

A person is sitting at a desk, working on a silver laptop. Their hands are visible, typing on the keyboard and resting on the trackpad. They are wearing a white sweater and a watch. In the background, a tabby cat is perched on a windowsill, looking out the window. There are several large green plants on the desk and near the window. The scene is brightly lit, suggesting a sunny day.

Designing a Nourishing Money Date

The Financially Empowered Entrepreneur

Hi
Friend,



This workbook was created as a response to conversations I've had with some amazing business owners, as they were reimagining their relationship with money.

A money date is a dedicated time where you engage with your finances and take action to move towards goals that are meaningful for you. In the money dates I design with clients, we look at what we can work on that will create the most impact as we move forward.

The idea of the money date has been kicking around for a hot minute, however, it's still new for some people. For others, there can remain an undercurrent of anxiety or tension when entering their money dates.

I hope that by using the prompts in this workbook, you're empowered to create a ritual around money that is meaningful and nourishing for you. Each of us has a unique set of experiences that informs our relationship with money, so why not create something equally unique?

Brittany xo

A starting point

Creating something right for you doesn't mean that you need to start from scratch. We're going to start with a basic structure, and you're going to bring in **your** needs and intentions.

Note that this is listed in the order I'd start with. But approach this in the spirit of experimentation, and figure out what works for you.

Your money date

(Psst anything underlined is hyperlinked, so feel free to share my tech success excitement and click away!)

- Get grounded and centered ([page 5](#))
- Connect with your money date intentions and how this connects with your goals ([page 6](#))
- Work with money, practically ([page 7](#))
- Work with money, emotionally ([page 8](#))
- Bring it together and move it forward with reflection and defining your next steps ([page 9](#))

A note about ritual

Before we dig in, know that I'll be mentioning spirituality, but this isn't necessarily from a traditional religious sense.

When I speak of spirituality, my hope is to speak to connection. A connection to self, to our loved ones and community, and to our planet and the universe/source/god. However my intention doesn't have to be yours. Take what makes sense for you, and leave the rest.

As I was reading *The Power of Ritual*, by Casper Ter Kuile, I was inspired. Casper speaks about a connection to ritual in an increasingly secular world, and it made me think about how we bring intention and awareness to our money dates.

Money dates can be purely practical, but they don't have to be. We can create money dates where we nurture our relationship with money, yet many of us tend to jump right into doing. And that's where the tension comes in, because there are emotions unspoken and hopes unsaid.

So let's start by acknowledging our emotional bodies and bringing to the forefront our hopes and dreams...

Grounding

We're starting with grounding because many of us experience uncomfortable emotions when it comes to money. Grounding is a practice to connect you with the present moment, and there are a range of techniques to get you grounded. If you don't have a practice of grounding here are a few options:

Grounding techniques:

- **Breath work** – There are many breath work techniques, and box breathing is my favourite because it's easy to remember – inhale for a count of 4, hold for 4, exhale for 4, and hold for 4. Repeating this for 4 is generally a minute of meditation
- **Meditation** – guided or unguided
- **Visualization** – I like to visualize a cord descending to the centre of the earth, as I also bring attention to my breathing

Connect with why

Starting with "Because I have to" is the perfect way to create a system that feels heavy and gets ditched. So let's take some time to think about why you're showing up for your money date. (Unpacking this can feel hard. If this feels too big, skip ahead and consider [my invitation](#).)

How do you hope to create in your life and the world?
How might money support these dreams?

Practical money pieces

If you're reading this, it's likely you need to engage with money in some way or another. Going into this without a plan can be overwhelming, so start with what you hope to achieve. For example, do you need to get some visibility over your money? You might want to start with tracking and categorizing your spending.

Practical action ideas

- **Check your bank transactions** – is everything as you expected? Are there transactions you're unclear about?
- Follow up on **accounts receivable**
- Set up **autopay on your bills**
- Create or check in on your **spending plan**
- **Pay any bills** not on autopay
- **Research** anything you want to learn more about (debt reduction strategies, investments, etc.)

Emotional money pieces

Even if we've embraced the idea that money is inherently neutral, very few of us feel neutral about money. If you heard, "This pair of shoes cost \$1.500," I'm guessing some feelings came up. This is an opportunity to explore the beliefs and thoughts that lead to your emotional reactions.

Emotional action ideas

- **Journaling** - I've had a HISTORY with journaling, so if your first reaction is 'great, this again', I get it! Consider journaling as a practice to clear mental space. A nice side effect is that getting things on paper means you can notice trends and connections. Some prompts you can try are:
 - What do I believe about money?
 - How do I want to create/express in my life?
 - What do I need to get out of my head?
- Brain-dump **voice notes** - if you have resistance to writing, talking, stream of consciousness-style can help in a similar way. Add some movement for extra juice!
- **Meditation** - try this [5-minute guided meditation](#) from my dear friend Jacquie
- **Breath work**

Reflect + Plan

Next Steps

The most powerful part of any learning experience is reflection, and any movement toward your goals involves your action. So here's your invitation to reflect and plan.

There are a couple of angles that you can reflect on. you can reflect on how your tasks went, how they're moving you towards your goals, or you can reflect on the process of the money date. You'll also want to identify what your next steps are.

This doesn't have to be a massive endeavour! Keep it simple and practical. Take my prompts and make them yours.

Prompts

- What worked?
- What didn't?
- What did I learn?
- Do any adjustments need to be made?
- What are my next steps? (Calendar the next money date is a good one!)

An invitation

I know the 'why' question can be tricky for some people, but I love digging into and creating clarity around wants and dreams. So my invitation to you is to hop on a call with me, where we'll work to create a vision for your future. This is not a sales call, so no need to brace yourself for any pitches.

Something I've learnt over the years is that my brain works differently to other people's. Part of my work is owning that perspective is my superpower, and I'd love to invite you to share in that.

Why am I doing this? I have a vision for how we can create business differently, starting with love. Plus, I love talking dreams and visioning, and if all that happens is that we get to generate excitement over how you're going to create, we both walk away on a high.

[Send me a message](#) and let's set up some time to dream together!

With love,
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