house, but whatever it is that you're dreaming is going to happen in that house, create it in your current house.

I worked through all of that for like a year. I kept challenging myself, why do you need a bigger house, why do you need to do this? And then I kind of

Ep #45: Upper-Limiting and Money Blocks

was like, you know what, I'm going to create what I want in my own house. And that's what my focus was. And I was fine for a while.

And then this opportunity arose with the house that I'm currently sitting in right now that I just actually closed on – we moved into it before we were actually able to purchase it because of some zoning things that we worked through. Anyway, it is officially ours and I can't tell you how empowering it is.

I felt like, after I moved into this house, that it was meant to be. I felt so abundant. It needs a lot of cosmetic love. It's not how I want it right now and I'm a very visual person and interior design is my jam. So it's not perfect. I'm just approving plans right now with my contractor. We're basically gutting the entire first floor of the house. So it's a big project. It's a massive expense. The house is not a cheap home and we have a lot going on right now, and it was really scary for a little bit.

It was very scary to jump into that and I kept thinking, oh my gosh, are we ready for this? Are we going to be able to manage everything? Like, okay, last year we got new cars and we have a full-time nanny and am I going to be able to hire in my business still, and all of these thoughts start to come up, and it's scarcity.

And we just did it. We found a way. We did it. We're here. We made it happen, it's incredible. And once I got into the house, I felt this space. I felt abundant. I felt, for the first time in a very long time that I was ready to take my life to the next level. I have the space to grow and I had this big beautiful home to work with, and the home is a representation of my life, that was allowing me to become who it is that I want to become. It's not who it is right now.

And the house, for me, is like, it's got beautiful bones and it's strong and it's beautiful and it's elegant. It has all of this character and it's stately and

[Love Your Living](#) with Brooke Keeling

Ep #45: Upper-Limiting and Money Blocks

majestic and I just have to make her shine. And that's what I'm so good at. And I thought about that and I'm like, oh my gosh, this is where I'm at in my life.

And the funny thing is, I kept thinking, like, is this – you know, I shouldn't need to have a new house in order to feel this way. But then I went and I was reading this book – and Denise talks about when she was trying to manifest and work towards a beautiful beach home. And she would drive by it every day and she would think about what it would cost.

I mean, she lives in Australia, it's million-dollar homes on the beach. And when she started visualizing it and saying yes to the things that scared her, she was able to actually achieve what she wanted to achieve. And so, going from making \$30,000 to living in a \$1.5 million beach house, that's pretty miraculous. It's pretty incredible.

So, whatever it is that you want in life, listen to some of these stories of the people that have already been there and practice what they practice. Implement it into your own life and just see what happens. Because what she was saying, even with her house, she said, the second that I upgraded – her whole concept is don't wait until you lose the 20 pounds, don't wait until you have the beautiful house, don't wait until you're able to buy yourself nice clothes. You have to do it now. You have to take small baby steps of things that really scare you and find a way to make them happen.

For her, her first big thing was hiring a cleaning person, and she says, you know, I didn't have the money, it wasn't in her budget to even move around. But we figured out how we could do it, and from that point forward, it's not like they had to let that person go. They've had cleaning and staff and it just grows from there. But it's taking that first step and saying to the universe, saying to whatever, your life, that you're ready for something bigger and you're going to make it happen, that action of making it happen.

Ep #45: Upper-Limiting and Money Blocks

And she said the second that she moved into her – I think it was an apartment at the time or a house on the beach, a condo or something – her business almost doubled immediately. And it's because of how you are surrounding yourself and that feeling that you're surrounding yourself with and allowing yourself to be open to something bigger. And that honestly is just fascinating because it's exactly what happens in my husband and I's life.

I look at our last home and what we were able to do once we started saying yes to the things that scared us. And I was like, oh my gosh, can we really do this? And now, even this home, we've been in our home probably for a month, maybe 30 days, and already, all of these incredible things have unfolded and our businesses are growing and incredible opportunities are presenting themselves. It's incredible.

So, my point is, one, read the book, and two, be able to really get clear on what you want and have the strength to also know that no matter what, you have the right to say no to the things that don't serve you in your life, let go of other people's opinions of you, let go of valuing your worth on what other people may think. And you have to really get clear on what it is that you want and say yes to the things that scare you a little bit, that are going to push you forward, that maybe you just don't know how it's going to happen. But don't think about the how. Just think about what that aspiration is in your life and take some baby steps, or just dive right in like I do, and you will be so amazed at what will actually happen.

You have to do the work, but it's an incredible book, releasing your mindset, your money blocks, and creating a good and healthy money mindset. And also, like I mentioned before, the Big Leap, which is also a really great book.

So, I am doing big things this year, as you all know. I always tell you guys that because then I can't bow down, right? I am here and I'm here to show

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Ep #45: Upper-Limiting and Money Blocks

up and I'm here to conquer and I hope that you all do the same. And by telling you some of these stories as I go through, or these big takeaways or resources that I absolutely love that I'm obsessed with, I hope that you look into them for your own life because they have literally changed my life the more I've been open to new ideas and what people are implementing to make these types of things happen.

So, I hope you all have a really, really, really great week. I hope you make some incredible money. I'm all about the money right now. I'm like, everything must be the money. It just is. So go create some deposits in your own world. I wish you happy money times and I will see you all next week.

And, please, please, please do me a favor, if you have not already shared our podcast, given us a review on iTunes, please do so. I have some incredible guests that we are going to be bringing out, unveiling in April. You've probably seen a sneak peek. They are incredible people and I want more people to be able to hear their words of wisdom and be able to get their takeaways as well.

So, the more you can share, if you haven't already given us a five-star review, I would absolutely love it because it allows other people to find the show much easier. So, thank you all so much, have an incredible week. go get those deposits and we'll see you all next week.

Thanks for showing up and listening to this week's episode of the *Love Your Living* podcast. If you're ready to create a business and life you love or simply take your already-pretty incredible life to the next level, head on over to loveyourlivingonline.com or simply check out the link in this week's episode of show notes to instantly download my 6-Figure & Beyond Business Blueprint. You're going to absolutely love it.