

## My Money History

1. From whom did I first learn about money?
2. Where did I earn my first dollar?
3. When did I lose my first dollar?
4. When did I make my first big purchase?
5. When did I first spend money on myself?
6. When did I first buy a gift for someone?
7. When did I make my first donation?
8. Did I earn money, or was it given to me?
9. What were my family's financial circumstances?
10. Who took care of the money when I was growing up?
11. How was money talked about (or not talked about)?
12. What were my thoughts and feelings about money?
13. What concepts about earning, spending and saving money were reinforced?
14. What was it like for me to receive money?
15. What was it like to give money?
16. What have I learned along the way about money?
17. What is my situation now?
18. Is my situation now the same as when I was growing up?
19. Is my situation now the same as when I was growing my independence?
20. Is my situation now the same as when I was growing my dependence?
21. How do I feel about money now?
22. What do I think about having money?
23. What do I think about not having money?
24. What do I think about people who have money?
25. What do I think about people who don't have money?
26. On what do I spend my money?
27. On what do I not spend my money?
28. What judgment do I have about how I earn money?
29. What judgment do I have about how I spend my money?
30. What judgment do I have about how I save my money?
31. What judgment do I have about how others earn, spend or save their money?
32. What language do I use when I describe my relationship with money?
33. What language do I use when I describe my relationship with my bank account?
34. What language do I use when I describe my relationship with my compensation for work?

Once you've taken the time to review, reflect and write answers to these questions, determine what you like about your story and what you would like to be different.

Write a five step Spiritual Mind Treatment to address those aspects of your money experience you would like to be different. Remember to use affirmative language rather than denials.