

Sassy & Sexy Money Mindset Workbook



www.thesassywealthcoach.com

Did you know that your mindset about money is a very powerful thing? It can either help you succeed or push you down into self-sabotaging. The way you think about money both consciously and subconsciously is your attitude toward money. Your money attitude influences your financial actions or inaction like generating and keeping money.

The thing is, your money mindset was formed through a combination of your own experiences and what you were taught as a child about money by your parents and family, whether consciously or subconsciously. All these things... created the relationship we have with money and for many of us, it wasn't a good relationship.

We as women, tend to have a love-hate relationship with money. We love to spend money, but we hate to talk about it. Growing up, most women, were taught that it's impolite or embarrassing to talk about money and it just wasn't something that we should do.

We also tend to have a more complicated relationship with money than men. For us, money represents purchasing power, sure. But it also represents security and the ability to care for ourselves and our family. The ability to stand on our own 2 feet. This of course, creates an emotional connection with money which can make money that much more frightening to deal with.

Can you relate to this?

I can.



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I didn't realize at first that my relationship with money was bad. Hell, my relationship with money for a long time was non-existent. I hated money. I hated talking about it. I hated looking at my numbers, etc. (yep, me the person who has an accounting degree). It wasn't until I did the work and changed my money story and beliefs that my relationship with money became what it is today.

The good news is you can also change your relationship with money by changing your money story. To do that, you first must recognize and acknowledge what your current money story is, what your current money beliefs are and why you believe the way you do (part of your money story).

Changing your money story... is part of changing your money mindset...which then changes the way you look at money and manage your money aka the relationship you have with your money.

If you being able to change how you think about, talk about and look at your money seems like way too much of a challenge... I have GREAT news!! This workbook was created to help you take the steps to do just that and ALL without being overwhelming.

Identify Your Money Story

Use the questions below to identify your money story.

What is your earliest childhood memory about money?

Do you remember your parents talking about money? Fighting over their finances? What precisely can you remember?

Identify Your Money Story

Use the questions below to identify your money story.

What was the feeling around spending money and paying bills when you were growing up?

Did your family of origin experience a significant financial event when you were a child? A job loss, divorce, substantial debt, windfall, etc.

Identify Your Money Story

Use the questions below to identify your money story.

When you were young, did you feel like you had more, less, or the same money as your friends? Did you make comparisons?

What were the financial circumstances of your parents' childhoods? How could that have shaped their money stories? How has their money story influenced yours (i.e., what did you inherit?) For example, Depression-era children might have a scarcity money story.

Identify Your Money Story

Use the questions below to identify your money story.

Do you have feelings of guilt about money?

Do you feel like you deserve money?

Identify Your Money Story

Use the questions below to identify your money story.

Where do you spend money? Where do you want to spend money? Do these align?

Do you feel like financial success is attainable? Why or why not?

My Current Money Beliefs

Instructions: Complete this multiple-answer checklist out to clarify your current money beliefs

- I am bad with money
- I am awful at saving money
- The rich get richer, the poor get poorer
- Wanting more money is shallow and selfish
- My family has never had a lot of money
- I make bad money decisions
- Money corrupts people
- I don't deserve to be wealthy
- It takes money to make money
- There's nothing I can do to change my finances
- Money is the last thing I think about until I need to pay a bill

My Current Money Beliefs

Instructions: Complete this multiple-answer checklist out to clarify your current money beliefs

- As soon as I get money, it's gone**
- My friends/family will judge me if I make more money**
- I won't ever make enough of an income to be able to save**
- I will never get out of the paycheck to paycheck cycle**
- There's never enough money for everything**
- I don't deserve to have more money**
- Money allows me to help people—including myself**
- Money is something that other people have**
- I feel like a fraud so I don't charge what others charge for their services**
- I'm ready to step up and make enough money to reach all my goals- and have some left to help others too**
- Money is a powerful tool that helps me through life**

Reframe Your Money Belief

Pick One Limiting Belief

Ex. Old

Limiting Belief:

"I'm not smart enough to manage my money well"

Ex. New

Rewrite With Positive Affirmation:

"I'm learning about money all the time, and am happy to be growing and developing my skills"

Old

Limiting Belief:

New

How Can You Re-Word It In A Positive Way?

Reframe Your Money Belief

Pick Two More

Old

Limiting Belief:

New

Rewrite With Positive Affirmation:

Old

Limiting Belief:

New

How Can You Re-Word It In A Positive Way?



Create a NEW Money Story

Use the questions below to start creating a new money story.

What does your new money story look like?

How does the new story play out in your life and finances? (For example, you will earn enough income, pay the bills on time, save more, spend less, invest, let go of the shame and fear, not worry about the money as much?)

Create a NEW Money Story

Use the questions below to start creating a new money story.

What actions and behaviors do you need to take to make your new financial tale a reality?

What thoughts and feelings does your new money story elicit?

Create a NEW Money Story

Use the questions below to start creating a new money story.

Write down your new money story and how it plays out in your life.

Reflection

What have you uncovered about your unconscious mind?
What actions will you take to transform your money mindset?
How important is your money story to you?



Money Affirmations

Affirmations are a great way to bring positivity into your daily life.

You can use the following Money Affirmations to bring positive money thoughts into your life and to begin to change the way you think about your money. Money Mindset is a BIG part of feeling empowered by your money.



I can look at my finances without fear



I am worthy of increasing my income



Financial success comes to me easily and effortlessly



I will use my money as a tool to build a life I love



I know how to spend and earn money wisely



I manifest more money by being grateful for what I already have



I am happy with my accomplishments



I am aligned with the energy of abundance



Every dollar I spend comes back to me multiplied

Money Affirmations

Affirmations are a great way to bring positivity into your daily life.

You can use the following Money Affirmations to bring positive money thoughts into your life and to begin to change the way you think about your money. Money Mindset is a BIG part of feeling empowered by your money.



I release all negative energy over money



I am worthy of financial security



I am committed to reaching my financial goals



I am in control of my numbers



I am ready to receive money



I am capable and deserving of money



I have the resources to make money



Time is limited, money is not



I am releasing all financial blockages and anything standing in the way of my financial freedom



I am the keeper and the master of my own money

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You can use the following Money Affirmations to bring positive money thoughts into your life and to begin to change the way you think about your money. Money Mindset is a BIG part of feeling empowered by your money.



It is safe for me to chase my dreams



I give myself permission to grow AND???



I have the resources to be debt free



Making money makes me happy



I spend money on things that make me happy



I am my own success story



I am worthy

You do not need to use all of these. Use the ones that feel good to you and that help with an area of your money mindset that needs improvement.

60 Minute Money Coaching Session: \$250



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schedule**