

Rewriting Your Family Money Rules Workbook

This workbook is your safe place to explore the money rules you grew up with and create new ones that match the life you are building now. Move through the pages slowly. Write in the margins. Return to them whenever you feel pulled back into old patterns.

Your name

Date you begin this workbook

Where I am with money as I begin

As you move through these pages, remember that nothing is wrong with you. You are learning a new money language for yourself and for the people who come after you.

Step Two How money feels right now

Take a gentle snapshot of your emotional life with money today. Respond from your gut, not from what you think you should feel. You can return to this page in a few months to see what has shifted.

- I feel calm when I look at my accounts
- I avoid looking at my accounts
- I often feel guilty when I spend on myself
- I feel pressure to help family with money
- I trust myself to make money choices
- I feel stuck and confused about money

Other feelings that show up for me
