

Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Module 8.1

Unpacking Your Money Story

Unpacking Your “Money Story”

To create the reality and life that you desire you must first become aware of the limiting beliefs that have (often unconsciously) held you back from having what you truly want. Once you know what you believe in - aka what has been playing out behind the scenes - it will be easier for you to identify which thoughts are in alignment with your belief system and which thoughts are irrelevant or disempowering. Until my first coach pointed out that my financial “Upper Limiting” was the result of my “Money Story” I had no idea why I struggled so much with financial abundance. Through unpacking my money story I realized how many limiting beliefs, stories, and identities I had around money, and from there I was able to remove what had been holding me back from thriving and sharing my abundance, and replace the disempowering beliefs with those that bring me financial prosperity and a greater ability to serve the world.

“Your current financial status will give you an idea of your past thinking.”

- Steve Siebold

Money stories usually form and take root when we are very young and are passed on to us by the people, culturescape, religion, social group, and overall environment that we are surrounded by. Here are some sample money stories:

- Money doesn't grow on trees
- The more I have the less others have
- There is never enough money
- I'm bad with money
- It's responsible to find a cheaper version
- I need to be saving more
- A penny saved is a penny earned
- Money will corrupt me
- You should give money away
- Money is evil
- Rich people are greedy
- Money is really difficult to come by
- I shouldn't enjoy money until I pay off debt
- Debt is wrong
- Only “special” people have wealth
- Having nice things is selfish

Questions to Help You Unpack Your Money Story:

What Are Your Money Stories?

What is money?

Do you believe that money is good, bad, or neutral? Why?

Where does money come from?

Who is money available to?

Do you believe that you have the potential to earn as much money as you want? If not, why?

What did your parents teach you about money (through words and action)?

What was your money story as a child?

What was your money story in high school / college?

Think back to the movies you watched and books you read when you were younger. How were rich people described?

Growing up, did you know anyone who was wealthy? What were they like?

What was your best experience with money?

What was your worst experience with money?

What do you like spending money on?

What do you dislike spending money on?

How are you being cheap?

What do you believe about savings?

What do you believe about debt?

What do you believe about spending?

What do you believe about giving?

How long have you lived with these beliefs?

How have these beliefs held you back?

What would it look like to live without these stories?

What stories do you need to let go of?

Examining Your Current Relationship With Money

It's easy to fall into the temptation of believing that your personal and/or business finances will improve once you make *more* money. Though that is true to a certain extent, what is of utmost importance is understanding **HOW** you interact with the money that you already have. It's important to pay attention to your money and our relationship and actions with it. When you ignore, avoid, or pretend it doesn't exist you block yourself from the crucial awareness that gives rise to a healthy relationship with money and prosperity.

Take a look at your spending over the course of the last month:

- How often do you look at your bank account? When did you last check?

- How much did you spend on:
 - Leisure / recreation -
 - Health care -
 - Self care -
 - Groceries -
 - Education / books / classes / self-growth -
 - Investments -
 - Dining out -
 - Clothing / accessories -
 - Car -
 - Travel -
 - Gift giving -
 - Rent / mortgage -
 - Bills -
 - Going out -

- How much did you intentionally:
 - Invest -

- **Save -**

- **How much did you:**
 - **Earn -**
 - **Active income -**
 - **Passive income -**
 - **Investments / dividends / profit shares -**

Now that you have 'mapped' your financial behaviors of the past month:

What are you most proud of?

Where are you disappointed?

What do you need to forgive yourself for?

What surprised you?

What needs to change?

What are you hiding, avoiding, or pretending not to know about your current financial situation?

Rewriting Your Money Story

Congratulations! You have completed the “Unpacking Your Money Story” worksheet! Now you are *much* more aware of your money story, where it came from, and what has given rise to your beliefs, experiences, and results with money. Now that you are more empowered with this information it’s time to deconstruct and *reconstruct* what you intentionally want your NEW money story to be so that you can thrive and make the world a better place in doing so! See the “Rewriting Your Money Story” worksheet for this next exciting phase!