

# Money Relationship Inquiry Worksheet

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# Money Relationship Inquiry

## Instructions:

This worksheet is a space for you to explore your personal, ancestral, and collective relationship with money. You may use it for journaling and self reflection . Approach each question with curiosity and without judgment.

## Personal Money Story

### 1. Childhood Beliefs:

What beliefs about money did you grow up with?  
Who or what shaped those beliefs (family, culture, experiences)?

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### 2. Present Relationship:

How do you feel about money today?  
What are your current thoughts, emotions, or narratives about earning, spending, or saving money?

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## Tangible Reflections

### 3. Life's Mirror:

**What tangible evidence can you see of your relationship with money in your life right now?**

How does money (or the lack of it) show up in your:

- Mind (thoughts, attitudes)?
- Body (sensations, reactions)?
- Actions (spending, saving, earning)?
- Circumstances (work, home, lifestyle)?

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## Earning money & success

### 4. Earning Wealth:

What is your relationship with earning money and having more success ?

How do you feel about managing the money you earn?

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### 5. Emotional Response:

What emotions or sensations come up as you reflect on your relationship with money and success ?

Do you notice resistance, fear, joy, or excitement?

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## Ancestral & Collective Patterns

### 6. Family Patterns:

Where do you see patterns around money in your family lineage (parents, grandparents, ancestors)?

What messages or experiences around money were passed down, especially for the women in your family?

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### 7. Collective Influence:

What patterns or beliefs about money and success do you notice in women around you or in your community?  
How do these patterns influence your own beliefs and choices?

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## Reflection Prompt

**As you complete this inquiry, consider:**

- What is one belief, story, or habit around money that you feel ready to release?
- What is one new belief or action you'd like to cultivate to rewrite your relationship with money?

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**Note:** You don't have to answer everything at once. These questions are meant to unfold over time. Return to them as you grow and notice how your relationship with money evolves.