



Money Mindset Journal Prompts for Abundance + Clarity

*Heal your relationship with money and create space for
prosperity to flow.*

A Note from Cheryl

Money isn't just math. For years, I thought of it as numbers in an account, bills to pay, and stress to carry. But the moment I began treating money like energy — something alive, something responsive to how I relate to it — everything shifted.

I used to feel like I was constantly behind, chasing, surviving. But when I started asking myself different questions, money became less of a weight and more of a relationship I could nurture.

These prompts are here to help you pause, reflect, and gently uncover the stories you've carried about money. Some may comfort you. Some may challenge you. All of them are meant to open space for clarity, choice, and possibility.

Take these questions slowly. Breathe into them. Notice what comes up without judgment. This is about building a new foundation — one where money becomes a trusted partner in your life, not a source of fear.

How to Use This Guide

- Set aside 10–15 minutes with your journal or notes app.
- Pick 1–2 prompts at a time; don't rush to finish all at once.
- Write without censoring yourself. The first thought is often the most revealing.
- If you feel resistance — pause, breathe, and ask: “What truth am I avoiding right now?”
- Return to these prompts whenever you feel stuck, anxious, or disconnected from your finances.

Money Mindset Journal Prompts

1. What is your earliest memory of money, and how did it shape what you believe today?
2. What messages about money did you hear growing up (spoken or unspoken)?
3. When I think about money right now, I feel...
4. If money were a person in my life, how would I describe the relationship? Supportive, absent, conditional?
5. What stories do I tell myself about people who have “a lot” of money?

Money Mindset Journal Prompts

6. Where do I feel abundant in my life outside of money (relationships, creativity, health)?
7. What does “financial freedom” truly mean to me — beyond just bills being paid?
8. What fears come up when I imagine having more than enough?
9. What beliefs about money no longer serve me?
10. What new belief do I choose to adopt today about wealth, abundance, or prosperity?
11. How would my daily decisions change if I trusted money to always support me?
12. If I treated money like a respected partner, what would I do differently right now?

Your Next Step

Your money story isn't fixed. Every time you pause and reflect, you rewrite it. These prompts are an invitation to shift from fear to trust, from scarcity to flow.

Remember: money responds to the energy we bring to it. When you see money as a partner — not a problem — you create space for prosperity to move through your life.

Take what you've uncovered here and keep coming back to it. Your awareness is already building a new foundation.

✨ Want to go deeper?

- Explore my blog: [Money Mindset + Abundance Blog](#)
- Pair these prompts with [The Ashes Journal](#) or [Healed & Aligned Journal](#) from my shop.
- Try a daily abundance ritual: write one new belief about money you're choosing, and repeat it aloud each morning.