

Women & Money



The Healing Power of Releasing Guilt, Shame or Resentment

"What if judging yourself was a poison you refused to drink?"

Creating A New Perspective

Having _____ doesn't make me...

_____ , _____ , _____
_____, _____ .

Creating Insight

I spent that money because I was scared

My underlying need was for

When I made that purchase what I really wanted was to feel

and I wanted _____ to _____ me.

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Creating Forgiveness

Reflecting on this purchase today...

I feel compassion for the part of me that wants

I love the part of me who

I forgive the action I took because

I am grateful for

Creating New, Empowered Choices

For me, spending consciously means

I have a plan to

30 days after the purchase I want to feel

To make this purchase I am willing to give up
because it is that important to me.