



Happy Money Worksheet

Use the following questions to journal and explore your emotions around money.

In your heart, how do you truly feel about money?

Are there aspects of your relationship with money that are unhealthy? Or negative?

If **YOU** were your money, how would it feel about you and how you treat it?

Based on the above answer, if you were your money, would you want to hang out with you? How could you change to make your money enjoy your company?

Instead of focusing on making more money, or not having enough money, what else could you focus on instead (a higher place)?

When you think about money, where are you on the emotional scale?

How could you shift yourself to a higher place?

What steps could you take to **OWN** your money?

What steps could you take to **LOVE** your money?

What steps could you take to **LET IT GO**?