

THE PRACTICE :: MONEY BELIEF EXCAVATION

Bullet-point your answers to the questions below.

What do you believe is true about money—having it, making it, spending it, and any other beliefs that come to mind?

Do any not-so-wonderful conversations about money stand out in your mind?
What beliefs did you take away from these conversations?

What did you learn from parent #1 about money? (Please specify who they are to you—e.g. “my mother”.)

What did you learn from parent #2 (or other close caregiver) about money?

What did you learn from parent #3 (or other close caregiver) about money?
(Please add more lines if you have additional parental figures or caregivers.)

What did you learn from your schools and teachers about money?

What did you learn from your friends about money?

What have you learned from your family about money?

What have you learned from religion about money?

What have you learned from other creatives about money?

What have you learned about activism/activists and money?

What have you learned about spirituality and money?

What have you learned about women and money?

Now you have a list of all your limiting beliefs about money. Use the Deprogram Your Self exercise on *each* belief listed above to begin the process of freeing yourself to be a powerful moneymaker.