

Lesson 2

Divine Money

a digital program to
Elevate Your Money Mindset
www.intuitivecoachingwithamy.com

Your Family Money Story

This exercise can take 25-45 minutes.

Instructions:

1. Write all your answers down in a journal or in the space below. You can also record your answers using the voice memo on your smartphone.
2. Take as long as you need to answer the questions. You can do them in whatever way you would like. You can answer a few questions a day or do them all at once.
3. Just write down the first thing that comes to mind. Only take 1-5 minutes per question. Breathe deeply and allow your intuition to guide you. You do not need to be perfect with this work. Just be thoughtful and honest.
4. When you're finished, read it over and then burn the paper or rip it up in little pieces and flush it down the toilet (this clears any negative energy). If you record it, listen to it, and then delete it.
5. **Say this prayer:** *Spirit (or however you describe your higher power), I release any belief around money that is not for my highest and greatest good. All toxic or lower energy is being cleared from my body, mind and spirit. I am open and receptive to Divine abundance and I welcome it in now. I am now financially free. Thank you. Thank you. Thank you.*

Your Family Money Story Questionnaire

1. Growing up, what were you told was “too expensive” or “that costs too much”?
2. What did your parents teach you about money (both positive and negative)?
3. How would you describe your parents’ relationship to earning, spending and saving money?
4. Growing up, what did you hear about wealth and financial success? What did you hear about poverty and financial struggle?
5. Were there times when there wasn’t enough money in your family?

6. Were there times when there was plenty of money, but there were restrictions on how and when money could be spent?

7. Growing up, was there debt? A budget? Investments or retirement savings? Were these aspects of money seen as negative or positive?

8. What did your parents say about self-employment? Career advancement? Professional life? Creative life?

9. Did you receive an allowance? If so, how often? How much? How did you feel about it? Was it just given to you or did you have to earn it in some way?

10. Was it okay to talk about money? Were conversations about money positive or negative?

11. What money “advice” have you received from your parents and family? This can be actual advice or implied advice. What advice was helpful? What advice was not helpful?

12. Are there any beliefs you have about money that are based on cultural, socio-economical or gender stereotypes or norms? (Ex: Men are breadwinners.)

13. Based on your responses to the questions above, what choices and decisions have you made around money in your adult life that are directly or indirectly related to the early programming you received as a child? (Mentally compare your upbringing to the way you relate to money now. Please do not judge yourself or your responses. No belief is wrong; it simply may not be serving you well or may not be in alignment with your abundant lifestyle. All you have to do to change is release it.)