

# She Creates Money

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Module 2 : Chapter 4

Money Is Made in Daily Behavior



ENGLISH



# DAILY MONEY BEHAVIOR AUDIT - REFLECTION QUESTIONS

## STEP 1: CATCH YOURSELF (AWARENESS)

1. Where did I shrink in the last 7 days when it came to money?

2. Did I underprice, hesitate, or soften my value in any situation?

3. Where did I avoid asking, following up, or closing a money conversation?

4. Did I feel uncomfortable receiving money, discussing it, or holding it?

5. What exact moment made me feel small, unsure, or hesitant around money?



## STEP 2: PATTERN LINK (CONNECTION)

6. Which pattern is this behavior connected to?  
(Overthinking, approval-seeking, fear of rejection, avoidance, control, etc.)

7. Is this a one-time reaction...or something I've done repeatedly before?

8. What is the common trigger that activates this pattern in me?

## STEP 3: IDENTITY CHECK (WHO WERE YOU BEING?)

9. Who was I being in that moment?

10. Was I someone who needed approval...  
avoided discomfort...or felt unsafe with money?

11. What belief about myself or money was I unconsciously acting from?

12. Did my behavior reflect confidence...or self-doubt? Be honest.



## STEP 4: POWER SHIFT (REWRITE THE RESPONSE)

13. How would the version of me who holds money respond in this exact situation?

14. What would she say differently? How would her tone, energy, and clarity change?

15. What action would she take immediately that I avoided?

16. If this situation happens again tomorrow... what will I do differently?

## FINAL LOCK-IN QUESTION

17. Am I willing to show up as this version consistently...even when it feels uncomfortable?