

# She Creates Money

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Module 1 : Chapter 2

The Conditioning You Never Questioned



ENGLISH

# MONEY CONDITIONING REFLECTION

## *Module 1, Chapter 2*

**1. Growing up, what did money feel like in your body?**

→ *Tightness, fear, silence, tension, instability, etc.?*

**2. What was the dominant emotional tone around money in your home?**

→ *Stress, arguments, avoidance, secrecy, or control, etc.?*

**3. What did you repeatedly hear about money as a child?**

→ *Write the exact lines (e.g., “money doesn’t grow on trees”).*

**4. Which of those statements do you still believe today without questioning?**

**5. Pick 3 beliefs you currently live by about money.**

→ *Now for each belief: what behavior does it create in your life?*



## BRINGING BELIEFS INTO BEHAVIOR

6. If money felt stressful growing up... how does that show up today?

→ *Do you avoid looking at your finances, delay decisions, or feel anxious handling money?*

7. If you were taught “don’t ask for too much”... how do you behave now?

→ *Do you undercharge, hesitate, or settle for less?*

8. If you believe “money is hard to earn”... what do you do differently?

→ *Do you overwork, burn out, or reject ease?*

9. If rich people were judged in your environment... how does that affect your ambition?

→ *Do you subconsciously hold yourself back from earning more?*

10. When you think about having more money today... what emotion comes first?

→ *Excitement, fear, guilt, overwhelm, or pressure?*



## CURRENT BEHAVIOR AWARENESS

**11. How do you behave when you have to talk about money?**

→ *Do you avoid, feel awkward, over-explain, or stay silent?*

**12. What do you do when it's time to ask for your price or negotiate?**

→ *Do you hesitate, soften, or reduce your ask?*

**13. How do you behave when you receive money?**

→ *Do you feel comfortable, guilty, pressured, or undeserving?*

**14. What is one money behavior you repeat even though you know it's not serving you?**

→ *Avoiding accounts, delaying action, underpricing, etc.*

**15. What has this pattern already cost you?**

→ *Lost money, missed opportunities, inconsistent income, or stress?*

## FINAL ANCHOR QUESTION

*If you continue with these same beliefs and behaviors for the next 3 years... what will your financial reality look like?*