

# SHADOW WORK - STEP 1

## MONEY

The first step of shadow work is uncovering your subconscious thoughts (beliefs you are unaware of). Please answer the following, preferably in a journal or electronic recording device:

### Money and Self-Worth:

1 - What beliefs do I hold about my own worthiness in relation to financial success?

2 - How has my self-worth influenced my financial decisions and outcomes?

### Early Money Influences:

3 - What messages or attitudes about money did I inherit from my family or caregivers?

4 - How do these early influences shape my current financial mindset?

### Fear of Scarcity:

5 - What fears do I associate with the idea of scarcity or not having enough money?

6 - How do these fears impact my financial decisions and behaviours?

### Beliefs About Success:

7 - What beliefs do I hold about success, and how do they relate to my financial situation?

8 - Do I feel deserving of financial success, and if not, why?

### Hidden Money Scripts:

9 - What unconscious scripts or stories do I tell myself about money?

10 - Are there recurring patterns in my financial behaviour that may be rooted in these scripts?

### Guilt and Money:

11 - Do I carry any guilt or shame related to money, and where does it come from?

12 - How does this guilt impact my financial decisions and relationship with money?

### Hidden Desires and Ambitions:

13 - Are there unacknowledged desires or ambitions I have related to wealth or financial success?

14 - How might these desires influence my behaviour and decision-making?

### Money and Relationships:

15 - How do my beliefs about money affect my relationships, both personally and professionally?

16 - Do I use money as a source of power or control in relationships?

### Patterns of Financial Self-Sabotage:

17 - Do I engage in any self-sabotaging behaviours when it comes to money, and what are they?

18 - What might be the deeper reasons behind these patterns?

### Financial Dreams and Goals:

19 - What are my deepest financial dreams and goals?

20 - Do I believe these dreams are achievable, and if not, why?