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## **Relationship to money exercise**

*If you have a difficult relationship with money - try the following exercise:*

**Firstly ponder on this question - ‘How would you describe your relationship to money?’**

**Then complete the following steps:**

**1/ Write down your limiting belief about money (e.g I will never have enough money)**

**2/ Ask yourself ‘How did this arise?’ - write this down**

**3/ What behaviours do you do to reinforce this belief? Write them down**

**4/ Repeat to yourself the opposite of your limiting belief (e.g I will always have enough money) - write it down**

**5/ Spend some time thinking about how you would feel if you believed this new belief. Write it down**

**6/ Think about how you would behave if you had this new belief around money. Write it down**

**7/ Think about the actions you need to take in order to embed this new belief. Write it down**

