

Money Belief Journal

Purpose:

Use this journal to reflect on your beliefs about money, explore their origins, and track how your mindset changes over time. Understanding your thoughts and emotions about money can help you make better financial decisions.

Journal Prompts:

- What types of conversations about money do you remember from your childhood?
- How did your family handle money, and how has that shaped your current beliefs?
- What financial habits have you developed, and where do they come from?
- What money beliefs are holding you back from achieving your financial goals?
- What are some positive financial habits you can adopt to improve your relationship with money?
- How do you feel when you spend money? How do you feel when you save money?
- What financial lessons do you want to pass on to future generations?

Next Steps:

- Write in this journal regularly to track changes in your financial mindset.
- Identify patterns in your beliefs and how they impact your financial decisions.
- Replace limiting beliefs with positive affirmations to improve your relationship with money.
- Revisit past entries to see how your perspective has evolved over time.

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Journal Entry Date: _____

Key Insights from This Entry:

Limiting Beliefs vs. Positive Reframing

Use this section to replace negative money beliefs with empowering ones.

LIMITING BELIEF	POSITIVE REFRAMING
<i>Example: "I'm bad with money."</i>	<i>"I am learning to manage my money wisely."</i>