FREE GUIDE

Wealth Mindset Journal Prompts

Shift Your Thinking, Set Your Goals, and Reframe Your Money Story

True wealth starts in the mind long before it shows up in your bank account. Consistently reflecting on your beliefs and intentions lays the foundation for lasting financial transformation. Shifting your mindset is crucial because your beliefs about money directly influence your financial behaviors, decisions, and the opportunities we recognize or miss. These prompts are designed to help you uncover limiting beliefs, reset your relationship with money, and align your vision with abundance.

1. What beliefs about money did I learn growing up?

Reflect honestly. Were you taught that money is "hard to get," "evil," or that "rich people are greedy"? Awareness is the first step to shifting.

2. How do I currently feel when I think about money?

Are you anxious, hopeful, ashamed, or excited? Remember, all feelings are valid — recognizing them without judgment gives you the power to transform them.

3. If money were a person, what kind of relationship would I have with it?

Would you be clingy, distant, grateful, ror resentful? How can you create a healthier relationship with money in the future?

📃 4. What does "wealth" mean to me?

Define it beyond just a dollar amount. Is it freedom, security, opportunities, or legacy?

5. What financial goals feel both exciting and a little scary?

Dream a little bigger. Stretch your goals without judgment. For example, setting a goal to buy your first rental property or start a six-figure side business may feel exciting and a little intimidating — and that's a good sign you're growing.

6. What new money habits can I commit to this month?

Choose small, actionable steps that move you closer to your vision. Examples: automatic savings, debt payoff plan, investment research.

Final Affirmation

"I am worthy of wealth, abundance, and opportunities. My past does not limit my future. I take consistent action toward building the financial future I deserve. Each day, I take a step closer to financial freedom."

Use these journal prompts weekly or monthly to track your mindset growth.

For more resources on building wealth with strategy and faith — including free tools, workshops, and coaching opportunities — visit shondymonroe.com or follow @shondymonroe.