

THE WEALTH RECODED

EXPERIENCE

DAY 1 WORKSHEET

THE AWAKENING

Uprooting Your Money Story

“Your net worth will never permanently exceed your self-worth.”

Name:

Date:

This worksheet is your companion for Day 1 of The Wealth Recoded Experience. Complete each exercise during the event as directed. Write in your own handwriting whenever possible — the physical act of writing engages your brain differently than typing. Be honest. Be brave. The depth of your transformation is directly proportional to the depth of your honesty.

SECTION 01

My Money Archaeology

Your financial thermostat was set in childhood through three sources of programming. This exercise will help you identify the specific code that was written into your operating system.

Part A: Verbal Programming

What did you **hear** about money growing up? Write down every phrase, comment, or message you can remember hearing from parents, teachers, relatives, or other authority figures.

1. Phrase or message I heard:

2. Phrase or message I heard:

3. Phrase or message I heard:

4. Phrase or message I heard:

5. Phrase or message I heard:

Who said it most often?

What emotion did you feel when you heard it?

Part B: Modeling

What did you **see** happening with money in your household? How was money handled, discussed, or avoided?

Which parent are you most like when it comes to money? In what specific ways?

How was money handled in your household? (Circle all that apply)

- ☐ Source of constant stress and arguments
- ☐ Treated as shameful / never discussed
- ☐ One parent controlled all of it
- ☐ Spent recklessly
- ☐ Hoarded out of fear
- ☐ Handled calmly and openly

Other observations about how money was modeled:

Part C: The Incident

“The wound that is seen can be healed. The wound that is hidden continues to bleed.”

Write down the single most emotionally charged memory you have involving money from your childhood. Not the first one that comes to mind — the one that stings. The one you do not want to write down. That is the one.

The Incident:

How old were you?

What conclusion did your child brain draw about money from this experience?

SECTION 02

My Hidden Barriers

Gay Hendricks identified four hidden barriers that hold your financial thermostat in place. Read each one below. Circle the number of the one or two that resonate most strongly with you.

1. Feeling Fundamentally Flawed

Deep down, you believe something is wrong with you. When success arrives, your brain creates cognitive dissonance and destroys the success to resolve it. Shows up as chronic undercharging and over-delivering to compensate.

2. Disloyalty and Abandonment

You believe that making more money will separate you from the people you love. You unconsciously keep your income at the level of your peer group. Shows up as self-sabotage right before breakthroughs.

3. Believing You Are a Burden

You believe your success will burden others. You refuse to ask for help, delegate, or take up space. Shows up as keeping your business artificially small.

4. The Crime of Outshining

You believe your success will make someone else feel bad. You dim your light. Shows up as undermining your own marketing, not posting testimonials, and speaking about your gifts in whispers.

My primary barrier is #: _____

Complete the sentence:

"I release the belief that making more money means I am _____."

"I release the belief that making more money means I am _____."

SECTION 03

My Resistance Inventory

“Resistance is not a sign that you are doing the wrong thing. It is proof you are doing the exact right thing.”

Identify the revenue-producing activities you consistently avoid, and what Resistance tells you to do instead.

REVENUE COLUMN <i>(Activities I avoid — these make money)</i>	RESISTANCE COLUMN <i>(What I do instead — feels productive, earns nothing)</i>
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

“From this day forward, I will do Revenue Column activities before Resistance Column activities. Every. Single. Day.”

SECTION 04

The Wealth Declaration

Write this in your own handwriting. The physical act of writing engages your brain in a way that typing cannot. Be specific. Be bold. Make it big enough that it scares you a little.

I, _____, give myself full and unconditional permission to be wealthy.

I am committed to generating \$ _____ per month

by the date of _____

I will do this by providing the following transformation:

I release every story that says I am not worthy of this.

I am worthy. I am ready. And I am done playing small.

Signature: _____ Date: _____

SECTION 05

My Daily Reconditioning Practice

“Wealth is not an event. It is a daily practice of reconditioning your mind to receive what was always available to you.”

MORNING: The Declaration

Before checking email or social media, read your Wealth Declaration out loud. Then say: "I expand in abundance, success, and love every day, as I inspire those around me to do the same."

WORKDAY: The Resistance Check

Before beginning work, ask: "What is the single most important revenue-producing activity I can do today?" Do that activity FIRST. Before emails. Before Slack. Before Canva.

EVENING: The Gratitude Inventory

Before bed, write three specific things you are grateful for that involve money or abundance. Not generic. Specific.

My commitment: I will begin this daily practice on (date): _____

SECTION 06

Day 1 Reflection

Part A: Letter to My Younger Self

Write a letter to the child who first received the money programming. Tell them what you now know. Tell them it was not their fault. Tell them what is about to change.

Dear younger me,

Part B: Evening Gratitude Inventory

Write three specific things you are grateful for that involve money or abundance. Be specific, not generic.

1. I am grateful that:

2. I am grateful that:

3. I am grateful that:

My single biggest takeaway from Day 1:

“You cannot unsee what you have seen today.”

Bring this completed worksheet to Day 2: The Recoding.