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WELLBEING WARRIORS

**life
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~ Wealth Health ~ Worksheet - April 2023

Big topic: big worksheet! Use this worksheet to start getting clear on your Money Story and your personal Money Beliefs. Make no mistake, *both will be shaping your current financial reality* in some way. Usually, these things are subconscious and therefore they drive our behaviour and outcomes without us even knowing.

By stepping through this work below you will start bringing them to the surface, where *you can consciously evaluate*. Decide if they are helping you or limiting you. You can choose to start to shift them if needed to something more abundant and aligned with the wealth health you really want.

Ready? Buckle up. 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 tight 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 Wealth Health goals.

Louise