

Reflecting on Your Money Story

If you've ever wondered why you handle money the way you do, this is your chance to find out — and start rewriting the story.

This gentle reflection guide is here to help you explore your personal story around money — not to judge or fix, but to notice. Understanding where our beliefs come from can open the door to greater peace, freedom, and intention in how we manage our finances.

Take a quiet moment to think or journal through the following prompts. There's no right or wrong — just your story. Writing helps bring clarity to what we carry inside — it slows our thoughts, makes space for truth to emerge, and invites healing.

- 1. What is your earliest memory of money?
- 2. Growing up, what was said or modeled about money in your home?
- 3. When you think of the word 'money' now, what feelings come up (e.g., peace, stress, fear, freedom)?
- 4. What do you believe you have to do to feel 'safe' with money?
- 5. What messages about money do you think you've carried into adulthood?
- 6. Can you recall a moment you felt ashamed about money — or proud?
- 7. What's one belief about money you'd like to let go of?
- 8. What's one truth you'd like to live into instead?
- 9. How would you like your relationship with money to feel one year from now?
- 10. Who could you talk to about this to keep growing in financial peace?

Remember: Your money story isn't fixed — it's evolving. And the fact that you're here, reflecting, is a sign of growth already.

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