

SHADOW WORK - STEP 2

MONEY

The second step of shadow work is 'healing' the beliefs you just discovered, and convincing yourself otherwise. Please answer the following, preferably in a journal or electronic recording device:

Money and Self-Worth:

List three qualities or achievements that demonstrate your inherent worthiness as an individual, regardless of financial success. Reflect on how recognising and embracing these qualities can positively influence your approach to financial decisions.

Early Money Influences:

Consider one positive financial lesson or value you learned from your family or caregivers. How can you incorporate this lesson into your current financial mindset, turning it into a source of empowerment and wisdom?

Fear of Scarcity:

Explore three instances in your life where you overcame scarcity or financial challenges. Reflect on the strengths and resilience you displayed during those times. How can you draw upon these experiences to transform fear into a mindset of abundance and resourcefulness?

Beliefs About Success:

Identify one personal success or achievement that you are proud of, unrelated to finances. Connect this success to your inherent capabilities and talents. How can acknowledging this success shift your beliefs about your deservingness of financial success?

Hidden Money Scripts:

Challenge one negative money script you've identified by reframing it into a positive affirmation. Write down this affirmation and reflect on how repeating it can reshape your financial behaviour and mindset over time.

Guilt and Money:

Express self-compassion by writing a letter of forgiveness to yourself regarding any guilt or shame you carry about money. Acknowledge that mistakes are part of the learning process, and focus on the lessons learned. How can this self-forgiveness positively impact your financial decisions moving forward?

Hidden Desires and Ambitions:

Celebrate one small step you can take today towards a financial goal or desire. Acknowledge that it's okay to have ambitions and desires. How can honouring and pursuing these aspirations positively influence your behaviour and decision-making?

Money and Relationships:

Reflect on a positive way money has enhanced a relationship in your life. How can you use money as a tool to foster connection and collaboration rather than power or control? Identify one action you can take to improve the financial dynamics in a key relationship.

Patterns of Financial Self-Sabotage:

Identify a positive habit or behaviour you want to cultivate to replace a self-sabotaging financial pattern. Explore the deeper motivations behind this new habit and envision how it can contribute to your long-term financial well-being.

Financial Dreams and Goals:

Challenge any limiting beliefs about the achievability of your financial dreams. List three actionable steps you can take to move closer to these goals. Focus on the progress you can make, recognising that every step is a valuable part of the journey.