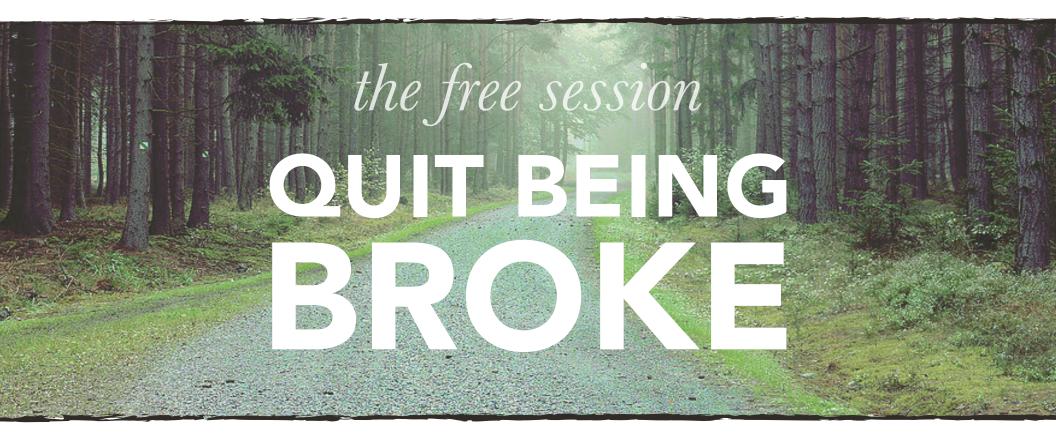


THE HAPPINESS ADVOCATE



3 STEPS TO TAKE TODAY

Stop the anxiety-inducing cycle of being broke

Heal your relationship with finances

Fall in love with your bank account

1 Identify Money Blocks

What are your childhood memories of money?

What did your parents teach you about money? What DIDN'T your parents teach you about money?

What did you learn about money later in life?

How do you judge people who are wealthy?

When you start thinking about money, how do you feel? (Physically, Mentally, Emotionally)

What words do you associate with money?

How is not having enough money holding you back?

Taking these questions into account, summarize your current beliefs around money:

2 Redefine your Relationship

If money were a person you wanted to have a loving, understanding relationship with, what would it look like?

What faith and trust would you have in them to always be there for you?

How would they take care of you?

Would you feel at ease and safe when they were around?

How would you take care of them?

How would you ensure they'd want to stay near you?

What energy do you feel when they're around?

Taking these questions into account, summarize your new desired relationship with money. Write it in the present tense:

3 Trust your Worth

Where in your life are you not being fully appreciated and valued? (Jobs, relationships, friendships, activities, etc.)

How are you cheap with yourself?

How much do you believe you are worth making each year? Why this amount? Can you go 2x higher? 3x higher? 10x higher?

What do you admire about yourself? What do others compliment you about?

What comes very naturally to you? How much are these skills worth? (You should be paid the most for that which is easiest!)

How can you let go of talking down to yourself? Won't you see how amazing you are?

Where are you holding yourself back from stepping into your power and worth?

Taking these questions into account, write a dedicate personal statement of worth. Describe your value, and what you deserve in life.