



DANIELLE

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MONEY MINDSET

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Below I have a few prompts for you to answer, to get to the crux of your story and to work out how to turn your money mindset into something positive.

Don't worry, this is only for you, no-one else will see it.

What are your first memories of money?

A large, empty rectangular box with a thick black border, intended for the user to write their answer to the prompt above.

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What was the state of your family's finances growing up? Were you wealthy? Comfortable? Low income?

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How hard did your parents work to earn their money?

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What have your monetary experiences been as an adult?

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Have you ever been in debt?

Yes

No

Do you save religiously?

Yes

No

Do you spend easily?

Yes

No

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What thoughts do you have about people with money?

A large, empty rectangular box with a thick black border, intended for the user to write their thoughts in response to the question above.

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Now go back and highlight or journal around what patterns are emerging here and how the things you heard/saw may have affected you and how you think or act towards money.

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LIMITING BELIEFS

So let's start to turn that money story around and get rid of any limiting beliefs...

Write down your first 3 thoughts about money here: e.g. No, there is just no money. Or The budget is really low...

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How are those thoughts impacting you?

A large, empty rectangular box with a thick black border, intended for the user to write their response to the question above.

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If your thoughts were negative, then right the direct opposite to them: e.g. There is plenty of money. Or The budget is good and it will enable me to work properly.

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This is all about rewiring your brain. You need to start believing them.

I always thought it was a stupid thing, and my husband laughed at me... But I send myself daily prompts through my calendar saying the same thing three times a day.

Money is Energy - it's on its way.

You can do this too, or have a screen saver saying it, or post-it notes around your house or in your office.

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It does take a lot of work and practice, but it is well worth it.

Once you have an idea of your **Money Story** and the limits it throws at you, then you can work towards pushing back and being confident with money and thus asking for it, or even asking for MORE!

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