



MONEY BREAKTHROUGHS

A 21-day
money cleanse

JOY. ABUNDANCE. POSSIBILITY.

Evaluating your current systems

Week 2 | Create Part IV – Evaluate Your Current Systems

Today we are going to do a self-assessment of what systems you have in place around money and what you think could be improved. If you don't know where to start, no problem. I've got you covered. I have created a [list of ideas to strengthen your money systems & structures to get you started](#). Use this list in conjunction with [today's worksheet](#).

As you look through the list of ideas, I would like you to think about how you interact with money on a daily basis. If there is something that stresses you out, it is probably a sign that it needs some TLC.

Just a note - this exercise can be overwhelming if you are triggered by many of the things on the list, or if you think you need to change everything all at once. **Don't panic.** Not everything on this list will apply to your personal money situation.

- You don't need to have all of these in place to be successful and feel abundant
- You certainly don't need to change everything all at once
- Focus on a few things on the list that really resonates with you
- Take baby steps



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It might also be helpful to think about how you want to feel as you go through this process. Rather than feeling fearful would you like it to be freeing? Rather than judging yourself, would you like to feel empowered? Even if this feels scary know that I am here to support you. Acknowledge what comes up as you look at your money and release whatever is no longer serving you. Imagine what it will feel like when you have a major breakthrough and you see a shift in your money habits.

[Follow this link to download the Evaluate Your Current Systems Worksheet](#)

[Follow this link to download the List of Ideas to Strengthen Your Money Structures & Systems](#)

XOXO

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