



MONEY JOURNALING \$\$\$

Find a place where you will be undisturbed for the next 30 minutes.

Bring yourself in a meditative state – by now, you know how.

*Take a maximum of 2-3 minutes per question (time yourself, if needed)
to answer without overthinking.*

Have fun discovering new depths about yourself! 😊

1. Imagine you can get anything you want. What are all the things that are on your “dream list”?

What do you REALLY WANT?

2. Right now, in this moment, think about already having ALL THE MONEY you want.

Where in your body and in your environment does it feel like it is?

3. How would you think, talk, feel, and do things if you were already financially free?

What would it BE LIKE to live this reality?

What would you have to BELIEVE about yourself, money, work, and the world to be financially free?



4. Does money feel SERIOUS or FUN to you?

What would/will you do with big amounts of money?

5. Read the next question and answer as fast as you can, no overthinking: When you think about money, what EMOTION do you feel in your body?

What is this emotion trying to TELL you? How can you honor that message?

6. Do you ever find yourself WORRYING about money? What scares you most about it?

For HOW LONG have you had this fear?

When and/or where did you first learn to feel afraid of money?



7. Close your eyes and go back to when you were a little girl. Think of being in a room with your mom and dad. What is the MESSAGE you got around money?

How does that message affect your current day REALITY?

8. Until now, what NEGATIVE choices have you made with or about money?

What INSIGHTS do you get from these choices?

How would you like to move forward?



9. What is the IGNITION, the big motivation in your life that makes you want to go to the next level of your financial situation?

10. If you were to take your financial reality to the next level, WHAT are you doing now that could no longer be an option for you?

What would you be doing INSTEAD that you are not doing as of now?