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# MONEY MINDSET

creating a healthy relationship with money



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**Money is only a tool.**

**It will take you  
wherever you wish,  
but it will not replace  
you as the driver.**

**~Ayn Rand**

”

*Money  
Mantra*

**I DO  
DESERVE  
MONEY**

# FEEL THOSE FEELS

## *money journey*

Our money story starts with our childhood. We pick up on how our parents, guardians, aunts/uncles, grandparents talk about money. We sense the emotions that people attach to money. So, let's start there.

### **EXERCISE: part 1**

1. Get out a piece of paper
2. Get your pen ready
3. Set a timer for 5 minutes
4. Take a trip down memory lane
5. Write down any words, phrases, situations that come to mind in regard to money



### **EXERCISE: part 2**

Take a look at what's on your paper. What emotions are associated with those memories? Write those down next to the scenario.

Are you recalling a sense of fear? Shame? Overwhelm? Greed? Guilt?

Which of those emotions are still with you today? Look over each of those words and check in with your body... do you feel it somewhere?

Those are residual emotions. Those are normal.

***See Part 3 & 4 for how to move forward!***

# YOU ARE NOT GREEDY

## *money holds no power over you*

The first part of making a change is recognizing what is impacting us. Awareness is key. ✓

### **EXERCISE: part 3**

Forgiveness.

Whoever was involved in those money memories... mom, dad, step-parents, grandparents, legal guardian, aunts/uncles... they were doing their best.

It's time to forgive them.

It's time to forgive yourself.

Forgive each person and each scenario from part 2, one at a time.

One forgiveness mantra I learned from Money Mindset Coach, Denise Duffield-Thomas:

"I forgive you. Thank you. I'm sorry. I love you."



### **EXERCISE: part 4**

Gratitude.

Thanking your money -- with every transaction, with each bill paid, with all tanks of gas, with your online purchases.

Take a moment to thank your money for what it has provided.

If you are interested in learning more about this topic, you may want to research:

Arigato Your Money

# MONEY IS NOT YOUR ENEMY

## *a positive relationship with money*

Money = Energy

Don't give it more power than it actually has.

With this four-part exercise, you are well on your way to building that healthy relationship with money.

## *Excited* for you!



If you are seeking additional support, I offer 1:1 sessions.

You can [book a time here.](#)

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