



# You Are Not a Frog Podsheet

## Episode 213: How money holds us back

with Agnes Otzelberger

Date

Total CPD hours

### EPISODE SUMMARY

It's easy to find ourselves thinking that money holds the key to our happiness, security, and freedom. We can project our desires and aversions onto money, believing that once we have "enough", we can finally get the life we want. But thinking like this often keeps us from truly living our lives; instead we're stuck constantly chasing the next thing.

Money is a story we create, not something with inherent power. It's a piece of paper; a digit in a computer we assign value to. But by disentangling our sense of self from our relationship with money, we can reclaim our personal agency and free up a lot of creative energy.

Even while recognising that everyone's financial situations are different, dysfunctional money stories lead to a constant need to chase, where we're forever stuck in a loop of wanting more but never feeling satisfied. But by untangling our sense of self-worth from our financial status, we can start to experience a life that flows more naturally, with and without the constraint of money.



## IN THIS EPISODE, YOU'LL LEARN TO:

- Learn how our narratives about money can influence our actions and happiness, and how changing these narratives can free up creative energy.
- Understand how to disentangle our sense of self from our relationship with money, leading to a life that flows more naturally.
- Discover how acknowledging that money has no inherent power can shift our perspectives and affect our personal and professional development.

## LISTEN

[How to Stop Your Finances Controlling Your Career](#)

Episode 142, with Dr Tommy Perkins

[Defining Your Own Success in Life](#)

Episode 107, with Dr Claire Kaye

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Episode 213: How money holds us back, with Agnes Otzelberger

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**DO**

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?



## ADDITIONAL RESOURCES

Find out more about the [Shapes Toolkit Training programme](#)

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

Check out more free resources from [You Are Not a Frog](#)

Hop into the [You Are Not A Frog Facebook Group](#)

## HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)

