

FINANCIAL THERAPY:

Change *Your*

# MONEY BELIEFS



*And* Change

# YOUR LIFE

WORKSHEET



*Slavica Bogdanov*

Your beliefs about money can have a negative impact on your financial situation. Recognizing and changing these beliefs can enhance your finances.

**Answer these questions to gain a better perspective of how your beliefs about money might be affecting your financial circumstances and make a plan for positive changes.**

1. What part of your financial life is creating the greatest challenges?

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2. What are your beliefs surrounding this financial challenge?

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3. Which beliefs are having the greatest negative impact?

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4. Where did this belief come from? What is it costing you?

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5. What is a more appropriate belief that will better support your financial goals?

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6. What impact would this new belief have on your finances?

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7. What techniques will you use to help you adopt more financially beneficial beliefs?

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8. How will you know when your beliefs have changed? What behavioral changes would you expect to see?

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