

## WORKSHEETS

The following section includes the worksheets that will facilitate your journey of becoming financially conscious. Earlier sections of the book clearly explain how to employ each of the following worksheets:

- Unexamined Beliefs
- Restated Beliefs and Truths
- Growing Edge Affirmations
- Financial Visions and Next Steps
- Blueprint for Change

The final goals of the exercises are to (1) identify unexamined financial beliefs, (2) create and claim your own monetary truths, (3) formulate growing edge affirmation to spur financial change, (4) construct your own financial vision, and (5) lay out the steps needed to implement that financial change. Ultimately, I hope that you will grow financially conscious of your beliefs about true worth and value, and radically change the way you view the world and how you interact in it.

## UNEXAMINED BELIEFS

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

6. \_\_\_\_\_

\_\_\_\_\_

7. \_\_\_\_\_

\_\_\_\_\_

8. \_\_\_\_\_

\_\_\_\_\_

9. \_\_\_\_\_

\_\_\_\_\_

10. \_\_\_\_\_

\_\_\_\_\_

NOTES \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## RESTATED BELIEFS AND TRUTHS

1. \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

2. \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

3. \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

4. \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

5. \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

6. \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

## RESTATED BELIEFS AND TRUTHS

7. \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

8. \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

9. \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

10. \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

NOTES \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**GROWING EDGE AFFIRMATIONS**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

NOTES \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## FINANCIAL VISIONS AND NEXT STEPS

1. Overall Attitude: \_\_\_\_\_

\_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Growing Edge Affirmation: \_\_\_\_\_

\_\_\_\_\_

2. Financial Ability/Responsibility: \_\_\_\_\_

\_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Growing Edge Affirmation: \_\_\_\_\_

\_\_\_\_\_

3. Personal Spending: \_\_\_\_\_

\_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Growing Edge Affirmation: \_\_\_\_\_

\_\_\_\_\_

4. Access to Credit and Debt: \_\_\_\_\_

\_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Growing Edge Affirmation: \_\_\_\_\_

\_\_\_\_\_

## FINANCIAL VISIONS AND NEXT STEPS

5. Relationships: \_\_\_\_\_

\_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Growing Edge Affirmation: \_\_\_\_\_

\_\_\_\_\_

6. Work: \_\_\_\_\_

\_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Growing Edge Affirmation: \_\_\_\_\_

\_\_\_\_\_

7. Abundance: \_\_\_\_\_

\_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Next Step: \_\_\_\_\_

Growing Edge Affirmation: \_\_\_\_\_

## BLUEPRINT FOR CHANGE

Overall Affirmation: \_\_\_\_\_

### NEXT STEPS

1. \_\_\_\_\_

Affirmation: \_\_\_\_\_

2. \_\_\_\_\_

Affirmation: \_\_\_\_\_

3. \_\_\_\_\_

Affirmation: \_\_\_\_\_

4. \_\_\_\_\_

Affirmation: \_\_\_\_\_

5. \_\_\_\_\_

Affirmation: \_\_\_\_\_

6. \_\_\_\_\_

Affirmation: \_\_\_\_\_

7. \_\_\_\_\_

Affirmation: \_\_\_\_\_

### REQUIRED RESOURCES

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



# BLUEPRINT FOR CHANGE

## STRUCTURE

What: \_\_\_\_\_

Where: \_\_\_\_\_

When: \_\_\_\_\_

**Creative Catalyst:** \_\_\_\_\_

**Date to Renovate:** \_\_\_\_\_

Overall Affirmation: \_\_\_\_\_

*Signature of Commitment:* \_\_\_\_\_

*Endorsement:* \_\_\_\_\_