

YOUR MONEY BELIEFS



1. In your journal, capture your beliefs about money. Keep adding to the list throughout the month.

A few examples to get you thinking...

- *Money doesn't grow on trees.*
- *You have to work hard for money.*
- *I'm not good with money.*
- *Wanting money is greedy.*

Leave a bit of space around each belief — you'll be coming back to these.



2. Reflect on what you heard about money as a child.

What did your mother believe about money?

Your father?

Your grandparents?

Add to your list if you're inspired. Your teachers? Your church? Your childhood friends?



3. Next to each of your money beliefs, write down who gave you that belief.

How do you know if each belief is true? Do you have evidence? (Questioning the belief is how we start to challenge it.)

How would your life change without that belief?



4. Go back to each money belief and replace the word 'money' with a different term, say, 'energy.'

Energy doesn't grow on trees.

You have to work hard for energy.

I'm not good with energy.

Wanting energy is greedy.

It sounds silly, right? It doesn't make sense. Perhaps our money beliefs, too, are silly (or at least outdated or unsubstantiated.)



5. Finish by making a list of all the people who would benefit if you had more money.

Re-do this exercise once a week in the coming month. See if more beliefs emerge.

Find more money resources on Marisa's website www.marisapeer.com
and find Mandy at www.mandylehto.com