



Rewire Your Money Mindset

The three biggest emotions I feel around money RIGHT NOW ARE:

Check all that apply to you:

Money stresses me out

Money feels hard to control

Money feels like something other people have, but not me

Money feels like a mystery- I don't even know where to start

Let's start to change some of these Negative Nancy thoughts! Answer these questions below to get at the root of your money emotions. (Fill these in along with the exercises in Chapter 4 in your Bravely Budget Workbook.)

What is your earliest money memory?

Think about what money meant to you as a 10 year old. What was wealth to you then? Did you even consider money?

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Now think about what money means to you now. Are there similarities to your first memory and childhood relationship to money? Do you feel the same way or have these feelings changed dramatically?

Now, let's focus on what you want to feel about money going forward.

I want money to be a source of *(for example, joy, peace, security)*

I think my biggest mental financial block right now is *(for example, being afraid to look at my budget, feeling like rich people are dirtbags and being rich will make me a dirtbag too, etc)*

Practice saying and writing these mantras

My finances are under my control and my direction.



I use money, money doesn't use me.

Money allows me to do amazing things like take care of myself and have fun.

Let's identify how money allows you to do WONDERFUL and JOYFUL things.

How does money allow you to take care of yourself? *(ie, paying rent gives me a place to live, paying off debt is a gift to my future self, etc)*

How is money a friend to you?

What will more money allow you to do?
