

30-days of journaling

TO BUILD YOUR MONEY CONFIDENCE

What are your biggest goals?

What is your biggest worry about money?

What is your earliest memory of money?

My biggest accomplishment in life is...

If I had a magic wand, I would...

What did your parents or guardians teach you about money?

Money is...

The one thing that stops me from having more money is...

Describe your relationship with money in five words or less.

If someone asks me how much I earn I feel...

What does "not enough money" look like to you?

How would you like to feel about money?

Think about a time when you received money unexpectedly. How did that feel?

The thought of asking my boss for a pay rise makes me feel...

How do you feel about money today?

What is a "good" amount of money to earn?

If you had to ask for a pay rise tomorrow, how much would feel like too much?

When I spending money on things for me, I feel...

Describe your dream day.

What issue from your past is holding you back financially?

If you had unlimited money, how would your life change?

What do you do to look after your money?

If your bank account could talk, what would it say?

How does money bring you joy?

With more money I would...

How do you feel talking about money to friends and family?

How would you describe your money situation?

At what amount of money would you describe yourself as rich?

How would you describe your money situation to say a financial adviser?

Having lots of money is good when...