

She Creates Money

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Module 2 : Chapter 3

Your Money Patterns & Hidden Blocks



ENGLISH



PATTERN RECOGNITION - DEEP DIVE QUESTIONS

STEP 1: IDENTIFY YOUR CORE PATTERNS (PICK 2-3 ONLY)

1. Which money patterns do I see repeating in my life again and again? (Is it undercharging, overgiving, overthinking, inconsistent action pattern, receiving block)

2. Where do I notice myself behaving the same way... even when I know better?

3. In which situations do I feel like I lose control over my decisions around money?

4. What is one behavior around money that I've normalized... but know is not serving me?

5. If I'm honest, where do I tend to shrink when it comes to money?

Now choose 2-3 patterns that feel the most real and recurring.



STEP 2: GO DEEPER - THE REAL FEAR BEHIND THE PATTERN

(Answer this for each pattern)

6. What am I actually afraid will happen if I don't follow this pattern?

7. Am I trying to avoid judgment, rejection, or feeling "not enough"?

8. Do I fear losing control, stability, or approval if I change this behavior?

9. What is the worst-case scenario my mind is silently protecting me from?

10. Is this pattern protecting me... or limiting me?
Be honest.



STEP 3: AWARENESS SHIFT - THE COST OF STAYING THE SAME

(Answer this for each pattern - be specific, not vague)

11. How is this pattern costing me money directly?

12. Where have I undercharged, avoided asking, or missed opportunities because of this?

13. Has this pattern led to inconsistent income or financial instability? How?

14. What decisions have I delayed or avoided because of this pattern?

15. If I continue this pattern for the next 1 year... what will my financial reality look like?

CLOSING REFLECTION

16. Am I ready to keep paying the cost of this pattern... or am I ready to change it?