

The 3 Hidden Money Blocks Keeping Women 40+ Stuck — and How to Break Free



BY LORNA BLAKE





Introduction

If you're in a season of reinvention, your money story often becomes the biggest barrier—or your greatest breakthrough. After 40, we're smarter, wiser, and more self-aware... but many of us still carry old money patterns we didn't realize were running the show.

Before you can rewrite your financial future, you must uncover the hidden beliefs shaping your decisions, confidence, and income.

These are the 3 most common money blocks I see in women 40+—and the first steps to break free.





Block #1:

“I Should Have Been Further Ahead By Now.”

This quiet belief creates shame, comparison, and pressure. It makes you undervalue your gifts, hesitate to make new moves, or accept less than you deserve.

Breakthrough Step:

“I’m exactly where I need to be to begin my next chapter.”

Block #2:

Fear of Making the Wrong Financial Choice

After past mistakes or setbacks, many women become overly cautious. This leads to analysis paralysis, staying stuck, or abandoning dreams that require money confidence.

Breakthrough Step:

Ask yourself: “What’s the smallest step I can take that builds confidence, not fear?”





Block #3:

Trying to Do It All Alone

Many women silently struggle with money, carrying the emotional load alone. Shame grows in silence—and confidence grows in community.

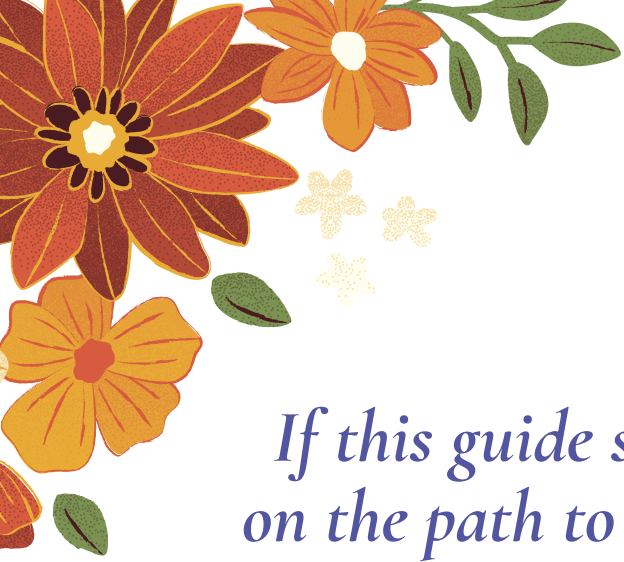
Breakthrough Step:

Allow support. Listen, learn, join guided spaces.

Mini Reset Prompt

“Which money belief from my past am I ready to release before I step into my next chapter?”





If this guide spoke to you, you're already on the path to rewriting your money story.

To go deeper:

Learn more about [The Money Confidence Blueprint™—
Reinvent Your Money Story in 4 Steps](#)

About Lorna

Lorna Blake is a certified Spiritual Money Mindset Coach since 2016. She has coached, mentored and taught hundreds of professionals and entrepreneurial women at conferences, seminars, workshops, mastermind groups and in private coaching sessions both in person and virtually.

Her clients have reported gaining more confidence with money, manifesting money and money-making opportunities out of the blue and multiplying their income.

