

# Money & Me Journal

## BELIEFS ABOUT MONEY

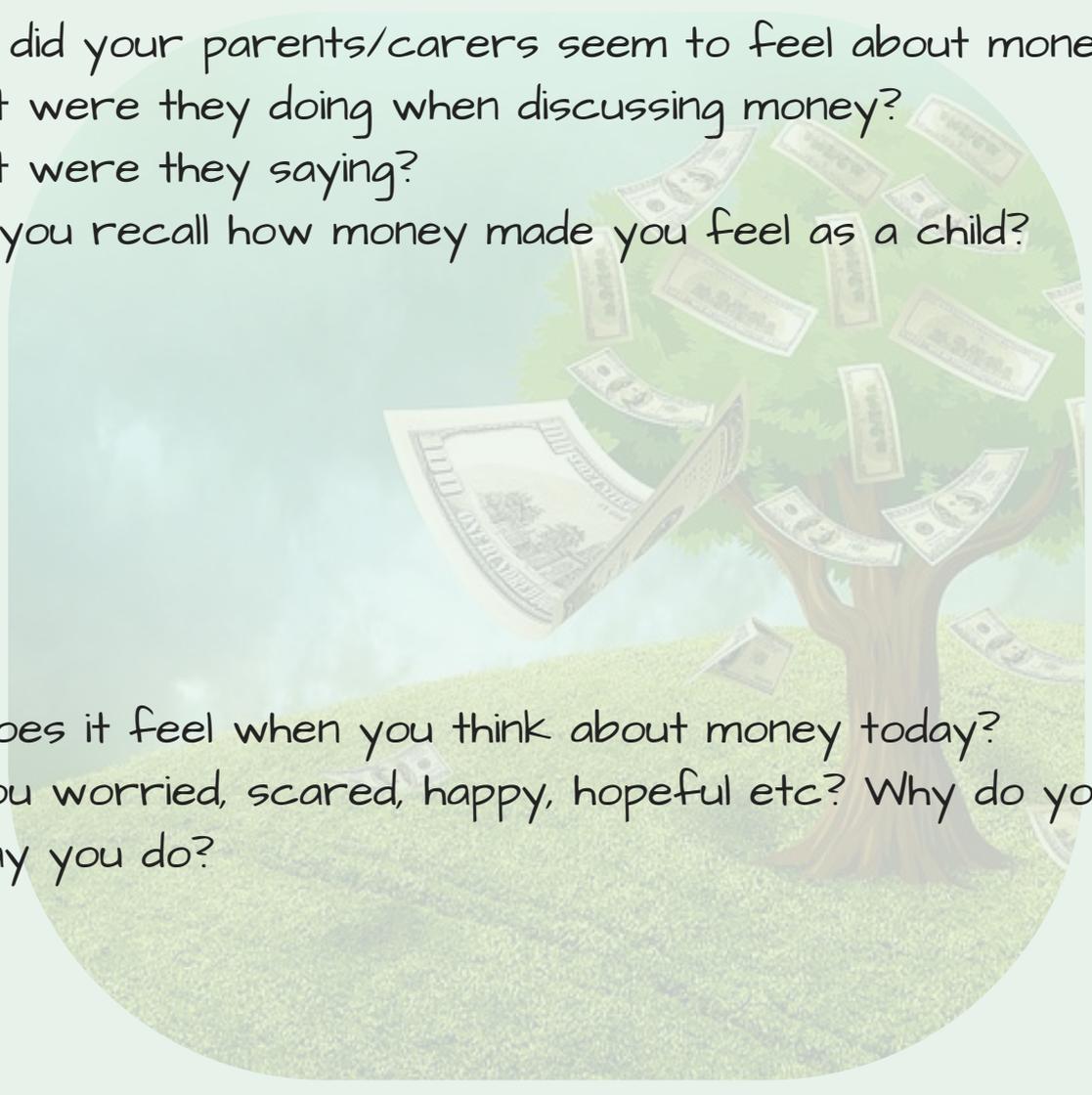
Write about your earliest Memories of money.

Aspects to consider:

- \* How did your parents/carers seem to feel about money?
- \* What were they doing when discussing money?
- \* What were they saying?
- \* Can you recall how money made you feel as a child?

How does it feel when you think about money today?

Are you worried, scared, happy, hopeful etc? Why do you feel the way you do?



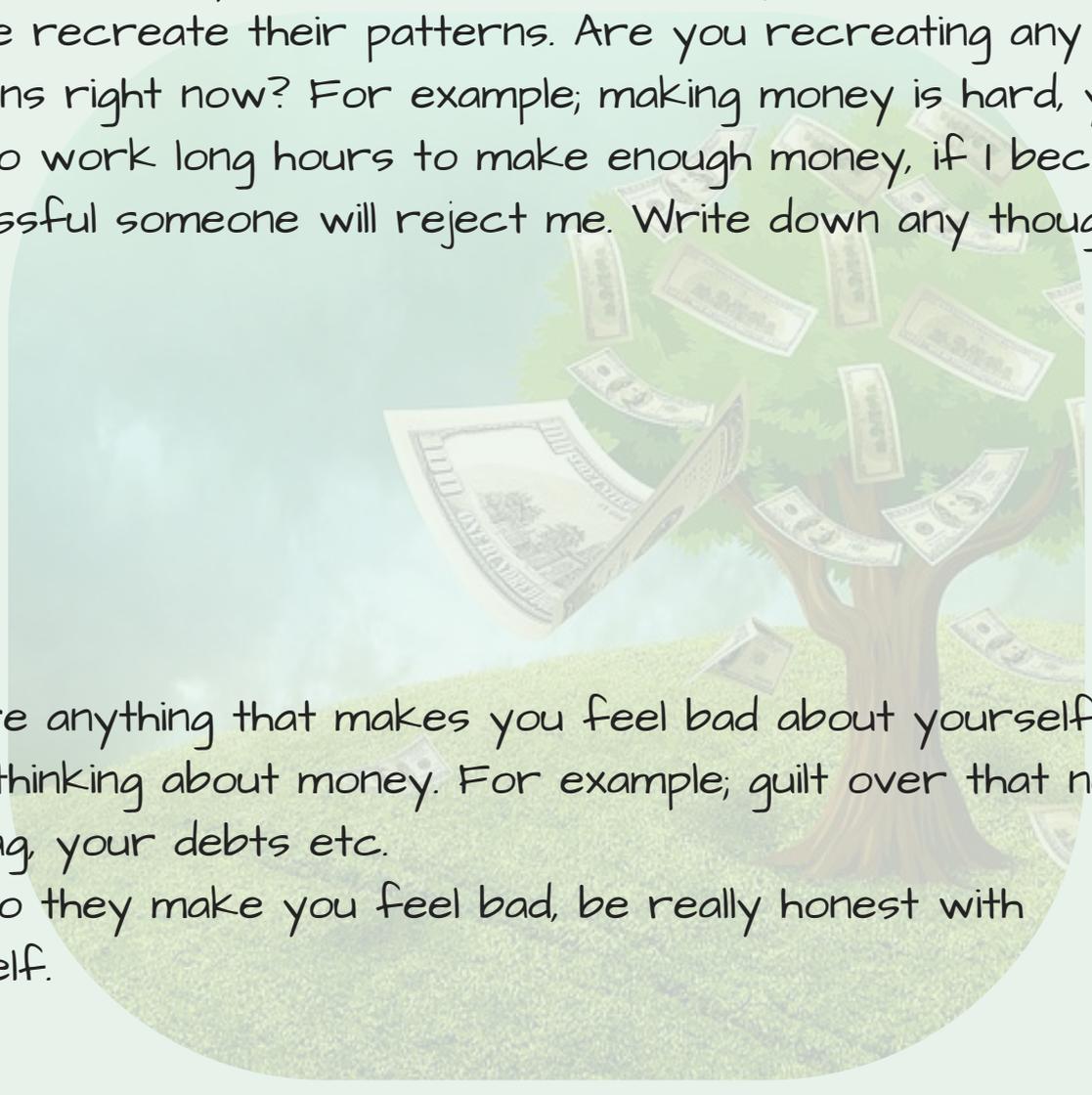
*"What you believe has more power than what you dream or wish or hope for. You become what you believe."*

**Oprah Winfrey**

Often our money beliefs stem from our parents and carers and we recreate their patterns. Are you recreating any patterns right now? For example; making money is hard, you have to work long hours to make enough money, if I become successful someone will reject me. Write down any thoughts.

Is there anything that makes you feel bad about yourself when thinking about money. For example; guilt over that new handbag, your debts etc.

Why do they make you feel bad, be really honest with yourself.



*"I am open and receptive to all the good and abundance in the universe. Thank you life!"*

**Louise Hay**

What are your best experiences around money?

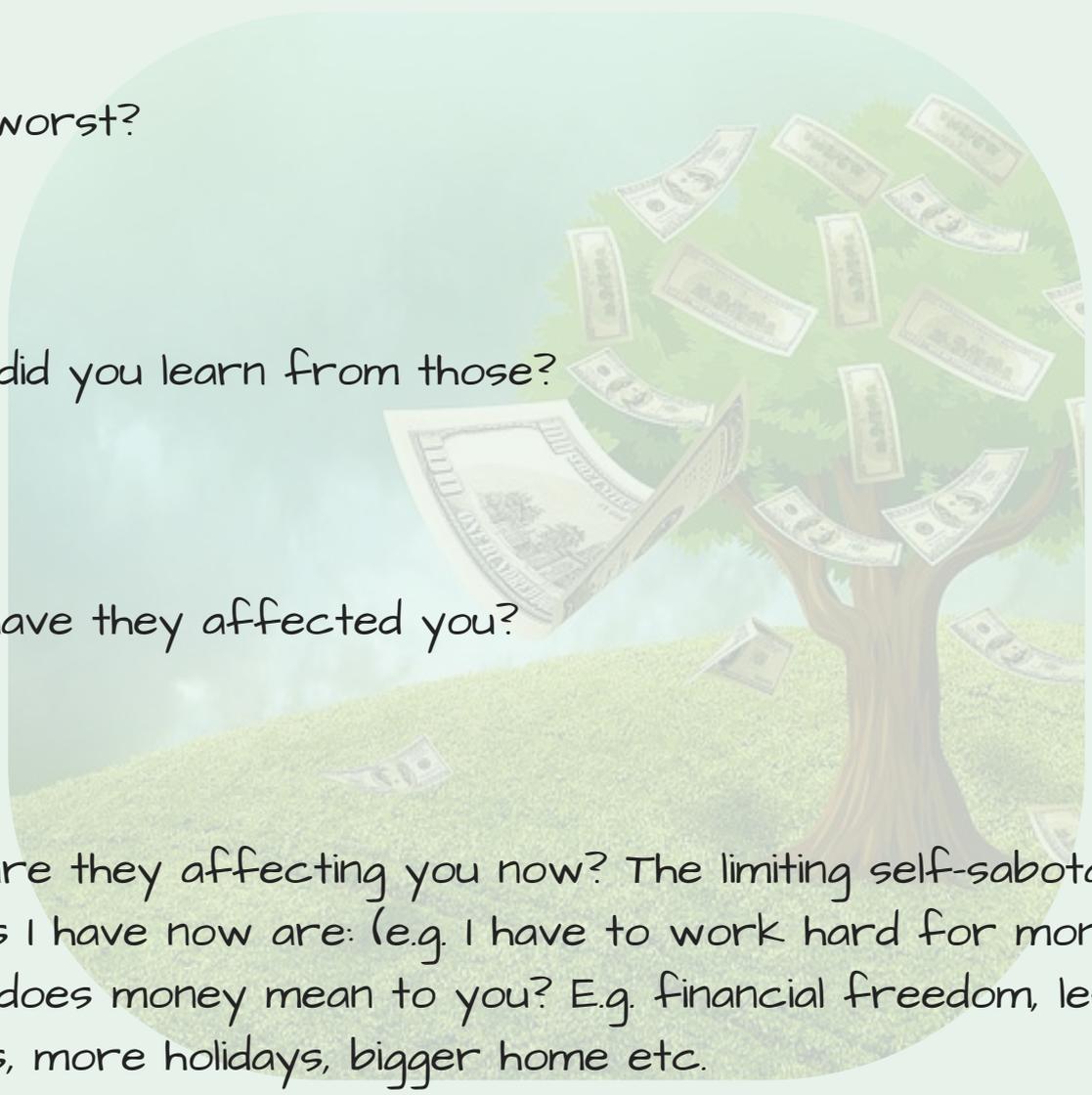
Your worst?

What did you learn from those?

How have they affected you?

How are they affecting you now? The limiting self-sabotaging beliefs I have now are: (e.g. I have to work hard for money)

What does money mean to you? E.g. financial freedom, less stress, more holidays, bigger home etc.



*"If you do what you've always done, you'll get what you've always gotten."*

**Tony Robbins**

What is your motivation for increasing your income?

What are your main obstacles to achieving financial freedom?

What actions can you put in place to overcome the obstacles?

What actions can you do this week?

Who do you require support from? For example your partner, a colleague, a coach?

What affirmation could you start using today to enhance your relationship with money?

