

*Money Mindset Journal
Activity ~
A Thought-Provoking
Exercise to Bring Vision
and Clarity to Your
Financial Beliefs and
Path*



Money Mindset Journal Activity

Have you ever considered how you view and handle money? ... And whether these actions need to shift to make your life better.

Understanding your mindset is the first step to making a positive change. The questions below will get you started and help you identify areas where you can make positive changes.

****Take a minute to reflect on each question and write down your true thoughts and feelings. Be honest with yourself while considering your financial habits.***

Reflecting on Childhood

How did your family talk about and handle money when you were growing up?

What are your earliest memories related to money?

Self-Inventory

How do you feel about money in general?

Are you constantly worried about finances or consider yourself in control?

Current Financial Situation

How do you feel when you think about your *current* financial situation?

What are your financial goals, and are you confident about achieving them?

What is ONE change you can make now that you've considered your money mindset past, present, and future?