

TRUE-U

Money Mindset & Beliefs Workbook

A reflective tool to help you explore your relationship with money and gently reshape limiting beliefs.

1. Your Current Beliefs

What are your current beliefs about money? What messages did you hear growing up about money, success or wealth?

2. Influences

Where do these beliefs come from? (family, culture, past experiences)

3. Fears Around Money

What fears or worries come up when you think about money or financial growth?

4. Exploring Impact

How have these beliefs or fears influenced your choices, behaviours or opportunities?

TRUE-U

Money Mindset & Beliefs Workbook

A reflective tool to help you explore your relationship with money and gently reshape limiting beliefs.

5. Creating New Perspectives

What more balanced or supportive beliefs could you begin to adopt?

6. Affirming Change

Write a few positive, realistic statements about your relationship with money (present tense, supportive tone).

7. Your Values & Purpose

If money were not a limitation, how would you use it to support yourself and others? What matters most to you?

8. Strengths & Potential

What skills, interests, or strengths do you have that could support your sense of purpose or financial wellbeing?
