

RELEASING

Old Emotions

Money is deeply emotional.

Your past experiences created emotional imprints that still live in the body—tightness in the chest, a knot in the stomach, tension in the shoulders. Before you can step into your empowered financial self, you deserve the chance to gently release any lingering shame, guilt, or fear.

What emotions from my past still show up in my financial present?

Where do these emotions live in my body

What parts of myself were being protected?

What am I ready to release?

Write a release sentence that begins with "I no longer need...."

Write a self forgiveness sentence that begins with "I forgive myself for...."