

THE MONEY REFRAME FLOW™

worksheets

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**ACTIVATING
QUESTIONS**

**UNEARTHING
LESSONS**

**SOLIDIFYING
ACTIONS**

STAGE 1 - ACTIVATING QUESTIONS

What does money mean to you?

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What is your first memory of money or a money trauma? How did each of these make you feel?

STAGE 1 - ACTIVATING QUESTIONS

What have been your best money victories?

STAGE 1 - ACTIVATING QUESTIONS

If you were to describe your ideal relationship with money, what would it look and feel like?

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If you were to describe your ideal relationship with money, what would it look and feel like?

STAGE 2 - UNEARTHING LESSONS

Reviewing your answer from Stage 1, list the lessons you can take away from each of them below...

STAGE 3 - SOLIDIFYING ACTIONS

What are the small daily actions you can take to turn these lessons into habits and behaviors...