The Money Mojo-Dojo: Part 1
Uncovering Your Limiting Beliefs Around Money

What issues do you suspect you have around money?
____________________________________________________________________________________
____________________________________________________________________________________

What were your parents’ beliefs about money? How did they treat and talk about money?
____________________________________________________________________________________
____________________________________________________________________________________

How have your beliefs about money affected your relationships?
____________________________________________________________________________________
____________________________________________________________________________________

How much money do you want to make annually? _________________

Are you making that amount now? Why or why not?
____________________________________________________________________________________
____________________________________________________________________________________

Is it okay for you to have money when others don’t? Why or why not?
____________________________________________________________________________________

Do you believe things will get better or worse for you if you have more money? Explain.
____________________________________________________________________________________

Do you feel guilty when you buy expensive things for yourself? Why or why not?
____________________________________________________________________________________

If someone asked you how much money you earn, would you tend to suggest that you earn more or less than you do? Why?

The Money Mojo-Dojo: Part 2
How to Eliminate Your Limiting Money Beliefs

Step 1
Step 2

Step 3

Practice: Write the belief you want to change below

________________________________________

Now apply the steps listed above to the belief

Step 1

Step 2

Step 3