

HOMework

1. Acknowledge Which Money Beliefs Are Currently in Your Head

Write down the shame statement that is loudest in your head and then practice self-compassion by switching it up:

“I’m not

_____ enough.”

“I am

_____ enough.”

Try coming up with one or two more affirmations to pair with the one above. Write them on a notecard and tape it to your mirror, leave it in your car, or use it as a bookmark.

2. The Narratives

Have you been internalizing the Five Patriarchal Narratives? In what ways have they been impacting your money behaviors? Journal about the following:

NARRATIVE #1: You should know “how to money.”

NARRATIVE #2:Talking about money is impolite.
