

She Creates Money

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Module 2 : Chapter 1

Your Financial Reality Is Self-Created



ENGLISH

YOUR MONEY CYCLE - REFLECTION

Module 2, Chapter 1

PART 1: YOUR CURRENT MONEY CYCLE
(AWARENESS)

1. When money comes into my life... what usually happens next?

→ Do I hold it, spend it, lose track of it, or feel pressure around it?

2. If I suddenly had more money than I do right now... how would I actually feel?

→ Calm? Excited? Anxious? Overwhelmed? Responsible?

3. When money slows down or leaves... what is my immediate reaction?

→ Do I panic, avoid, overthink, freeze, or take rushed action?

PART 2: THE REPETITION (PATTERN RECOGNITION)

4. What is one financial situation that keeps repeating in my life?

→ *Income going up and down? Money coming but not staying? Always feeling “just enough”?*

5. Every time this situation happens... what do I tend to do?

→ *Do I overwork, shut down, avoid action, or scramble for solutions?*

6. What do I consistently avoid doing in these moments?

→ *Tracking money, having conversations, asking for more, making decisions?*

7. What emotion is most active for me in these situations?

→ *Fear, stress, pressure, guilt, or urgency?*



PART 3: THE REALIZATION (OWNERSHIP)

8.If I'm completely honest... how am I contributing to this pattern continuing?

9.What behavior of mine is reinforcing this cycle again and again?

10.What am I choosing in these moments that keeps this pattern familiar?

FINAL ANCHOR

11.If I don't change how I respond in these moments... will my money reality actually change?