

Create a Powerful Money Mindset

Shifting your perception around any topic takes work – especially when it comes to money. It requires taking an honest look at your current mindset and determining what changes are required to succeed. And it also means getting clear on exactly what you want!

Pull out your journal and spend some time answering the questions below. Be brutally honest – no one but you needs to see this!



- What is it that I need money in order to do/be? (Be as specific as possible)



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Specifically, how much money do I need?



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What would my life look like if I was confident about managing and making money?



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What feelings do I currently have about money?



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What stories do I have around my ability to manage and make money?



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Where did I learn these stories?



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Are they real or someone's beliefs?



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Who in my life is reinforcing my old stories? i.e. Do they constantly talk about how broke they are, how they can't afford anything, how nothing ever works out, that they can't start a business or get a new job or are they critical of people who have money?



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Who in my life will support me in up-leveling my money mindset?



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Who and what situations do I need to release to achieve my goal?

