

## Five Quick Money Questions

*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 please 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, but's, 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!)*

### Bonus: 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. Or email me directly on [jenny@iexplainmoney.co.uk](mailto:jenny@iexplainmoney.co.uk)

