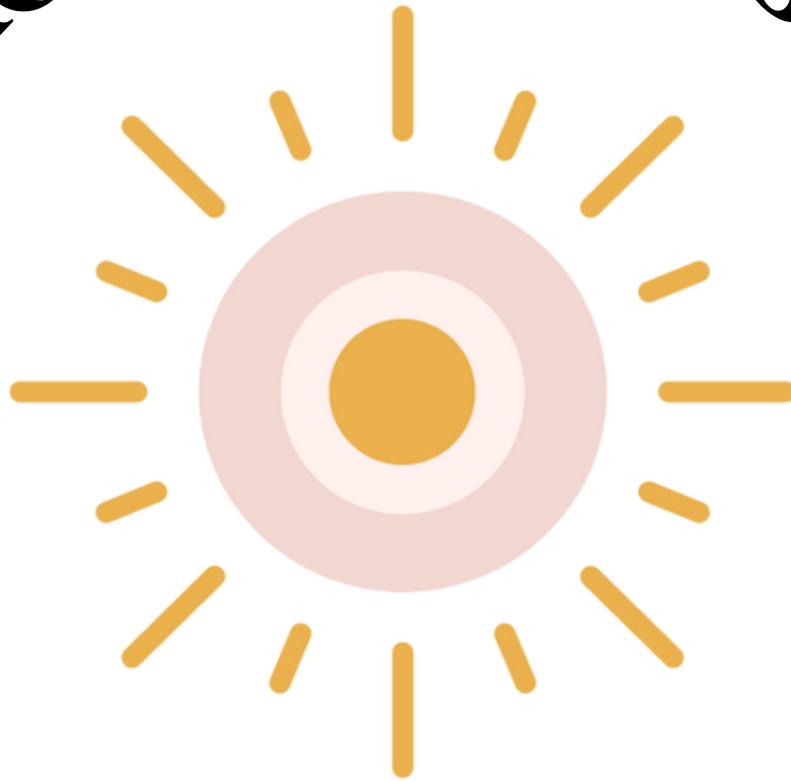


money mindset



workbook

Hi friend!

Most of us have a skewed relationship with money and don't even realize just how stuck in our past we are when it comes to our money mindset.

In order to have success freely flow to you, you likely need to alter this mindset.

So, we need to dredge it all up. Bring all those messed up feelings to the surface and then fix them.

*"The first element of change is awareness
You can't change something unless you know it exists"
-T Harv Eker*

Take a pause and reflect. What do you really want from your life? Write down everything that comes to mind. And be honest with yourself.

So, read your list. What's your initial reaction?

Does it bring up any judgment?

List five people you find yourself judging but secretly envy.

Now, really think about it. Why do you judge them?

What do you envy about them?

What do you think people will say about you if you become wealthy?

Is this holding you back?

Now, whose voice is that really? (parent, certain friend etc.)

How are you minimizing what you really want due to fear of judgment?

What is one step you could take today to change that?

Who else does your success or failure affect?

How would they feel if you never tried to go for your dreams at all?

What did your parents teach you about money?

How was their relationship with money?

How do you think you are with money?

Do you consider yourself a saver/ spender/ bad with money etc?

When I say the word “money” how do you feel?

When I say the word “wealth” how do you feel?

What is your biggest fear surrounding money?

What do you dislike spending money on?

What do you love spending money on?

List all the ways that money can change your life for the better.

What do you think about people who have a lot of money?

Where does this belief stem from?

What do you believe about people with a middle-class income?

Where does this stem from?

What do you believe about people who don't have money?

Where does this stem from?

Do you believe that you have the ability to be wealthy?

What parts of your life would be easier if you were wealthy?

What parts of your life do you think would become more difficult?

Do you believe that helping others means you shouldn't make a lot of money?

What scares you about money?

Where does this fear stem from?

Do you feel that this fear is keeping you from living out your dreams?

Now, look back at all your answers. What have you realized about your money mindset that you hadn't brought to light before?

Are your feelings rational or are they built on a history that needs to be altered in order for you to go forward with arms open to success?

How does it feel to realize these things about your mindset?

Let's work on altering your beliefs today. So, if you discovered that you in the past thought, "Wealthy people are snobby" try to instead think "Wealthy people are normal people just with more money."

Write down as many mindset shifts as you can come up with.

Tell yourself every day that you are worthy. In fact, make it your background on your laptop if you can.

What are your new monetary goals?

6 month goals:

1 year goals:

5 year goals:

You've got this! Monetary abundance is heading your way. You deserve it and I believe in you!

*"If you're serious about changing your life you'll find a way
If you're not you'll find an excuse"
— Jen Sincero*