

Make Friends with Your Money

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

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

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 particular aspect of money and see what comes to mind?)

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

(You are thinking about 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

