



Reflection Worksheet

This worksheet is designed to help you uncover the deeper beliefs, memories, and emotions you hold about money. Take your time with each section—there are no right or wrong answers. Be curious, compassionate, and honest with yourself.

1. Childhood Money Memories

- What is your earliest memory of money?
- Did your caregivers talk about money openly, or was it avoided?
- When you asked for something as a child, how was it received?
- What sayings or beliefs about money did you hear growing up?

2. Emotions & Money

- What emotions come up when you think about money today?
- How do you feel in your body when you check your bank account or bills?



- What emotions do you experience when you spend, save, or receive money?
- Do certain money situations trigger strong emotional reactions?

3. Identity & Self-Worth

- Do you feel your self-worth is tied to how much money you make or have?
- What would it mean about you if you were wealthy—or if you had very little money?
- Have you ever felt undeserving of financial success or abundance?
- How does money (or the lack of it) affect your confidence?



4. Money & Relationships

- How did your parents or caregivers handle money in their relationship?
- Do you argue about money with loved ones? If so, what's the recurring theme?
- Do you feel pressure to financially support others, even when it hurts you?
- How does money impact your closest relationships today?

5. Healing & Reframing

- If 'money' were a person, how would you describe your current relationship with it?
- What do you wish your relationship with money felt like?



ELEVATED
PERSPECTIVE

Money
Psychology

- Complete this sentence: 'A new empowering belief I'd like to practice about money is...'

- What small step could you take this week to improve how you feel about money?

Looking for more?

Using the Elevate Method™, I guide people of all ages with practical, science-backed tools to boost mental fitness, improve well-being, and create lasting change to live your best, most empowered life.

Book a Foundations Call today!

[ElevatedPerspective.ca](https://www.ElevatedPerspective.ca)