



WEEK SIX

money
mindset

HOMWORK ASSIGNMENTS

ASSIGNMENT #1 | WRITING A LETTER TO MONEY

alright, this is a really important exercise and we want you to take your time on it. we found this exercise really helpful when we were first diving into this topic and it really help reveal how we feel about money vs. how we would like to feel / how we should feel.

we know it may seem silly at first when you are writing a letter to an inanimate object, but it will feel great once you have it written out and you can confront money in this way.

HOW TO DO THE EXERCISE; ITS 2 PARTS

PART 1 - A LETTER TO MONEY ABOUT HOW YOUR RELATIONSHIP CURRENTLY IS + HOW YOU FEEL ABOUT IT..

BRIEF EXAMPLE:

dear money,

I cant belief you have caused me so much grief my entire life. from the moment I became an adult, you have been constantly making me feel worrisome thoughts. From not having enough of you, to barely being able to make ends meet; I feel like you are never there for me. My parents always told me money doesn't grow on trees and they were right..."

You get the idea. go on and on about this until you've gotten all your grievances out.

PART 2 - AN OPTIMISTIC LETTER TO MONEY / MOVING MORE INTO HOW YOU'D LIKE TO FEEL ABOUT IT

BRIEF EXAMPLE:

dear money,

I am so grateful you exist. I truly dont know how I would live without you. You provide me with a roof over my head, I get to eat amazing food because of you, and i've been able to fund so many experiences with you. It's nice knowing theres always opportunities to make more of you, and i'm so happy knowing that you will always be there for me...."

Now carry on to do this in much more depth below!

LETTER ONE

put your first letter to money here.
the one that is your expressing your current
relationship + emotions towards it.

try and fill this whole page if you can. .



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ASSIGNMENT #2 | HOW DO YOU SPEAK?

in the beginning of this course - we discussed affirmations and how the words you speak become the house you live in - and this principle applies to your relationship / language around money as well.

we want you to develop some affirmations that you can use any time you feel that wave of lack come over you, money affirmations are a powerful tool to use, especially anytime you are about to pay a bill, make an investment, or are having any level of doubtful thoughts.

REQUIREMENTS FOR ASSIGNMENT

write at least 15 to 20 affirmations. they can be long or short, simple or more tailored to a specific part of your life

for example: you could create an affirmation that you say every time you pay rent; one that makes you feel good.

"i am so grateful that I can provide myself with a roof over my head. I love exchanging money in order to have a place to live"

or every time you spend "a lot" of money at the farmers market..

"i love using money to support someone elses' business and encourage local farmers"

A F F I R M A T I O N S H E R E

A vertical illustration on the left side of the page shows several hands in various shades of gray, some holding stacks of money or bills. The style is simple and sketchy.

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ASSIGNMENT #3 | GIVING TO RECEIVE

this assignment isn't so much something you need to write down and work on right now, but something we encourage you to be consistent in implementing in your everyday life as you begin to navigate this new way of thinking and being!

as we talked about in the presentation, the idea / law of giving and receiving is such an important aspect of our lives. and going out into the real world and practicing what you preach and not just thinking about it is where the change really comes from.

use space below to write all the ways you can on the daily.

EXAMPLES OF WAYS TO GIVE

every time you go out to eat, you tip the server some extra cash. (if you're in the US - always tip 20% or more on every tab)

when you go to a friend's or family member's house for dinner, never show up empty-handed. always bring something to contribute, or even simply a thank you card or flower. This is sufficient and a beautiful exchange.

if you are in line at a coffee shop and you see someone behind you, buy their coffee for them!

you pull up at a red light or stop sign, and there's a homeless person asking for help, give them as much as you can or offer to buy them food and water at the local shop.

go out to lunch with a friend? lunch is on you. or dessert. or whatever you can do that doesn't put real strain on you.

WAYS THAT YOU CAN GIVE
