



Women & Money

Empowering Beliefs

Beliefs are made up assumptions of truth, formed over time, most often unconsciously.

Generally, they are geared towards holding us back and keeping us safe and small...

By choosing empowering beliefs you can start to take action in line with those beliefs and start to get the results you are looking for.

Complete these sentences to create new empowering beliefs that will challenge and support you to improve your relationship and results with money.

Money is... _____

Money allows me to... _____

Money gives me... _____

