



My Confidential **MONEY MAP**

SAVINGS

How much do I have in savings? \$ _____

When I think about the kind of money called “savings” ...

- My nervous system is wired to “run” with these emotions and feelings:

- My brain is wired to “run” this programmed belief over and over:

There may even be a pretty significant “financial trauma” connected to this!

DEBT

How much do I have in total debt? \$ _____

When I think about the kind of money called “debt” ...

- My nervous system is wired to “run” with these emotions and feelings:

- My brain is wired to “run” this programmed belief over and over:

There may even be a pretty significant “financial trauma” connected to this!

INCOME

What is my total income? \$ _____

When I think about all the money I earn in income ...

- My nervous system is wired to “run” with these emotions and feelings:

- My brain is wired to “run” this programmed belief over and over:

There may even be a pretty significant “financial trauma” connected to this!

INCOME GOALS

Here is a big income goal I would love to earn: \$ _____

When I think about big income goals ...

- My nervous system is wired to “run” with these emotions and feelings:

- My brain is wired to “run” this programmed belief over and over:

There may even be a pretty significant “financial trauma” connected to this!

TOXIC MONEY

When I think about this money and the battle in it...

- My nervous system is wired to “run” with these emotions and feelings:

- My brain is wired to “run” this programmed belief over and over:

There may even be a pretty significant “financial trauma” connected to this!