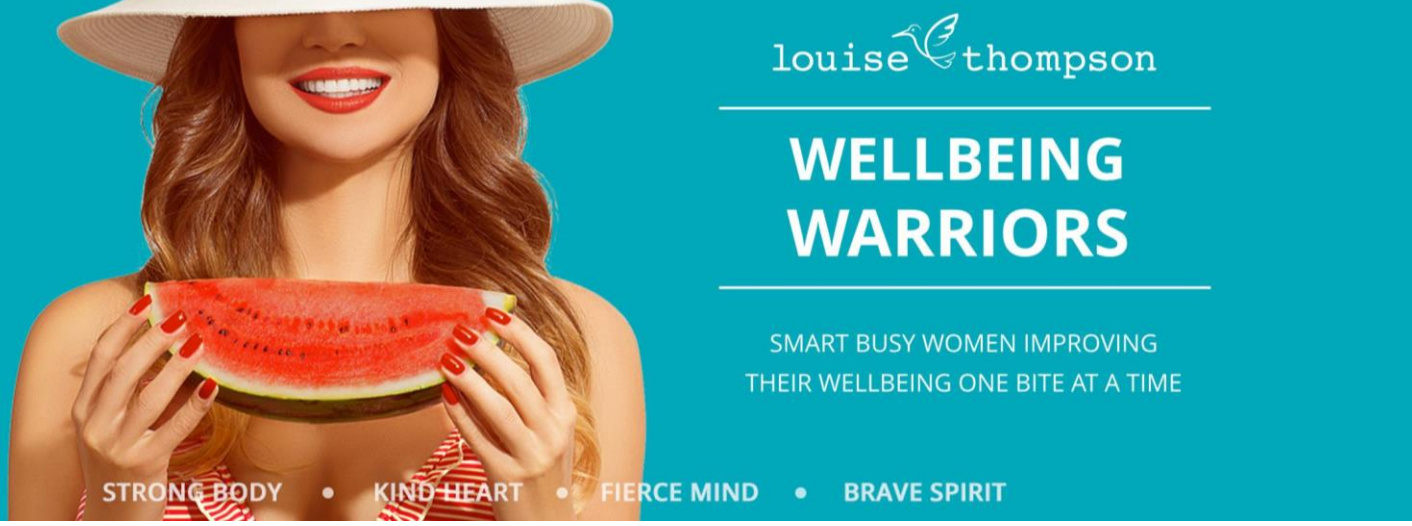

~ Fiscally Fit ~ Worksheet # 1 – April 2021

Big topic – big worksheet!

Use this worksheet to start getting clear on your Money Story and your personal Money Beliefs.

Make no mistake – both of these will be shaping your current financial reality in some way.

When both of these things are subconscious, they drive our behaviour and therefore our financial outcomes without us even knowing… by stepping through this work below you will start bringing them to the surface, where you can consciously evaluate, see if they are helping you or limiting you and start to shift them if needed.

Ready? Let's go.

1. People with money are _____

   _____

2. Money makes people _____

   _____

3. I'd have more money if _____

   _____

4. My Dad thought money was _____

   _____

5. My Mum always thought money would _____

   _____

6. In my family, money caused _____

_____

7. Money equals _____

_____

8. If I had money, I'd _____

_____

9. If I could afford it, I'd _____

_____

10. If I had more money, I'd _____

_____

11. I'm afraid that if I had money I would _____

_____

12. Money is _____

_____

13. Money causes _____

_____

14. Having money is not _____

_____

15. In order to have more money, I'd need to _____

_____

16. When I have money, I usually _____

_____

17. I think money _____

_____

18. If I weren't so cheap, I'd _____

_____

19. People think money _____

_____

20. Being broke tells me _____

_____

21. What I love about Money is _____

_____

22. The best thing about money is _____

_____

23. Abundance is _____

_____

24. What I've learned about money is _____

_____

25. If I could change anything about money in my life I would _____

_____

26. Money is a source of _____

_____in my life.

Next… have a think about your Money Story. We all have one.
See if you can piece it together…

My earliest memory of money was…

When I grew up, in my family money….

One thing I always knew about money was…

As an adult my experience of money is…

What I wish for myself right now in terms of my financial situation is…

Any other memories, thoughts or beliefs about money that are coming to the surface right now are…

The themes I have noticed in my responses are…

Hmmmmmm…..Interesting Mister Bond, yes?

As you work through the module this month you can start to craft a tweaked (or brand new!) money story that takes you in the direction you want to go and is in alignment with your Fiscal Fitness Goals.