

SACRED MONEY FREEDOM

M E E N A S H R I R A M

MODULE 1 : CHAPTER 1
JOURNAL PROMPTS

HINGLISH



JOURNAL PROMPTS:

Apne Scarcity Wounds Heal Karein Abundance Ko Invite Karein

**“Money sirf numbers nahi hai, yeh ek energy hai.
Chalo apni kahani dobara likhte hain.”**

Is PDF Ko Kaise Use Karein:

- Roz sirf 1–2 prompts uthaiye aur 21 days tak likhiye.
- Jo dil mein aaye honestly likhiye, apne emotions ko edit mat kijiye.
- Apne answers ko padhiye, isse stuck energy release hoti hai.
- End karein ek affirmation ke saath: “Main paiso ke saath safe hoon. Main abundance ke liye worthy hoon.”

PART 1: Apne Childhood Money Stories Ko Samjhein (Awareness)

1. Aapka pehla memory paiso ke baare mein kya hai? Kya usme khushi thi, darr ya kami ka ehsaas?
2. Bachpan mein aapke parents paiso ke baare mein kaise baat karte the? (Kya sunte the jaise ‘Paise ped pe nahi ugte’ ya ‘Hamesha bachake rakhna’)
3. Kya aapne kabhi bade logon ko paiso ko leke ladte ya stress karte dekha? Us waqt aapko kaisa feel hua?
4. Aapke family ne aapko “women aur money” ke baare mein kya beliefs diye?
5. Kya aapne paiso ko hamesha ek freedom ki tarah dekha, ya ek stressful aur dangerous cheez ki tarah?

PART 2: Apne Adult Life Mein Scarcity Patterns Ko Pakdein

1. Jab aapko unexpected paisa milta hai (bonus, gift), toh kya aapko khushi hoti hai, guilt ya darr ki yeh chala jayega?
2. Kya aap apna bank balance check karna avoid karti hain? Kyun?
3. Kya aap over-spend karti hain khudko acha feel karane ke liye, ya under-spend karti hain dar se ki sab kuch khatam ho jayega?
4. Kya aap khud par spend karne mein safe feel karti hain (spa, solo trip) ya guilt aa jata hai?
5. Jab aap aur women ko abundantly jeete dekhti hain, kya aap inspired feel karti hain, jealous ya sochti hain 'yeh mere liye nahi hai'?

PART 3: Apni Money Story Dobra Likhein (Healing & Expansion)

1. Agar paisa ek insaan hota, toh aapka uske saath relationship kaisa hota? (Loving? Fearful? Avoidant?)
2. Zindagi ka ek aisa moment yaad karo jab aapne truly abundant feel kiya—even if aapke paas kam paisa tha.
3. Kya aapko lagta hai ki aapko wealth deserve karne ke liye kuch "prove" karna padega? Kya aap us belief ko aaj release kar sakti hain?

4. Ek aisi life imagine karo jahan aapke paas more than enough hai. Kaise different feel hota hai? Kaise aap spend save aur give karti hain?

5. Is sentence ko complete karo: "Main abundance receive karne ke liye ready hoon kyunki..."

Bonus Ritual: Paiso Ko Ek Letter Likhein

- Start with: "Dear Money, mujhe maaf karo kyunki..."
- Continue with: "Dear Prosperity, thank you for..."
- End with: "Dear Wealth, ab se main promise karti hoon..."