

Dear Money,

Pick ONE thing about money you would like a breakthrough in?

Then answer the following questions – writing to money like it is a dear friend.

Dear Money...

(No one is going to read it apart from you so be honest!)

1. I am doing...

(Tell money what you are already doing)

2. I am feeling...

(Say how you are really feeling)

3. Ask, what can I do?

(Ask what you can do about this subject and see what comes to mind?)

4. If's, but's, and & I want more...

(You are thinking them, so write them down)

5. What can I do now?

(Ask the question, it doesn't mean you have to do it!)

6. Thank Money

(Finding a positive place to end makes a difference)

For confidential help with this letter, or for more motivation and money.

Book a Money Coaching session today, email me directly on

jenny@iexplainmoney.co.uk