



## Thinking Assessment Worksheet

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

Do you treat your mind like an asset or liability?

What do you feed it? Nutrition or Junk?

How smart are you really? Is your life a wreck? Or on track?

How much time do you waste on negative thinking?

Do you intentionally look at your thoughts?

Do you know how to put them under investigation? To shift your thinking?

Do you direct your thoughts towards your ideal future?

Or spend time thinking like a victim?