



Money

1. What does money mean to you?
2. What three key messages did you learn about money growing up?
3. In what ways would more money affect your happiness?
4. What would need to change in your lifestyle if you wanted to save more money?
5. What action steps are you willing to take to create wealth?

LLC

LAUREN
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COACHING

Weekly "Go There" Journal

Sometimes we need a little push to stretch outside of our status quo and think differently. This weekly worksheet will give you a daily prompt to ponder for the day. Take 5 minutes at the end of the day to capture what came up.

Are you ready to go there?

If you don't feel like printing me, you can keep a handy dandy notebook to capture your thoughts or use the note section of your phone. Shoot, you can record yourself talking it out. Just get it out of your noggin!