



5 MINUTE WEALTH REFLECTION

QUICKLY DISCOVER YOUR FINANCIAL ENERGY

This interactive PDF guide offers a quick but powerful reflection exercise, designed to help you gauge your current financial mindset and discover areas of abundance you might be overlooking. This is a starting point to allow you to understanding your financial energy and how it shapes your relationship with money.

DISCOVER YOUR FINANCIAL ENERGY

Inside you will find 8 reflective questions designed to get the you thinking about some of your financial beliefs and feelings. **I encourage you to write down your answers, as putting thoughts on paper can often provide clarity and deeper insight.**

QUICK SELF-ASSESSMENT QUIZ

YOUR REALITY

Current Reality vs. Ideal Reality:

If you could describe your current financial situation using a single **word or emotion**, what would it be? Now, do the same for your ideal financial situation.

Financial Education and Growth:

Are there financial concepts or aspects you wish you understood better? Why do you think you haven't sought out this knowledge yet?

Relationship:

On a scale of 1-10, how would you rate your current relationship with money?

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DESIRES

Manifestation and Desires:

If you could manifest one financial desire **without any limitations**, what would it be? **Dive deep:** Why is this particular desire significant to you?

Current Mindset:

What's the first word that comes to mind when you think of 'abundance'?

ENERGY

Money as Energy:

Money is often seen as an exchange of energy. Reflect on the last time you spent or received money. Did that transaction make you feel **empowered or drained**? Why?

PURPOSE

Alignment with Purpose:

Consider your life's passions and purpose. Do you feel your current financial habits and beliefs support this purpose? Why or why not?

Divine Purpose and Wealth:

Do you believe God (a higher power/ the Universe) wants you to be **financially abundant**? How does this belief affect your financial decisions?

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RESPONSES

Mostly positive responses:

You have a generally healthy relationship with money, but there's always room to grow and embrace more abundance!

Mixed responses:

You're on the path to discovering true financial contentment, but some blockages might be holding you back.

Mostly negative or uncertain responses:

You might benefit from exploring your financial beliefs more deeply to cultivate a mindset of abundance.

“EVERY MOMENT
IS AN OPPORTUNITY
TO CHANGE
YOUR PERSPECTIVE”

A soft, dimly lit living room scene. In the foreground, a beige sofa is draped with a textured, light-colored throw blanket. On the sofa, a silver laptop is open. To the left, a stack of books sits on a small table, with a dark candle on top. The background features light-colored curtains. The overall mood is calm and inviting.

GRAB YOUR NOTEPAD

BONUS

Six negative money *beliefs* and their more *helpful* alternatives

Negative beliefs about money are especially damaging, and will stop you from taking the necessary action to achieve **financial stability, wealth and freedom.**

Recognise these beliefs and adopting more useful alternatives can bring about financial **change and the freedom in life that you seek.**

NEGATIVE BELIEF

HELPFUL ALTERNATIVE

Money corrupts people.

I am the same person,
regardless of how much
money I have.

*It would be more
accurate to say that
money gives people
the opportunity to
be corrupted. Money
reveals the truth
about a person.*

I don't earn enough
money to save
anything.

I can always find a way
to save a part of each
and every paycheck .

*Pay yourself first,
even if you can only
save \$5 each week.
When saving
becomes a habit
and a priority, you'll
find a way to save
more.*

I'll never enjoy a large
income.

My income is
determined by the
value I provide.

*Your income is
determined by
what you do, not by
who you are. A large
income is available
to anyone that
seeks it.*

NEGATIVE BELIEF

HELPFUL ALTERNATIVE

I've never been good with money and I never will be.

I can acquire the necessary knowledge and skills to be financially successful.

You probably weren't very good at riding a bike initially, but you learned. A good money mindset can be learned by anyone.

I'll have time in the future.

Time is money. The sooner I get started, the better.

There is never a time like the present to deal with debt or start saving for retirement.

I can't get out of debt.

I can overcome my debt with an effective plan, hard work and patience.

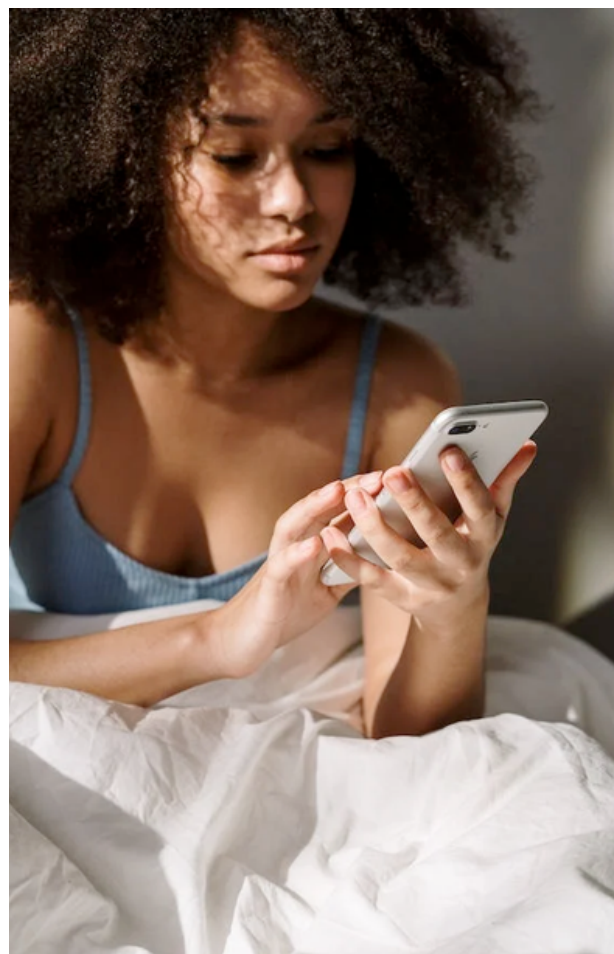
That is rarely true. Getting out of debt can take more time than getting into debt though. With a good plan and reasonable spending most debt can be overcome quicker than you think.

Challenges you might be facing

This was just a very quick exercise to explore your underlying beliefs about money and potentially revealing areas of misalignment or blocks that you were previously unaware aware of.

Masterclass

If you found the reflection insightful, you would benefit immensely from the 'Embracing Abundance' Masterclass which dives deeper into transforming your financial mindset. It will allow you to connect your financial beliefs and experiences to your deeper spiritual journey, facilitating a holistic understanding of your relationship with money.



[MASTERCLASS - FIND OUT MORE](#)



EMBRACING ABUNDANCE

"How empowered I feel!, I have a better handle on my finances and have such gratitude for the support and guidance"