

# Manifest Like a Mother™

## WEEK ONE

### DISCOVERING YOUR MONEY MINDSET BLOCKS & LIMITING BELIEFS

With all of the exercises below, remember to use the following process as described in Video One:

- > **Ask** - yourself the question
- > **Notice** - the thoughts that bubble up
- > **Consider** - how it makes you feel
- > **Go Deeper** - are there fears underneath this? What is the ultimate root of the fear?

#### NOTES:

You don't have to do all of the exercises (although you might like to), they are simply prompts coming at the subject of money from different angles to help you discover your personal beliefs and blocks.

There is no right or wrong, simply write down what comes up - don't analyse it or censor it. This workbook is just for you. Remember not to judge yourself.

Try to be an observer of your thoughts. See if you can separate from them slightly and view them as if from the outside.

Use the prompts on the following pages to help you tap into your subconscious thoughts about money. As you move through the rest of the day or week, note down any more thoughts that you notice or any more feelings that come up.

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### Childhood

Use the space below to write down anything at all that comes to mind when you think about the things that you heard, saw or felt about money as a child.

Here are some questions to help prompt you:

Which stories come to mind when you think about money and your childhood?

What did you overhear your parents or other adults in your life say about money?

What kind of feelings did you pick up or sense around money when you were growing up?

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Childhood

Continued notes...

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### Adulthood

Use the space below to write down anything at all that comes to mind when you think about your experiences with money in adulthood.

Here are some questions to help prompt you:

How do you feel you have handled money in your adulthood?

Write down any events relating to money or financial situations that you found yourself in. How did you feel at the time? How does that memory make you feel now?

Events or situations might include debt that made you anxious, spending money irresponsibly, missing out on or feeling overlooked for promotions and pay increases, a strain on relationships as a result of money troubles

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Adulthood

Continued notes...

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### Motherhood

Use the space below to write down anything at all that comes to mind when you think about how motherhood might have changed your relationship with money.

Here are some questions to help prompt you:

#### **Giving & Receiving**

Is your receive mode broken? Think of all of the ways in which you are giving to others in your day to day life. How much room do you make - if any - to receive? That could be money, support, self-care, etc.

When someone offers you help, how does that make you feel?

How does it make you feel asking for money from someone in exchange for the work you have done?

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### Motherhood

#### **Expectations & Assumptions**

Think about all of the expectations - set by you, those around you, and society as a whole - placed on you as a mother.

Do you feel expected to compromise on your time or your earnings?

Do you feel like your business or income isn't as important?

Do you feel like you've been treating your business like a hobby as a result?

Do you believe that making more money must come at some kind of expense - perhaps spending time with your kids?

How have any of these beliefs been holding you back from making money?

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### Motherhood

#### **Mama Guilt**

Think about any of the ways in which you feel guilty about money in relation to your role as a mother.

Do you feel guilty for wanting something that is just for you?

Do you feel guilty for spending time in pursuit of something outside of your role as a mother?

Do you feel guilty for spending time on business when you could be with your children?

Do you feel guilty about not contributing/contributing enough to household income?

Do you feel guilty about spending money on yourself or your business?

See if you notice any limiting beliefs which have attached themselves to that guilt.



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Motherhood

Continued notes...

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### Your Experience

Looking over what you have written in the past few pages, think how these past experiences have changed or influenced the way you think about money or act with money. Write down any thoughts or feelings which come up.

How are some of the limiting beliefs and money blocks you've acquired been showing up in your life and shaping your actions?

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Your Experience

Continued notes...

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### General Beliefs About Money

Complete the following sentences at least 3-5 times:

Money makes me feel...

Money is...

I am afraid that earning more money will mean...

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General Beliefs About Money

Continued notes...

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### Write A Letter to Money

Imagine money were a person, what would you want to say to him or her?

Writing a letter to money, telling it exactly how it makes you feel can be quite cathartic and can also help you understand your relationship with money.

Dear Money...

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Write A Letter to Money

Continued letter...

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### Unhelpful Habits

Start noticing the things that you say about money and the way you act with money. Make a note of anything that you observe.

#### Things I Say About Money:

#### Ways I Behave Around Money:



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Unhelpful Habits

Continued notes...