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**ESSENTIAL  
QUESTIONS TO ASK  
YOURSELF IF YOU  
WANT TO  
CHANGE YOUR  
*money mindset***

1. Do I spend time with people who encourage poor spending habits and perpetuate negative money beliefs? Who?

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What steps can I take to eliminate these negative money influences from my life?

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**Hint:** This does not necessarily mean you need to cut ties with important people in your life. It could be as simple as having a conversation with the people identified about and expressing the effect their behaviors have around you.

2. What questions do I have about money? What research can I do to answer these questions?

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3. Take a moment to observe the space you are in. List 3 ways that you are abundant right now.

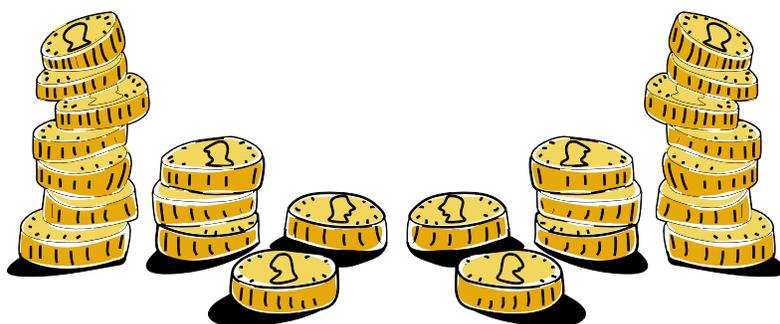
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How can I acknowledge my abundance every single day?

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4. What are three negative beliefs I have when thinking of or speaking about money?

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How can I reverse these negative thoughts and beliefs?



5. Do I have financial concerns that would benefit from professional help? What are these concerns and who can I contact for support?

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6. Do I have poor spending habits? What can I do to identify my poor spending habits and stop this bad habit?

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**Hint:** Tracking your spending in a financial planner, such as the Budget Boss Binder, is an excellent way to identify your poor spending habits. When you become aware of your spending habits, you are able to easily correct them. [Learn more about the Budget Boss Binder here.](#)

7. Where do I want to be financially in one year?

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What action steps will I need take to accomplish this goal?



8. How can I use the Law Of Attraction to improve my money mindset? What resources can I use to learn more about the Law Of Attraction and money?

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Positive money affirmations I should tell myself everyday:



**Examples:** "I am ready to receive the money I deserve." "Money is good." "There is no limit to how much money I can attract."

9. What actions will I take to ensure I'll use cash more often?

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10. Do I often feel annoyed when I spend money? How can I reverse this negative energy with feelings of gratitude?

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What can you do to remove the expenses from your life that you do not feel grateful for having?



## HELPFUL RESOURCES:

*the*  
**Who Says What**  
*resource library*

**Budget Boss**  
*binder*

*the*  
**Law Of Attraction**  
*by michael j. losier*