HOMEWORK

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.

NARRATIVE #4: Unless you're a man, wanting money is "selfish."
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NARRATIVE #5: "Money can't buy you happiness."

3. First Money Memory
Let's journal about your first money memory, if you haven't already.
What is your first money memory?

How does your first money memory dictate your relationship with money now?

low do vou w	nt your relationsl	nip with money	to change?	
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 ow are you going to make that change happen?				

What will your life look like if you change your relationship with money?