

# Financial Identity Reflection Sheet

## **Financial Identity Reflection Sheet**

Understand your money beliefs. Rewrite your financial story.

Your money story isn't fixed, it's a draft. You hold the pen.

## Section 1: Self-Perception Inventory

- When I think about money, I feel \_\_\_\_\_.
- I believe people with a lot of money are \_\_\_\_\_.
- Growing up, money was something we \_\_\_\_\_.

## Section 2: Identifying Your Money Script

Review the 4 money scripts below. Circle or highlight the one(s) that describe you best:

**Money Avoidance:** “Money is bad.”

**Money Worship:** “More money will fix everything.”

**Money Status:** “My worth equals my net worth.”

**Money Vigilance:** “Saving is everything. Don’t talk about money.”

This belief has shown up in my life through:

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

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

## Section 3 - Narrative Reframing

Limiting Belief	Why it might not be true	Empowering Rewrite

## Section 4 - Identifying Statement and Action Plan

**My new financial identity is:**

I am someone who \_\_\_\_\_.

**My first 3 steps to reinforce this identity are:**

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

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

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