

# THE MONEY REFRAME FLOW™



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## ACTIVATING QUESTIONS

1. What does money mean to you? Journal at least a page of meanings without interpretation or worry if it is positive or negative.
2. What is your first memory of money or a money trauma? How did it make you feel?
3. What have been your best money wins? Journal in flow on this one too without worry of how large or small the wins are.
4. If you were to describe your ideal relationship with money, what would it look and feel like?

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## UNEARTHING LESSONS

1. What lessons and meanings that came from what you wrote down?
2. How would life look 3-5 years down the road if I continued to hold this meaning or belief?
3. What else could this mean instead?
4. If you were to hold this new more empowering belief what is now possible for you then?

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## SOLIDIFYING ACTIONS

1. What are small but habitual actions you can take to reinforce this new belief?
2. What is the frequency and rhythm of the actions?
3. Give yourself a score each week.