



Money
Mindset
Journal
Prompts.

PRESENTED BY POTENTIAL MARKETING AGENCY

WARNING

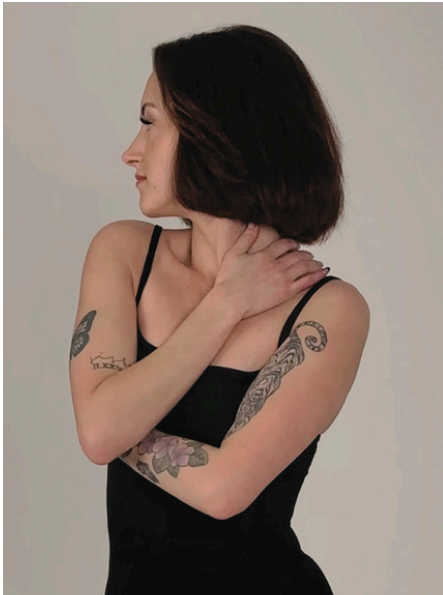


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POTENTIAL MARKETING AGENCY LLC

Hi love! I'm *Lindsey* 💖



... business coach, effortless wealth enthusiast, and podcast host! The most important thing you need to know about me right now is I help women like you scale aligned businesses to high-cash months without the hustle.

Your mindset is 80% of your success, which is why it's so important to become aware of where you are limited before you can begin to walk towards your full potential!

How to use these journal prompts:

You're going to want to check your inbox daily, along with this document for your journal prompts! **In your inbox, I will be following up on your progress every 3rd of the way, as well as sending you tips & tons of value to apply to your business.**

Be honest, open, and patient with yourself when writing as well. Talk soon!

Days 1-5: *Discovery*

- **DAY 1:**
 - What is a narrative you experienced frequently growing up around money? How did it impact your work ethic?
- **DAY 2:**
 - What is your core motivation for earning more money? (Dig deep here to get to the root cause)
 - *Examples: Stability, time freedom, security, autonomy, etc.*
- **DAY 3:**
 - What are 3 different ways this narrative manifests in your business?
 - *An example: The narrative of needing to hustle constantly to make a living shows in people-pleasing & lack of boundaries with clients.*
- **DAY 4:**
 - What are some money mindsets you've already had to battle in starting your business?
- **DAY 5:**
 - Think about all the places in your business where you operate out of a lack mentality - reflect on them.

Days 6-10: *Reflection*

- **DAY 6:**
 - Claim a monthly income number that you resonate with. What would having this do for you?
- **DAY 7:**
 - Why does this dream number feel so far from you now?
- **DAY 8:**
 - Write about a time when you took a financial risk. What did you learn from this experience? How did it shape your current risk-taking mindset?
- **DAY 9:**
 - If your business was at its full potential today, what would that look like? (Be detailed)
- **DAY 10:**
 - If you were living your dream lifestyle today, what would that look like? (Be detailed)

Days 11-15: *Reprogramming*

- **DAY 11:**
 - Explore the concept of worthiness as it relates to money. Do you equate your self-worth with your net worth? How can you separate the two and cultivate a sense of intrinsic value?
- **DAY 12:**
 - Reflect on the role of gratitude in shaping your money mindset. What are three aspects of your financial life that you're grateful for, regardless of their current state?
- **DAY 13:**
 - Think about the biggest roadblock you are currently facing - *could be socials, confidence, capacity, etc* - and brainstorm one small daily action you can take to overcome it.
- **DAY 14:**
 - Imagine your ideal relationship with money. What does it look and feel like? What steps can you take to move closer to this ideal?
- **DAY 15:**
 - List three financial goals you want to achieve in the next year. What mindset shifts do you need to make to reach these goals?



See you in
your inbox!

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