



## DISCOVERING MY MONEY STORY

**How do I perceive money? As something positive, negative, maybe both? Why?**

**What did my parents, relatives and friends teach me about money when I was young? Did I adopt the same beliefs as them?**

**Finish the thoughts:**

**Money is:** \_\_\_\_\_

**Money is for:** \_\_\_\_\_

**Money allows for:** \_\_\_\_\_

**When thinking about money, I feel:** \_\_\_\_\_

**Are there repetitive thoughts or affirmations I have about money?**

**How does my narrative above regarding money affect my financial behaviors?  
Ex: Am I responsible, a big spender, ignorant when it comes to the subject, etc...**

**Now that I am aware of my money story or narrative regarding money, am I content with it? If the answer is no, what would I like to change?**



How do I want to feel about money?

What positive affirmations and beliefs could I choose to adopt about money?



How would those new positive feelings, beliefs and affirmations affect my financial behaviors?