



MONEY BREAKTHROUGHS

A 21-day
money cleanse

JOY. ABUNDANCE. POSSIBILITY.

What's your money story?

Week 1 | Explore

Part II - What's your money story?

Today we are going to take a look at some of your money stories and beliefs. Money is part of our life every single day. The relationship we have with money is formed by the family we were born into; the neighborhoods we grew up in; friends we hung out with; and our own personalities and perceptions that make up how we interpret our experiences with money.

By recognizing your stories and beliefs, you can take strength from the pieces of your past that are beneficial, and let go of anything that is no longer serving you.

[Download the What's Your Money Story Worksheet](#) and do a brain dump of every money story and every money belief you that comes to mind. Some may be happy, some might seem insignificant, and some may trigger you. Don't judge what comes up, just write it all down.

[Follow this link to download the What's Your Money Story Worksheet](#)

XOXO

A handwritten signature in black ink that reads "Candy". The signature is fluid and cursive, with a long horizontal stroke extending to the right.