



MONEY RELATIONSHIP WORKBOOK

With love from The Financially Empowered Entrepreneur

SETTLE IN

Hi friend,

I'm so excited that you've decided to take some time to dig deeper into your relationship with money. When I started down this path, I had no idea how much this would connect me to my personal history, how this would impact my current-day life, and how this exploration would bring me more peace. Was it the most comfortable path? No. But is life so much easier now? YES.

You'll notice this document isn't fillable. There's something magical that happens when you put pen to paper and write. You may find yourself slipping into a state of flow, and so you might want to grab extra sheets of paper just in case.

Set yourself up in a safe, relaxing space, grab your printout or a pen and paper, and let's get going.



With love,
Brittany Tam

What beliefs do I hold about money?

We all carry with us lots of stories about money. They're things we were told as children, or perhaps situations we've witnessed, either as children or as adults. Sometimes they're directly about money. Sometimes, it's an indirect connection.

If you need some help, you can try these prompts...

Money is...

Money can...

Money can't...

Rich people...

Poor people...

Take a breath...

If you've not done that before, that may feel like a lot. Feel free to take a break if you need it. Movement and breathing are great ways to shift your energy.

As we go through this, remember that beliefs you hold today are beliefs that you carry because they served you and kept you safe at some point in your life (if it helps, imagine me, kicking and screaming the first time my therapist pointed that out to me). They may no longer serve you now, and that's okay. And that's why we're here!

Now let's choose one of those beliefs you hold and let's dig in!

I believe...

What challenges has this belief created?

Where might this belief have come from?

Let's keep going...

How has this belief served me through my life?

What evidence have I seen that supports this belief?

Have I seen evidence that this isn't true?

Phew! Nicely done, friend.

You've done a fair bit of digging, and hopefully you've come up with some gold.

You might be wondering, "Now what?" Good question.

Change is a process, and we can charge through it, forcefully. Maintaining that forceful charge requires a lot of hard work though.

Instead, we can work with our minds, with understanding and compassion. What does that look like? Here are some practical things to try:

Look for evidence that this belief is not always true.

You've already done some thinking about how this belief has served you over your life. When we have something like this come up, we often look for more reinforcing evidence. Instead, get curious. Where in your life is this **not** true?

Practice gratitude for that belief.

Carrying that belief got you where you are today. You have shelter right now, you have a beautiful, thinking brain, and you're open to growing and evolving. Go you! So we can say thank you to that belief. And you know what else we can do with that belief? We can ask it to move on. Try this:

"Thank you. I'm so grateful that you've got me where I am. I'm safe now, and I don't need you anymore. I know where to find you if I do though! Thanks, love!"

Engage your imagination.

What might your world look, sound or feel like if this wasn't true? What belief would be there in its place? If this was true, what evidence might you find? Have you noticed anything that reinforces that new belief?

Give this some time to integrate. Give it time for any changes to become embodied in your life.

And when you're ready, **go back and do this again** with another belief you're ready to get curious about.

Thank you



Thank you for showing up today.

Thank you for caring for others, through caring for you.

Thank you for your vulnerability.

Thank you for your openness.

Thank you for trusting me.

Please, keep in touch! Let me know if you found this valuable. Let me know if you found this challenging. Let me know your successes. Let me know your joys.

And if you're looking for more support on your journey, let's talk about your hopes, dreams, and the steps we need to take to get you there. Read more about my money relationship work [here](#).

With love,

Brittany Tam xo

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