



## Money Mindset Questions to Ask Yourself When You're Feeling Triggered

Instructions: Whenever you feel uncomfortable about a financial situation (i.e. paying a bill, sales, an unexpected issue, etc) write out these questions and your answers to them. Don't edit yourself :)

What is it that I am currently feeling?

Why am I feeling this way? What triggered it?

What am I making this situation mean?

Is that ultimately true?

What am I learning from this situation?/What opportunity is this situation presenting?/How can I be grateful for this situation?

Bonus question: Is this my voice or someone else's?