



Identify Those Strong Emotions

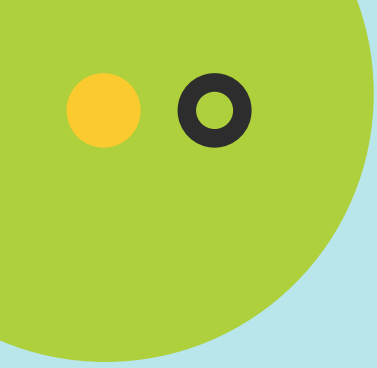
THREE QUESTIONS TO SHIFT MONEY EMOTIONS

Take some time to write down your answers to these questions, and jot down anything that comes up. There's no right or wrong answer here. You're merely exploring where and when big emotions present themselves when it comes to your finances.

When do strong emotions show up around money?

Ex. Jealousy when someone buys a new house. Fear when you're checking your bank accounts. Anxiety when you hand over your credit card at a group dinner. Check the QR code at the back of the book for more.



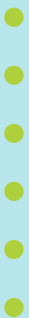


What money environment is at the heart of that emotion?

Ex. Scam Central, Money Desert, Torrential Rainy Day, Broke Millionaire, Ostriching, Pleasing and Helping.

What is one small thing I could do differently in the future to minimize that emotion showing up?

Ex. Journal how you're feeling, do the thing you're avoiding, go for a walk, open this book to remind yourself which steps to take.





Your Relationship to Wealth

To begin building wealth we have to begin here—with understanding your mindset around money. Your mindset, or your relationship to wealth, is impacted by your financial origin stories. These are origins made up of your first experiences with money. The environment you grew up in—whether that was an environment of Pleasing and Helping, Ostriching, Broke Millionaire, Torrential Rainy Day, Money Desert, or Scam Central—created strong emotions around money that inform your decisions can be detrimental to building wealth even if they don't seem like a bad thing on the surface (like me being frugal or Felicia trying to help everyone). Once you create an awareness of everything going on below the surface that influences your decisions, you can start making the right wealth-building decisions, one at a time, with my help throughout this book.

Examine your first experiences with money with these reflection prompts. Write down your answers in the space below:

Q

What were your first experiences with money?

A





Q

What environment(s) do you relate to the most?

A

Q

What traits or behaviors did you notice in the people around you in these environments?

A





How are those experiences impacting your relationship with money today?



How is this showing up in your behaviors right now?

