

# YOUR MONEY BELIEFS WORKSHEET

by Life coach Gagan Sidhu

**1. In your journal, capture your beliefs about money. Keep adding to the list throughout the month.**

A few examples to get you thinking...

- Money doesn't grow on trees.
- You have to work hard for money.
- I'm not good with money.
- Wanting money is greedy.

Leave a bit of space around each belief — you'll be coming back to these.

**2. Reflect on what you heard about money as a child.**

What did your mother believe about money?

Your father?

Your grandparents?

Add to your list if you're inspired. Your teachers? Your church? Your childhood friends?

**3. Next to each of your money beliefs, write down who gave you that belief.**

How do you know if each belief is true? Do you have evidence? (Questioning the belief is how we start to challenge it.)

How would your life change without that belief?

**4. Go back to each money belief and replace the word 'money' with a different term, say, 'energy.'**

Energy doesn't grow on trees.

You have to work hard for energy.

I'm not good with energy.

Wanting energy is greedy.

It sounds silly, right? It doesn't make sense. Perhaps our money beliefs, too, are silly (or at least outdated or unsubstantiated.)

**5. Finish by making a list of all the people who would benefit if you had more money.**

Re-do this exercise once a week in the coming month. See if more beliefs emerge.



## Thank you & Conclusion

### Rituals to follow

- 1) First thing in the Morning -Write Gratitude for Money & Expand
- 2) Do meditation of any style (shared 2 videos) that you like for atleast 5-10 min end of the day
- 3) Complete Repeat any activity- Take action on your wish-list towards fulfilling them .
- 4) Contemplate about- Habits of Rich & Successful people & try to include as much in your life!!
- 5) Read the Inspirational Story & amplify your belief system, that anything is possible in this world...if you also put your mind & soul into it ...you can also create your desired life!
- 6) Remember to catch any negative thoughts throughout the day & turn them into positive ones...as your feelings are the point of attraction!!
- 7) Keep visiting our social media handles for Daily Dose of Positivity #VitaminG

Join our 10 day Money Manifestation Workshop to Master your Money energy and Abundance.

<https://positiveminds.co.in/money-manifestationcourse>

Thankyou for being there!!

**Love & Gratitude,**

Gagandeep Siidhu