Journal Prompts
Your Relationship with Money and Effort

These prompts are designed to help you go beneath the surface. Not the polished, socially acceptable version of how you feel about money, but the real one. The one that's actually running the show.

Don't rush through these. Pick one at a time, sit with it, and write past your first answer. Your first answer is usually what you think you should say. Keep going until you hit something that surprises you. That's where the real work is.

You don't have to do all of these at once. Work through them over a week or return to the ones that feel most charged. The ones that make you want to skip them are usually the most important.

Part One: Where Your Money Story Came From

1. What's your earliest memory involving money? What happened, and how did it make you feel?

2. What did you hear about money growing up (from your parents, your community, your religion, or your culture)? Write down every message you can remember, even the ones that seem small or silly.

3. Whose voice do you hear in your head when you feel guilty about spending, or anxious about not earning enough? What are they saying?

4. Was there a person in your life who seemed "good" with money? What did you think of them? Was there someone who struggled with money? What did you think of them?

5. What did working hard mean in your family? Was it celebrated, expected, martyred, or something else? How has that shaped the way you approach your own work today?

Part Two: How You're Operating Right Now

6. When you sit down to work on your finances or your business, what's the honest feeling underneath? Not the one you'd tell someone else. The real one.

7. Think about the last time you felt genuinely good about your financial situation, even briefly. What was happening? What made it feel different from how you usually feel?

8. Where in your work or financial life are you operating from fear right now? Be specific. What exactly are you afraid of?

9. Where in your work or financial life are you operating from genuine desire or inspiration? What does that feel like compared to the fear-based stuff?

10. If you're being really honest, what are you avoiding looking at right now? Why?

Part Three: Rewriting the Script

11. What would it feel like to have enough? Not a number, a feeling. Describe it in as much detail as you can. What would a regular Tuesday look like?

12. What story have you been telling yourself about why you can't earn more, work less, or feel at ease with money? Where did that story come from? Is it actually true?

13. Write a letter to the version of yourself who believed you had to work yourself into the ground to deserve financial security. What do you want them to know?

14. What would you do differently this week if you genuinely believed that ease and abundance were available to you, not someday, but now?

15. What's one thing you're going to stop telling yourself about money, starting today? And what will you tell yourself instead?

A Note Before You Close This

You can't shift what you won't look at. These prompts aren't here to make you feel bad about where you are. They're here to help you see it clearly, because clarity is where change actually begins.

If something came up that surprised you or shook you a little, that's not a bad sign. That's the work working. Sit with it. Come back to it. The fact that you're asking these questions at all means you're already doing something most people never do