

Your Money Story & Beliefs Mini Worksheet



Your Money Story and Beliefs

We all have beliefs we've formed around money, things that are rooted in our subconscious that we don't even know are there. It's time to dig deep to uncover your limiting beliefs around money and re-program them (we all have them from years of societal, familial and personal conditioning).



What was it like to be around your father around money during the first 7 years of your life? Feel what it was like.

What did he teach you consciously or unconsciously?

What actions did he take? Were there certain phrases drilled into your mind that would make you doubt money?

Now feel where that went inside your physical body? Where did it get installed inside of you?



What was it like to be around your **mother** around money during the first 7 years of your life? Feel what it was like.

What did she teach you consciously or unconsciously?

What actions did she take? Were there certain phrases drilled into your mind that would make you doubt money?

Now feel where that went inside your physical body? Where did it get installed inside of you?



What is your relationship with money like now? Is it positive and empowering? Or do you have anxiety or an icky feeling towards money?

Explore this more, what about your relationship with money is positive? What about it is challenging? Does it make you feel anxious and stressed? Or powerful? Why do you think you feel this way?



What scares you about having money and being successful? How do you view people who have more money than you?

Conversely what excites you about having money and being successful?



Congratulations!

You've started your journey in further understanding your relationship with money.

If you want to take this to the next level and keep investing in creating your dream life, I would absolutely love to support and guide you.

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