

myWorth

MONEY MINDSET WORKBOOK





Table Of Contents

Let's Talk About Money	2
What Is A Money Mindset Anyway?	3
Build Your Gauge	4
Part 1: Free Write	7
Part 2: 20 Statements - Map Limiting Beliefs	12
Part 3: Pattern Identification	14
Part 4: Put It To Work	17



Let's Talk About MONEY

Our minds can be very powerful, wealth-building tools when used the right way. It's true—conquering your mindset around money has the power to bring more abundance and stability than you ever thought possible. Of course, nothing worth doing ever comes easily, but with the right resources, careful guidance, and plenty of practice, the concept of abundance can transform from a distant dream into a way of life.

If your method, or “money mindset,” hasn't been bringing you closer to your financial goals, here's your opportunity to try something a little different. You'll start by using this worksheet as a tool to assess the current state of your money mindset. Then, you'll tackle a few exercises (not the sweaty kind) to help you get a better understanding of the money mindsets that create wealth.

You never know what could be waiting for you on the other side of your money mindset.



What Is A Money Mindset Anyway?

If all this talk about your “money mindset” has you feeling more confused than mindful, we feel you. Let’s unpack it.

Your money mindset is your unique and individual set of core beliefs about money. More specifically, it’s your attitude around money, and really, the driver of your financial behavior. Your money mindset has the power to shape what you believe you can and cannot do with money, how much money you believe you’re “worth,” what you feel you’re entitled to, and even what you earn. It has the power to dictate how much you spend and save, the ways in which you manage debt, how much money you give away and your ability to invest with confidence. In a word, it’s **POWERFUL**. But so are you, so even if you’re battling a less-than-abundant money mindset at the moment, that can all change.

Let’s get started.



Build Your Gauge: Start With Where You Are

“If you do not know where you come from, then you don't know where you are, and if you don't know where you are, then you don't know where you're going. And if you don't know where you're going, you're probably going wrong.”

I Shall Wear Midnight

While it is vital to have a strong vision, goal and destination in mind, you must first know your starting location. This is your chance to create an articulated characterization, or gauge, of where you are now and how you got here.

We'll tackle it in three parts. Ready to dive in?



PART 1

FREE WRITE

myWorth

**MONEY MINDSET
WORKBOOK**



PART 2

20 STATEMENTS

myWorth

**MONEY MINDSET
WORKBOOK**

Part 2: 20 Statements – Map Limiting Beliefs

On a scale of 1-5, one being False and 5 being True, consider the following statements as they apply to your inner narrative. Circle the corresponding number for each statement and calculate your average score for limiting beliefs.

- | | | | | | |
|---|---|---|---|---|---|
| 1. There is a limited supply of money available to me. | 1 | 2 | 3 | 4 | 5 |
| 2. I am terrible at saving. | 1 | 2 | 3 | 4 | 5 |
| 3. I will never get out of debt. | 1 | 2 | 3 | 4 | 5 |
| 4. I make poor decisions when it comes to money. | 1 | 2 | 3 | 4 | 5 |
| 5. Money is a man's world. | 1 | 2 | 3 | 4 | 5 |
| 6. My money is for play. My partner makes the real money. | 1 | 2 | 3 | 4 | 5 |
| 7. Money is not spiritual. | 1 | 2 | 3 | 4 | 5 |
| 8. People won't like me if I am wealthy. | 1 | 2 | 3 | 4 | 5 |
| 9. I'm illiterate when it comes to finances. | 1 | 2 | 3 | 4 | 5 |
| 10. Money and math just aren't my thing. | 1 | 2 | 3 | 4 | 5 |
| 11. I don't deserve to earn more money. | 1 | 2 | 3 | 4 | 5 |
| 12. I'm not smart enough to make more money. | 1 | 2 | 3 | 4 | 5 |
| 13. My field doesn't pay well. | 1 | 2 | 3 | 4 | 5 |
| 14. My family has never been rich. | 1 | 2 | 3 | 4 | 5 |
| 15. Money is the root of all evil. | 1 | 2 | 3 | 4 | 5 |
| 16. The rich get richer and the poor get poorer. | 1 | 2 | 3 | 4 | 5 |
| 17. I don't have a say in my financial future. | 1 | 2 | 3 | 4 | 5 |
| 18. More money, more problems. | 1 | 2 | 3 | 4 | 5 |
| 19. I am selfish for wanting money. | 1 | 2 | 3 | 4 | 5 |
| 20. It takes a lot of money to make money. | 1 | 2 | 3 | 4 | 5 |

TOTAL SCORE



PART 3

PATTERN IDENTIFICATION

myWorth

**MONEY MINDSET
WORKBOOK**

2. Why do you think you are still holding onto these behaviors?

3. Why do you want to change these thoughts and behaviors?



PART 4

PUT IT TO WORK

myWorth

**MONEY MINDSET
WORKBOOK**

Part 4: Put It To Work

Congratulations! Identifying and understanding your money story is the most difficult part. This next section is all about accountability. Now that you've identified limiting money beliefs that may be holding you back, your job is to track these negative thought patterns and interject them with context and positive affirmation.

Below, identify a common script you tell yourself about money. Follow the prompts to interject your thoughts with context and positive affirmation. Then, lather, rinse and repeat and you'll be well on your way to an abundant money mindset!

Initial Negative Thought

How are you feeling right now? Where is your head at?

How does that initial negative thought affect you? What story immediately comes to mind when you think of it?

What are some ways you can rephrase your intrusive thought?

What core belief might be leading you to this thought?

Are there things you could do to fix this problem? Even if you can't see a clear solution, take your best shot!

What is the WORST that could happen? Really go for it.

How LIKELY is it that the worst will happen?

What most likely will happen?

What will your situation look like if you chose to tackle that negative thought:

One Day From Now:	One Month From Now:	One Year From Now: