

Money Mindset: 9 Journal Prompts to Build Abundance

ouiwegirl.com @ouiwegirl



Money Mindset

Childhood learning and experiences (ages 0 - 18) determines our mindset about money.

This is not conscious.

Everything we absorbed from parental relationships, media, peer modeling, our education system and more is embedded in our subconscious and informs how we view money today.

Because of LACK MENTALITY sometimes we hold ourselves back. We are afraid to charge our worth, don't up our rates, believe our products and services don't have value or that our industry is 'cheap.' This too, is often not conscious.

Money is Energy.

When considering your truest self, achieving your highest aspirations and reaching your financial goals it's important to get clear with yourself and the universe on what you truly want.

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Before you begin, make sure you've given yourself at least 30 minutes to work through these questions, it's even better if you can take an extra few minutes to settle in, get quiet, light a candle and enjoy a few moments of meditation or solitude before contemplating the journal prompts.

Hand write the answers to each on the pages below or in your journal.

Recognizing and Overcoming Lack Mentality

1. What age (and potentially memory) did you become aware that money existed? What was the economic state of the community you grew up in?
2. Were you encouraged by your parents, siblings, and teachers that you could be successful from your passions and talents? Or were you shamed?
3. As you grew up were you ever put down or left out because you didn't have money? Or were you ever embarrassed because you did?
4. Do you avoid learning about investing? What's the first emotion that comes to mind when you think about money?
5. What does money represent to you today? When considering money, what do you want it for?
6. When you consider people that you look up to or those that you idolize, what's the story you tell yourself about their money?

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“Believe that you are worthy of financial freedom. Do something you love and then all you ever have to do is be yourself to succeed. If you sell something you love, then you just sell love, not a specific product or service, and that will show.” — **Jen Sincero**

Envision Abundance

7. Write down three money goals.

- This is the amount of money I'd be fine making each month:
- This is a higher goal that feels attainable:
- Here's my big, magical, lofty goal that would change the game for me:

8. Think back to the overcoming lack journal answers – what is holding you back from making money? What's one thing you can do to change that lack mentality now?

9. What does your dream career or business look like? Be as specific as possible.

*Abundance Mantra: I live an abundant life
– rich with love, friends, money and
compassion.*