



MODULE ONE: MINDFULNESS

MINDFULNESS WORKSHEET

Mindfulness & Finances

Directions: Using the chart below, fill in the boxes with examples of thoughts that would support or sabotage you in the area of finances.

	SUPPORT	SABOTAGE
SPENDING		
SAVING		
INVESTMENT		
GOALS		





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MINDFULNESS STUDY GUIDE

1. In what ways have your thoughts sabotaged your finances **in the past**?
Are you still holding onto those thoughts now?

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2. In what ways have your thoughts supported your finances **in the past**?
Are you still holding onto those thoughts now?

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3. Do you have any thoughts **now** in the area of finances that you might consider to be potentially sabotaging? Are you open to seeing things differently regarding your finances?

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