

# Women & Money



## Discovering Your Money Courage

### Step 1: AWARENESS

#### What's a situation where you give away your power with money:

- Where you are uncomfortable asking for the money that you want?
- Where you are afraid of asking for more?
- Where you could be saving money and haven't investigated or followed up on it?
- Where you owe someone money and don't have an agreed upon payoff plan?
- Where you are afraid of making more?
- Where you are avoiding having an honest conversation regarding money with someone?
- Where you are afraid of asking for what is owed or due you?
- Where you are making excuses or telling yourself you can't do something?
- Where you are avoiding setting a Bold Money Goal?
- Where you are holding back from leaping into a new opportunity?
- Other: \_\_\_\_\_

**Money Situation:** \_\_\_\_\_

\_\_\_\_\_

### Step 2: NEW STORIES

#### My Money Mantra is:

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## Step 3: COURAGE

"I have the courage to \_\_\_\_\_"

## Step 4: BOUNDARIES

"The boundary I will put into place is \_\_\_\_\_"

## Step 5: ACTION

"The action I will take is \_\_\_\_\_ by \_\_\_\_\_"

## Step 6: GIFT

"The gift in this is \_\_\_\_\_"