








7 Mindsets: Money

We all have a back story about money, one we grew up hearing or that has been reinforced or challenged throughout our lives. In the first column, identify the negative beliefs you may have around money for each of the 7 mindsets.

For example, in the worth column, you may list, "Making money makes me okay." Next, challenge your money story by answering the question in the Challenge column below. Last, create a new, empowering money story, such as "Money does not define my worth" to reframe your relationship with money.

MINDSET	NEGATIVE Identify any negative limiting beliefs about money related to each mindset.	CHALLENGE Think, "Is that really true? Are you sure it is? How do you know it? What evidence do you have?"	POSITIVE Now, re-state your negative, disempowering, limiting beliefs about money into positive, empowering beliefs that put you in a success state.
 WORTH			
 CLARITY			
 VALUE			
 TIME			
 LEVERAGE			
 RELATIONSHIPS			
 MONEY			

