



## **RLM Nov 2015: REWRITE YOUR MONEY STORY**

*Use this step-by-step approach to detail your current “worrier” story and transform it into a new “warrior” story.*

### **Worrier or Warrior — YOU CHOOSE.**

#### **PART A: Your “Worrier” Story**

Tell your “worrier” story below. Take as many pages as you need.

Detail out—starting from birth—the highlights of your life experiences. Particularly explain any instances or memories you have that relate to money, wealth, career, success or worthiness—for you and for any of your family members. You can write in paragraphs, bullets, or one long paragraph (on computer or by hand). We suggest you break up each of the major points into different paragraphs to help facilitate Part B of this exercise.

(For example, you may have seen your father/mother work long hours at his/her job or business. You concluded back then that being successful would mean time away from family. This is an important point to include in your Worrier Story, as somewhere you may be concerned that you will follow in those footsteps.)

Be sure to also include the drivers of your current feelings. These may include your worry, stress, overwhelm, feelings of inadequacy (ex: why do you feel “not enough,” “not worthy,” or in low self-esteem), shame, guilt, embarrassment, or your strong need to control.

Dump it all here so you can start to let go of playing small and hiding parts of yourself from the world.

### **WRITE YOUR WORRIER STORY HERE:**





## **PART B: Your “Warrior” Story**

Now tell your Warrior Story instead. Take as many pages as you need.

You will do important things in the second part of this exercise:

1. Review each of the major points in the Part A “Worrier” Story, just include the facts (without your previous conclusion), and re-frame the part of the story to see the experience from one (or more) different points of view.

(For instance, in the example above, you still may have seen your father/mother work long hours at his/her job or business. Instead though, as a more powerful warrior, you can now conclude that your father/mother cared so much about your family that they wanted to provide for the family’s needs and was so committed to the family’s success.)

At first, this may feel unusual, uncomfortable, and perhaps even confronting. You have had these beliefs and conclusions for a long time. This is a technique to now bring them back up to change them at their core.

Once you reveal these hidden parts of yourself in this way, your energy over needing to keep them a secret will start to diminish. As you loosen your attachment to these portions of your story, you will start to feel a new sense of freedom and peace.

Get as creative as you you’d like to so you can step into a more powerful relationship to your past and then soon to your present and your future.

**WRITE YOUR WARRIOR STORY HERE:**

