

DISCOVERING MY MONEY STORY

Your money story isn't a flaw, and it isn't your fate.
It's simply the script you've inherited.

Today, we're going to begin exploring that script with
compassion and curiosity.

There's no "right" way to do this. You're just noticing. Listening.
Understanding.

When you know your story, you have the power to rewrite it.

What is your earliest
memory or most vivid
involving money?

How old were you?
Who was there?
What happened?

Growing up, what did the
adults around you teach
(directly or indirectly
through your observation of
them) you about:
Spending, savings, debt,
Wealth, Financial Success,
Women and money

Was money a
source of stress,
secrecy,
excitement,
opportunity or
something else?

How do these (or
how have these)
childhood
experiences show
up in your adult
financial habits