

My Money Mindset

**This exercise will help you identify some of your beliefs around money.*
(Select the beliefs that you identify with)*

- Money is the root of all evil
- God provides all my needs, so I don't need to learn about money
- Rich people are greedy
- The rich get richer and the poor get poorer
- I'm just not good with money
- My family has never been rich
- I'd rather be happy than rich
- The cost of living is so high that it is impossible to keep up with my spending
- God calls us to be humble, spiritual people are not supposed to be rich
- I'm not disciplined enough to save money and get out of debt
- Saving \$10 a week is never going to get me enough for retirement
- In my family, we support each other, which means when I save I end up giving it to my family
- I'm a single-parent, no one is going to help me. My kids eat a lot. Its impossible to save.
- Once I save a little, something happens and I spend it all, what's the point? I'll just spend it now.
- I don't need to worry about money, somehow things always work out

My Positive Money Affirmations

**This exercise will help you counter some of your limiting beliefs around money.*
(Select your Top 3 beliefs and write down positive affirmations that counter those thoughts.)*

Example)

- Money is the root of all evil
- Money is neutral, how I use it makes it good or evil.

Belief:
Positive Affirmation:

Belief:
Positive Affirmation:

Belief:
Positive Affirmation: