

Melissa Binkley

Mindset Mirrors Your Money

What does SUCCESS look like to YOU? (Is your success related to your money?)

What would your life look like if you were being guided by a grander vision? What would you be doing? With whom would you be participating and co-creating? What would your surroundings be like? Who are you? What do you want? What is TRULY important to you. **If you knew you could not fail, had enough money, and all the support you needed what would you do? What is your deepest desire?**

Write down everything about money, wealth, and rich people you heard as a child (Good & Bad)

Write 3 non supportive beliefs or fears you have or had around money, wealth, success, rich people or yourself



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1. _____
2. _____
3. _____

Write an argument against each one:

- 1.
- 2.
- 3.

REFRAME:

Write a positive or empowering way of thinking for each

- 1.
- 2.
- 3.

Rank 1 thru 4: 1 most like me to 4 least like me

___The Pretender

___The Pleaser

___The Pushover

___The Procrastinator

My Money Mirror is _____ & _____

Breakthrough Belief



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Breakthrough Actions:

- -
- -
- -

Calculate Your Current Money Set Point and Write It Here:

My current money set point is: \$ _____

Tip: Remember that your current set point amount represents your PAST thinking, beliefs, actions and mindset.

Your new money set point should feel realistic, believable, and a little thrilling!

Write it here:

My NEW money set point is: \$ _____

By (date): _____

Tip: Recalculate your money set point every 60 or 90 days. Post it where you can see it every day.

