

# The Inner Money Authority Practice

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The Inner Money Authority Practice is a simple way to continue applying what you've learned after the course ends. It brings together the key tools from the previous modules so you can lead your financial life with confidence.

It consists of three ongoing practices.

## Practice 1: Notice When Authority Leaks

The first step is continued awareness.

Even after this course, situations will arise where you feel uncertainty, pressure, or hesitation around money. The goal is not to eliminate these moments, but to recognize them quickly.

Questions you can ask yourself:

- Am I hesitating or delaying this decision?
- Am I looking for reassurance before deciding?
- Am I reopening a decision I already made?
- Am I avoiding a money conversation?

Simply noticing these moments is powerful. Awareness allows you to interrupt the pattern instead of reacting automatically.

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## Practice 2: Reclaim Authority Internally

When doubt appears, return to the **Authority Reclaim Method**.

Pause and ask yourself:

- What triggered this reaction?
- What fear is present?
- What are the facts versus the story?
- What would I choose if I trusted myself?

This process helps you move from reacting emotionally to deciding from self-trust.

Inner Money Authority does not mean always feeling certain. It means staying connected to your own judgment even when uncertainty exists.

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## Practice 3: Express Authority in Conversations

Money authority becomes real when you express it with others.

Use the **Money Conversation Framework** from Module 3.

1. State the situation clearly
2. Express your position
3. Invite collaboration

This allows you to participate in financial conversations with clarity instead of hesitation.

Examples include:

- stating your price without apologizing
- discussing compensation or raises
- addressing financial decisions with a partner
- responding calmly when someone questions an offer.

Over time, these conversations become easier because authority becomes your default way of communicating.

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