

~~BUDGETS~~
~~DON'T~~
~~WORK~~
(But This Does)


- ▶ What are my wealth creation values? Are these values reflected in how I am spending and investing? If not, why not?

Recognising, understanding and even being tired of your Money Story or reacting emotionally to it positively or negatively are good things but they're only the first step. The final and vital questions to ask are:

- ▶ Is that Money Story serving or sabotaging me?

- ▶ What Money Stories do I want to keep and what do I want to reject? In other words, what adapted Money Story do I want to write?

MONEY ENVIRONMENT

The following questions can help you figure out what your Money Environment looks like and whether it is serving you or sabotaging you:

- ▶ Do I worry too much about what others think? What do I worry about when I connect or interact with others?

- ▶ How does my social circle influence my finances? Are these positive or negative influences? What is the evidence from my behaviour that they are positive or negative?

- ▶ Do I care about how my life looks or how it feels? Why is that and how is that affecting my finances? Who or what is influencing this?

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▶ What are some ways that I am spending and investing in alignment with my values? What are some ways that I'm spending and investing out of alignment with my values? Who or what is influencing these decisions?

Figuring out if your Money Environment is healthy or unhealthy is only the first step. Other questions to ask include:

▶ If my environment is healthy, how can I amplify those effects?

▶ If I've acknowledged my financial environment isn't helpful, what steps can I take to step out of it and potentially put great boundaries in place?

▶ Am I living according to the life I want to design and my money values or according to the Money Story prescribed by my parents, my peers and society?

▶ Who do I need to unfollow in order to set up a healthy financial environment? Conversely, who do I need to follow to promote financial balance?

▶ Who can I place in my life that has great self-control or that I admire financially to form part of my strong financial environment?

PART TWO: MONEY TYPES WORKSHEET

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Fill out as much of the below worksheet as you can. Remember you may have a primary and secondary Money Type, so make sure you acknowledge both as you work your way through.

My Primary Money Type:

My Secondary Money Type (if applicable):

My Money Mantra/s:

My Money Strengths:

My Money Weaknesses:

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Next, answer the following questions:

▶ How are my strengths of my Money Type serving me?

▶ How can I amplify my strengths so that I can reap even more of a benefit?

▶ How are the weaknesses of my Money Type sabotaging me?

▶ How can I minimise the weaknesses I'm displaying in my Money Type?

Remember, to make it more interesting and the result potentially longer lasting, have your partners and friends read through the relevant sections of the book and complete the worksheet too. By discovering and learning the strengths and weaknesses in each other's Money Types you can start to financially support one another in a new and deeper way.

