



THANK YOU FOR SUBSCRIBING TO MY NEWSLETTER!

I hope that you find this resource helpful in your financial journey. Please feel free to contact me with any questions as you complete the reflection exercises in this workbook.

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Wealth Para Todos is a personal finance blog with valuable tips for budgeting, saving and investing for anyone critical of capitalism but determined to have the information necessary to thrive within it anyway.



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MONEY MINDSET WORKBOOK

2021



MY FINANCIAL DREAMS

What does your "best financial year yet" look like?

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What would you do with a \$500,000 gift?

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What would your life look like if you didn't have to worry about paying for it?

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PIVOTAL FINANCIAL MOMENTS

Create a timeline of significant moments in your financial journey. Start with the year you were born and to whom. List as many events that come to mind that make you think about money. Place a star next to any memory that evokes emotion.

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MY MONEY BELIEFS

Choose a pivotal financial moment you want to unpack.

What thoughts come to mind as a result of this experience?

What were your lessons from this experience?

What did you start to believe about yourself as a result of this experience?



EXTERNAL FACTORS IMPACT

External factors impact our perspectives and beliefs.

Understanding the external factors that influenced our money stories is the first step to releasing our limiting beliefs. Use the list below as a guide to help you identify the external factors that were involved in your pivotal financial moment.

- Family members' opinions
- Friends' opinions
- Current events
- Gender Norms
- Culture
- Limited Financial Tools
- Limited Financial Literacy
- Religion/Spirituality
- Support System
- Media
- Health
- Capitalism
- Consumerism
- Trauma
- Political Policy

What money memories may you have had with the absence of these external factors in your pivotal financial moment?

What aspect of your money belief is limiting you? What shift of perspective will help you release this limiting belief?



LET IT GO, AMOR

Use this additional space to rethink the money beliefs that are no longer serving you. Poco a poco, release your attachment to limiting beliefs that are interfering with progress towards your financial goals.

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THE JOURNEY CONTINUES

Poco a poco, you can release the money beliefs that are not serving you. Distance yourself from the external factors that are creating your limiting money beliefs by doing the following:

Monitor Environment

Evaluate your physical and digital environment. Notice and remove cues that trigger you to act in opposition of your goals

Research Financial Tools

Experiment with various apps and tools till you find something you enjoy using

Hold External Factors Responsible

Make it a habit to notice the external factors that impact your financial decisions

Self-talk

Speak kindly and compassionate to yourself. Advocate for yourself. Use affirmations to practice positive inner dialogue.

Read Personal Finance Literature

Find the book, blog, article, IG account, etc with the information you are seeking

Support System

Find people who will talk dinero with you. Create your community. Consider working with a financial coach.

List other techniques to help you overcome limiting beliefs.



WEALTH BUILDER COMMITMENTS

Remember that this process of unpacking our money story is continuous. Overcoming limiting beliefs is a constant battle but one that you can repeatedly win as long as you commit to the following:

I seek answers to my questions and solutions to my temporary money problems.

I release beliefs and habits that are not aligned with my financial dreams.

I appreciate the abundance that already surrounds me.

I talk dinero so we can all build wealth collectively.

I am patient and proud of my progress.

List other statements of affirmations to remind you of your potential and commitment to having your best financial year yet.

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