

Money Mindset Worksheet.

What is a money mindset?

1. Money mindset is the attitudes and beliefs you've developed about money over your lifetime.

How do you know where your money mind is?

1. If I told you the cost of that book is \$100 or your new pool is \$300,000- what is your first reaction? Did you gasp and your jaw hit the floor or did you say 'lets roll'?
2. Look at your current results as those are good indicators of your current money mindset.

How do you know where your money mindset came from?

1. What did your money mindset look like growing up?
2. Who has a similar money mindset as what you were raised with?
3. Who do you hang around with and what is their mindset?

How do change your money mindset?

1. Believe it is possible to change it.
2. Decide what you want your new money mindset to look like.
3. Write a list of what you don't want your mindset to look like then write what you do want it to look like.
4. Highlight one or two of those and write down affirmations to go with them and repeat multiple times daily.

How do you know if you are on the right track to your goal?

1. Look at your current results, are they what you want or getting you closer to your goal?
2. Where are you at compared to last week?