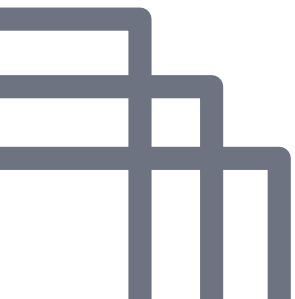




EMPOWERED WITH MONEY: A GENTLE, GROUNDED, GUIDE FOR WOMEN.



**A 3-MODULE JOURNEY TO HEALING YOUR MONEY
MINDSET, LEARNING FINANCIAL BASICS, AND
STEPPING INTO EMPOWERED ACTION.**



WELCOME



Hi, I'm Valerie— a woman on a mission to help others reclaim their relationship with money in a way that feels grounded, kind, and aligned with who they truly are.

I believe deeply in the truth that what you focus on grows

That's why I created this course — to invite you to gently bring your attention to your financial life not with fear, but with curiosity, self-trust, and intention.

This is not a crash course or a hustle-heavy bootcamp.

It's a soft, steady path toward greater financial clarity — one that honors your lived experience, values your emotions, and meets you exactly where you are.

As you move through these pages, we'll explore your beliefs, learn foundational tools, and begin to take small, aligned actions. This is about planting seeds — not perfection. You're invited to go at your own pace, with compassion and curiosity for what you'll create next. Let's gently rewrite the story of what's possible, together.

With warmth,
Valerie

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WHAT'S YOUR MONEY STORY?

(EXPLORING BELIEFS YOU INHERITED, YOUR FIRST MONEY MEMORIES)

EMOTIONS AND MONEY

(HOW GUILT, SHAME, OR FEAR AFFECT HOW WE MANAGE MONEY)

REWRITING THE SCRIPT

(CREATING NEW, SUPPORTIVE BELIEFS)

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(CREATING A "COMPASSIONATE BUDGET" THAT ALIGNS WITH YOUR VALUES)

YOUR FINANCIAL SNAPSHOT

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MODULE 3: GROWING CONFIDENCE + WEALTH

EMERGENCY FUNDS AND SAFETY NETS

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GETTING STARTED WITH INVESTING (NO JARGON!)

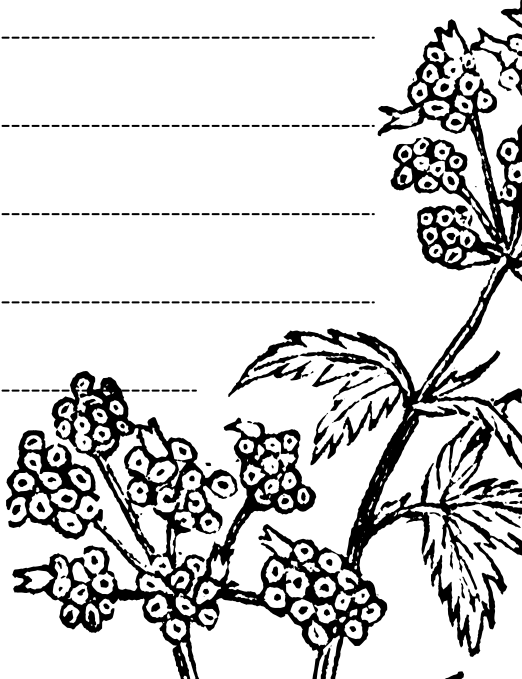
MONEY GOALS THAT FEEL LIKE FREEDOM

MODULE ONE

Journal Prompts



Visualization: A Day in the Life of Financial Ease



A series of horizontal dashed lines providing a space for writing or drawing.

GROWTH OR FIXED MINDSET WORKSHEET

	Tick the correct column then self-assess your work	GROWTH MINDSET	FIXED MINDSET
1.	I'm not good at this		
2.	I love challenges		
3.	I don't like it when I make mistakes		
4.	This is too difficult		
5.	Practise makes perfect		
6.	I want to try again		
7.	When I get frustrated, I persevere		
8.	I can always improve, so I'll keep trying		
9.	When I fail, I learn		
10.	I'll never be as smart as her		

Notes



MODULE THREE

Emergency Fund Reflection + Plan

1. Right now, an emergency would feel like:

 _____

2. In the past, I've handled surprise expenses by:

 _____

3. Having a financial cushion would help me feel:

 _____

4. My first emergency fund goal is:

 I will save \$ _____ to start

5. I could build this fund by:

 Saving \$ _____ per week/month

 Putting away "found money" like:

 Saying no to one small expense and yes to this fund

6. My reason for starting is:

 Because I want to feel

SETTING YOUR GOALS

ACTION PLAN

30 DAYS

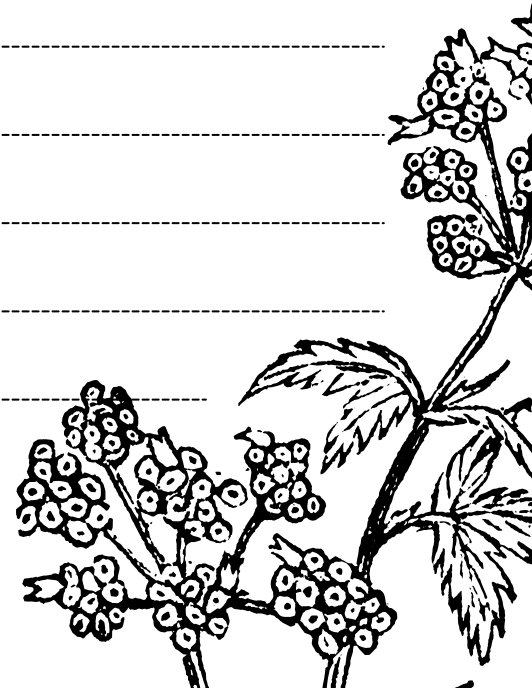
ACTION PLAN

60 DAYS

ACTION PLAN

90 DAYS

Notes



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Date _____

Pay To The
Order Of _____

\$

_____ Dollars

|: 000000000 |: 000000000000000||- 0000