

MONEY MINDSET

Workbook





HI, I AM

TIFFANY

Hello, fellow Mystic!

I hope you enjoy this resource! If you are interested in going deeper into your personal money code, consider joining the waitlist for my money course.

Unlock Your Money Code is a future course I'm considering bringing back in an updated format. **It will explore money, abundance, and prosperity through the lens of Human Design and astrology in a grounded and practical way.**

The release date is still TBD, but you can join the waitlist to let me know you're interested and be the first to hear updates if/when the course opens again.

As a thank-you, you'll also receive **The Astrological Abundance Formula** when you join.

**Join the
Unlock Your Money Code Waitlist**

SETTING INTENTIONS FOR FINANCIAL GROWTH

**UNDERSTAND YOUR
CURRENT
“MONEY STORY”**

ASSESSING YOUR MONEY MINDSET

CURRENT MONEY STATEMENTS

Below is a list of money statements that may not be serving you. Rank how strongly you agree or disagree with the statement on a scale of 1 - 10. (1 = Strongly Disagree and 10 = Strongly Agree)

Then reflect on why you feel this way.

I don't deserve to be wealthy. Rank _____

Why

Rich people are greedy or unethical. Rank _____

Why

Money always slips through my fingers, no matter how much I make. Rank _____

Why

I have to struggle or sacrifice to make money. Rank _____

Why

CURRENT MONEY STATEMENTS

Below is a list of money statements that may not be serving you. Rank how strongly you agree or disagree with the statement on a scale of 1 - 10. (1 = Strongly Disagree and 10 = Strongly Agree)

Then reflect on why you feel this way.

I'm just not good with managing money. Rank _____

Why

It's selfish or wrong to want more money. Rank _____

Why

There's never enough money to go around. Rank _____

Why

I'm not smart or skilled enough to earn more. Rank _____

Why

CURRENT MONEY STATEMENTS

Below is a list of money statements that may not be serving you. Rank how strongly you agree or disagree with the statement on a scale of 1 - 10. (1 = Strongly Disagree and 10 = Strongly Agree)

Then reflect on why you feel this way.

Money creates more problems than it solves. Rank _____

Why

I have to choose between doing what I love and making money. Rank _____

Why

ADDRESS LIMITING BELIEFS

TOP 3 LIMITING BELIEFS

Write down the top 3 limiting beliefs you want to work on this cycle and how they show up in your life.

1.

2.

3.

REFRAME YOUR BELIEFS

Next we are going to rewrite your "money story" and turn those limiting beliefs into empowering ones. Write your current belief and then replace it with a new belief. For example, reframe "I'll never have enough" to "I am attracting wealth and abundance daily."

CURRENT BELIEF

OLD BELIEF

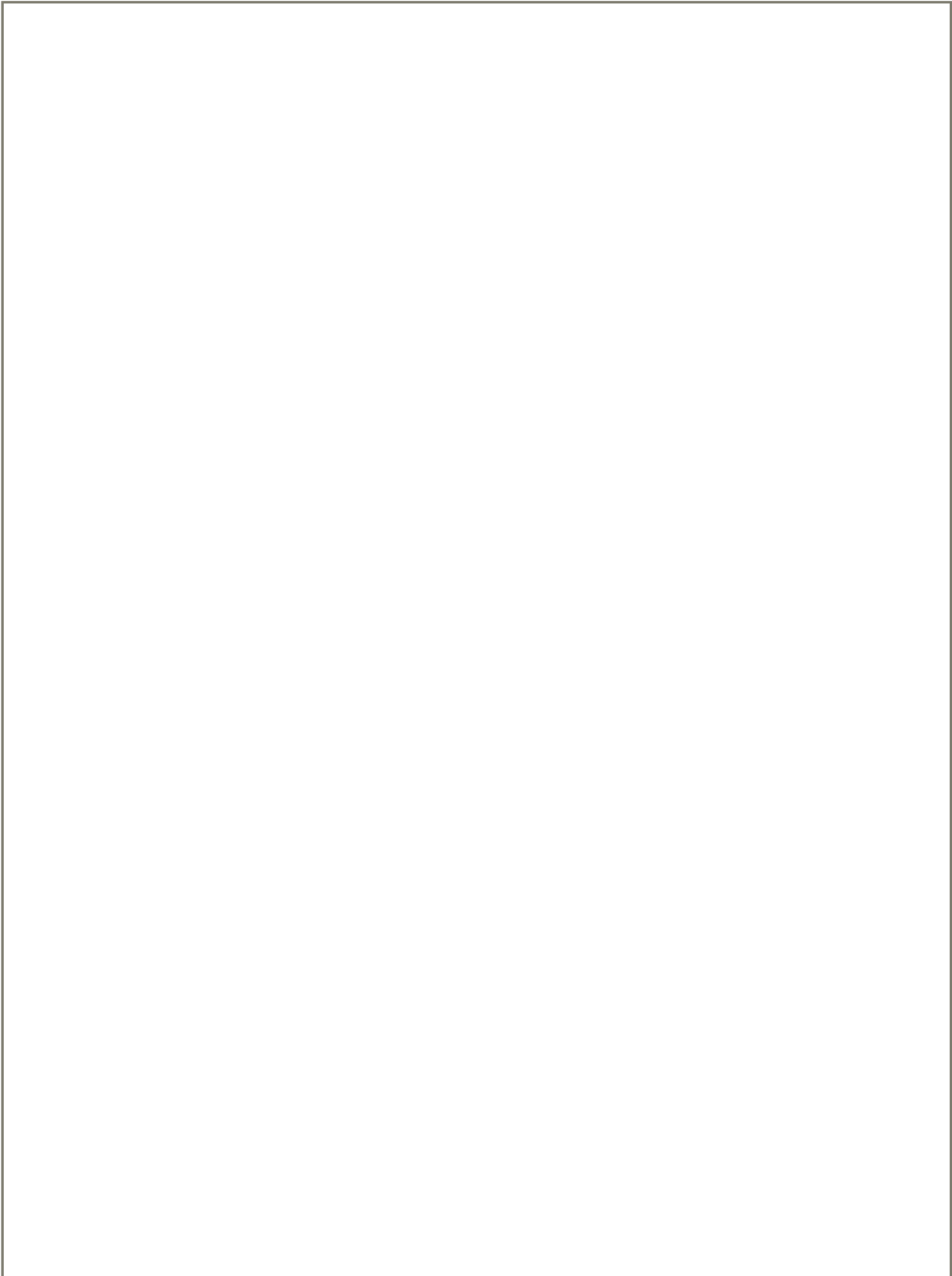
CURRENT BELIEF

OLD BELIEF

MANIFESTING YOUR FINANCIAL FUTURE

CREATE A VISION BOARD

Use the space below to plan your vision board. Make sure the images, words and phrases support the financial future you want to manifest.

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DAILY GRATITUDE

DATE _____

Write down 3 things you are grateful for today. Highlight areas of your life where you are already experiencing abundance. Describe how grateful you are in details.

1.

2.

3.

BALANCE YOUR ROOT CHAKRA

Balance your root chakra by trying a method below or discover your own.

Journal Prompts for the Root Chakra

- What makes me feel safe, secure, and grounded in life?
- When was the last time I felt truly stable and connected to myself and my surroundings?
- Are there any areas of my life where I feel ungrounded or fearful? What contributes to this feeling?
- How do I relate to my home, finances, and physical health? What changes could I make to feel more balanced in these areas?
- What roots me to the present moment, and how can I cultivate more grounding practices in my daily routine?

Essential Oils for the Root Chakra

- **Patchouli:** Provides grounding and a sense of stability.
- **Cedarwood:** Encourages connection to the earth and emotional strength.
- **Vetiver:** Helps calm the mind and promote a sense of being centered.
- **Sandalwood:** Supports feelings of stability, security, and relaxation.

Crystals for the Root Chakra

- **Red Jasper:** Provides grounding and stability, promoting a sense of safety.
- **Hematite:** Absorbs negative energy and helps with focus and concentration.
- **Black Tourmaline:** Offers protection and grounding, dispelling negative energies.
- **Smoky Quartz:** Transforms negative energy into positive and supports emotional grounding.

Yoga Poses for the Root Chakra

- **Mountain Pose (Tadasana):** Promotes grounding and stability through connection to the earth.
- **Warrior I (Virabhadrasana I):** Enhances strength, stability, and confidence.
- **Squat Pose (Malasana):** Opens the hips and connects with the earth, promoting a sense of grounding.
- **Child's Pose (Balasana):** Provides a feeling of safety and security.

BALANCE YOUR SOLAR PLEXUS CHAKRA

Balance your solar plexus chakra by trying a method below or discover your own.

Journal Prompts for the Solar Plexus Chakra

- What are my greatest strengths, and how do I use them to achieve my goals?
- How do I typically respond to challenges and obstacles? Do I feel confident in my ability to overcome them?
- Are there areas in my life where I struggle with self-doubt or fear of failure? What steps can I take to build confidence in these areas?
- What are three things I am proud of about myself?
- How do I feel when asserting myself or setting boundaries? How can I cultivate a stronger sense of self-worth?

Essential Oils for the Solar Plexus Chakra

- **Lemon:** Uplifts and boosts confidence, self-worth, and focus.
- **Ginger:** Enhances motivation, personal power, and courage.
- **Peppermint:** Increases mental clarity and energy.
- **Cinnamon:** Encourages warmth, strength, and self-assertion.

Crystals for the Solar Plexus Chakra

- **Citrine:** Enhances confidence, personal power, and abundance.
- **Yellow Jasper:** Supports mental clarity, courage, and emotional stability.
- **Amber:** Provides warmth, vitality, and a sense of empowerment.
- **Golden Tiger's Eye:** Balances power and confidence, helping to manifest goals.

Yoga Poses for the Solar Plexus Chakra

- **Boat Pose (Navasana):** Strengthens the core, promoting confidence and personal power.
- **Warrior III (Virabhadrasana III):** Challenges balance and stability, enhancing inner strength.
- **Bow Pose (Dhanurasana):** Opens the abdominal area, energizing the Solar Plexus.
- **Plank Pose (Phalakasana):** Builds core strength and stimulates personal willpower.

USING CRYSTALS FOR MANIFESTATION

Crystals have been used for centuries as tools for manifestation and energy healing. For individuals looking to attract wealth and cultivate a positive money mindset, specific crystals such as Citrine, Pyrite, and Green Aventurine can be particularly effective. Each of these crystals carries unique properties that can help shift your energy and align your intentions with financial abundance.

Citrine - The Merchant's Stone

- Citrine, often called the "Merchant's Stone," is known for its ability to attract financial success and personal prosperity. This vibrant yellow stone radiates positive energy, dispelling any negative thoughts or self-doubt that may be blocking your financial growth. Citrine is also associated with creativity and joy, making it a powerful crystal for those who want to manifest opportunities and attract wealth through joyful means.
- **How to Use Citrine:**
 - Carry it with you: Keep a piece of Citrine in your wallet or purse to attract more money and good fortune.
 - Place it in your workspace: Position Citrine on your desk or near your cash register if you own a business to boost financial success.
 - Meditate with it: Hold Citrine during meditation and visualize yourself surrounded by abundance and financial opportunities.

Pyrite - The Stone of Wealth

- Pyrite, also known as "Fool's Gold," is a powerful stone for attracting wealth, abundance, and luck. Its metallic luster symbolizes financial prosperity and can help you manifest opportunities for growth. Pyrite encourages strong willpower, confidence, and perseverance, which are essential qualities for achieving financial success.
- **How to Use Pyrite:**
 - Create a wealth grid: Combine Pyrite with other abundance-attracting stones to create a crystal grid for financial success.
 - Keep it in your office or financial corner: Place Pyrite in the wealth area of your home (traditionally the southeast corner) or in your office to invite prosperity and boost your confidence in financial decisions.
 - Use it for goal-setting: Hold Pyrite when setting financial goals to instill courage and remove any feelings of lack or fear of failure.

USING CRYSTALS FOR MANIFESTATION

Green Aventurine - The Stone of Opportunity

- Green Aventurine is considered the “Stone of Opportunity” and is believed to bring luck, particularly in financial matters. Its green hue is associated with growth and renewal, making it ideal for those looking to shift their money mindset and open up to new financial opportunities. Green Aventurine also promotes a sense of calm and balance, reducing stress and allowing you to make sound financial decisions from a place of clarity.
- **How to Use Green Aventurine:**
 - Wear it as jewelry: Wearing Green Aventurine as a bracelet or pendant helps keep your energy aligned with financial opportunities throughout the day.
 - Use it during affirmations: Hold Green Aventurine while repeating affirmations such as “I am open to receiving wealth and abundance” to amplify their power.
 - Place it in your home: Position Green Aventurine in the center of your home or in places where you manage your finances to create a harmonious energy flow.

CHARGE CRYSTALS WITH YOUR INTENTION

To maximize the potential of these crystals, you can create a crystal ritual that includes all three stones.

1. Purchase the crystals that resonate most with you.
2. Cleanse the crystals with sage or place them under moonlight to clear any negative energies.
3. Next, hold each stone and set a specific financial intention. Visualize your desired outcome as you breathe deeply, allowing the crystals' energy to merge with your own.
4. Place the crystals in a special area dedicated to your financial goals or carry them with you as reminders of your intentions.

CREATE YOUR MONEY MANTRA

Use the internet to research or brainstorm ideas for your own money mantra. Make sure to create one that aligns with your current financial goals and intentions. For example, you could search, "What are good money mantras for individuals who are paying off debt and are manifesting an overflow of money in their life?"

Write your money mantra here:

A NEW RELATIONSHIP WITH MONEY

BUILDING WEALTH AND CREATING OPPORTUNITIES

EVALUATE IDEAS

Evaluate the top 3 ideas that you are passionate about but also have potential.

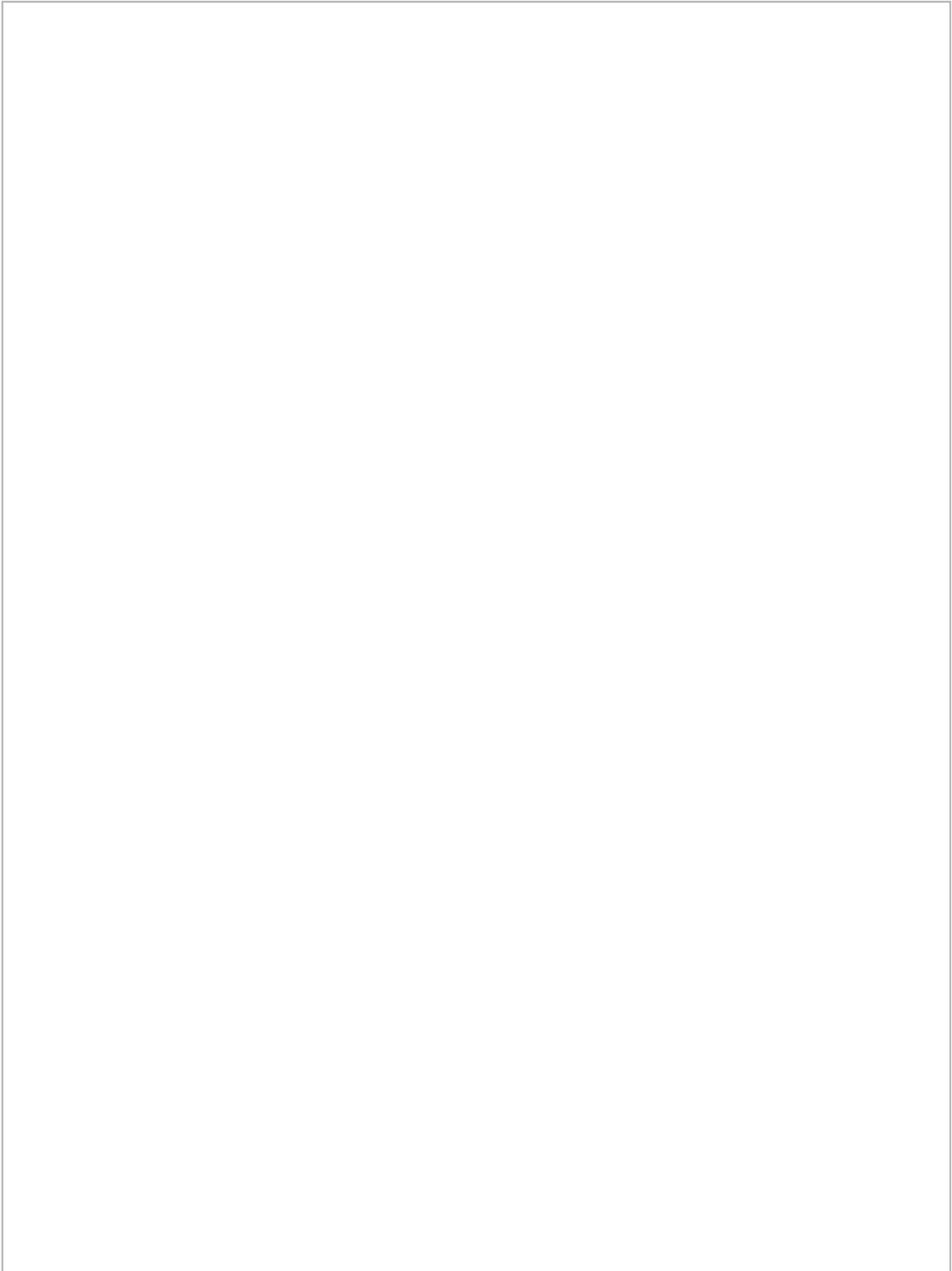
Idea 1 _____

Idea 2 _____

Idea 3 _____

ACTION STEPS

Make a plan and list the next steps you will take to open new income channels.

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REFLECTION

ADDITIONAL TOOLS

FINANCIAL STRENGTHS

LIST YOUR FINANCIAL STRENGTHS

FINANCIAL WEAKNESSES

LIST YOUR FINANCIAL WEAKNESSES

TO DO LIST

DATE : _____

MONEY MINDSET ACTION LIST



YOUR FINANCIAL FUTURE

DATE : _____

DESCRIBE YOUR NEW RELATIONSHIP WITH MONEY IN.....

6 MONTHS

1 YEAR

5 YEARS

10 YEARS

GRATITUDE

DATE : _____

THE THINGS YOU ARE GRATEFUL FOR IN YOUR CURRENT FINANCIAL SITUATION

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EXPANSIVE THINKING

DATE : _____

LIST THE THINGS YOU WOULD DO IF YOU KNEW YOU COULDN'T FAIL



IDENTIFY FEARS

DATE : _____

LIST YOUR FINANCIAL FEARS

--

IS THERE SOMETHING THAT COULD MAKE YOU MORE MONEY BUT YOU ARE AVOIDING IT DUE TO FEAR?

--

MONEY VALUES

**Brainstorm the things you like to spend money on.
What things are worth it, and what things are not?**



List the top 5 value areas of your life that you will prioritize when spending money

LEGACY

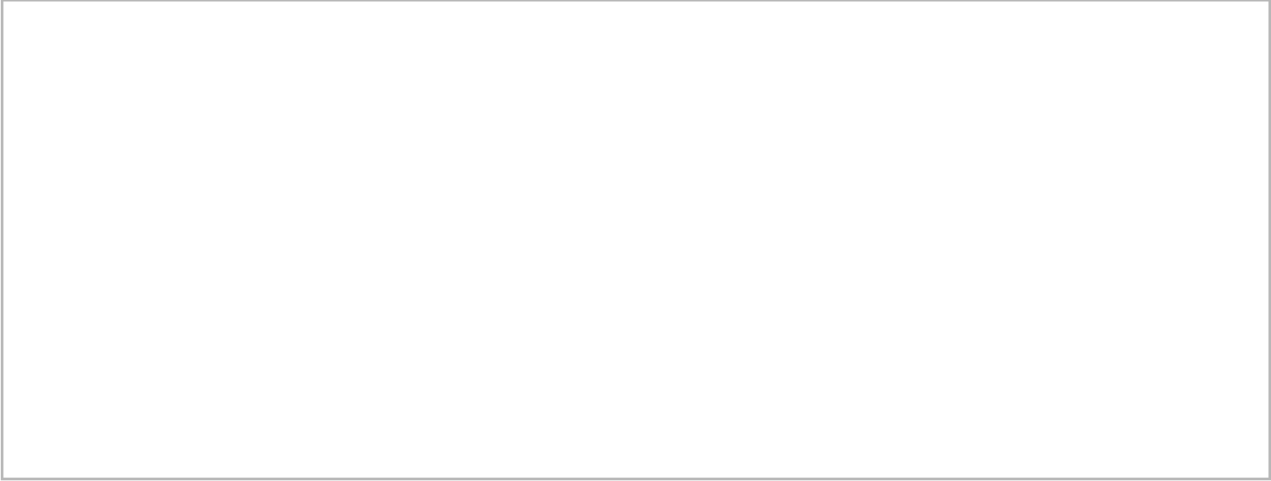
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DESCRIBE WHAT YOU WANT YOUR LEGACY TO BE?

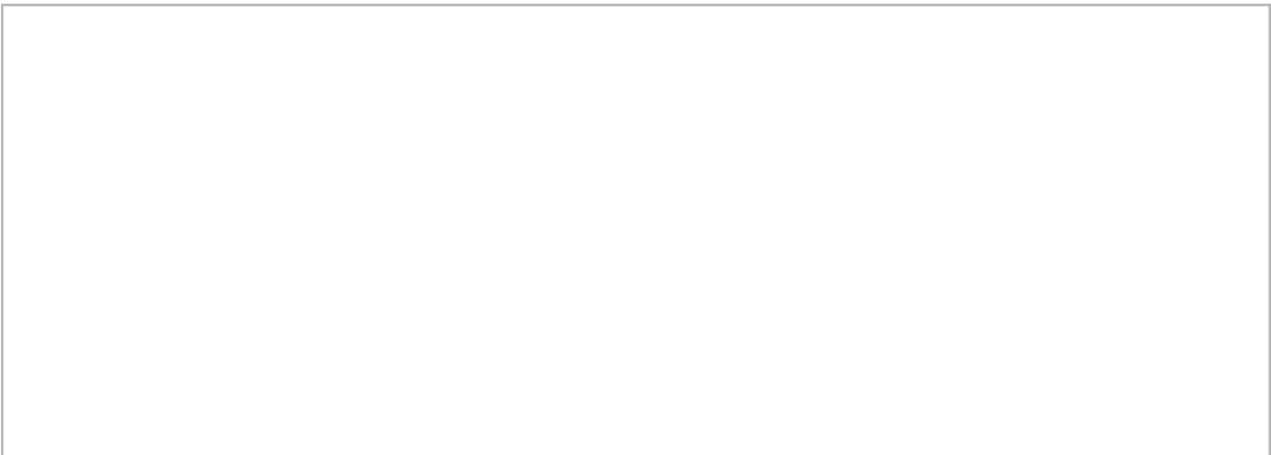
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MONEY GOALS

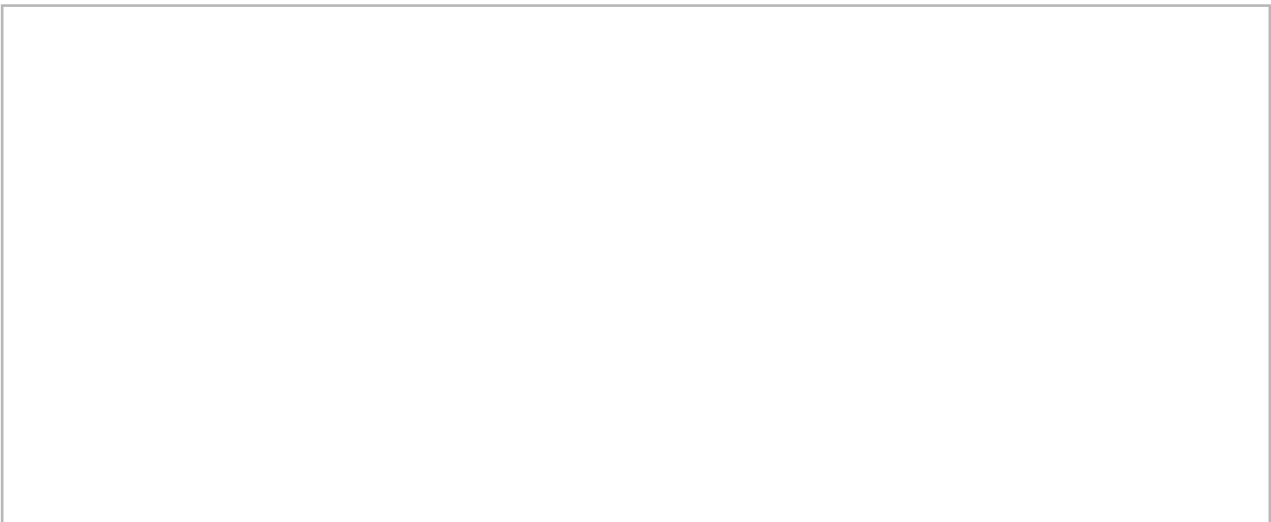
6 Months

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1 Year

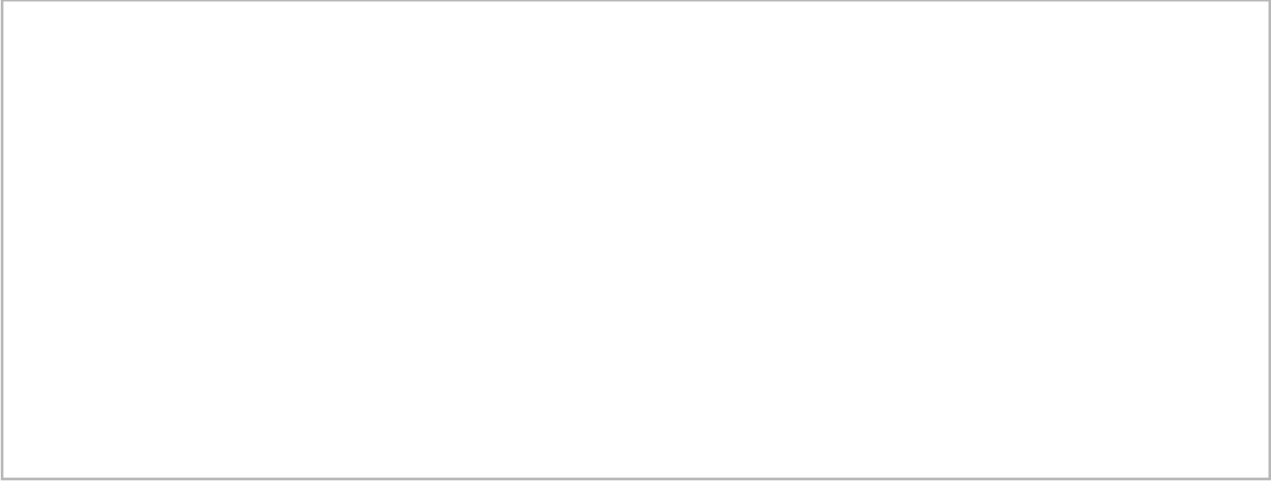
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5 Years

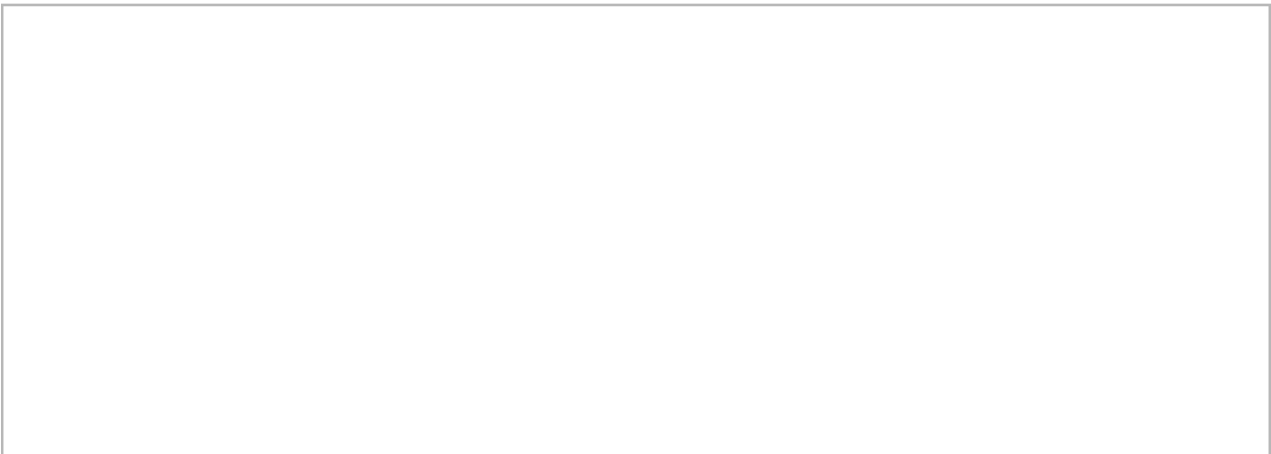
A large, empty rectangular box with a thin black border, intended for writing down financial goals for a 5-year period.

MONEY GOALS

10 Years



20 Years

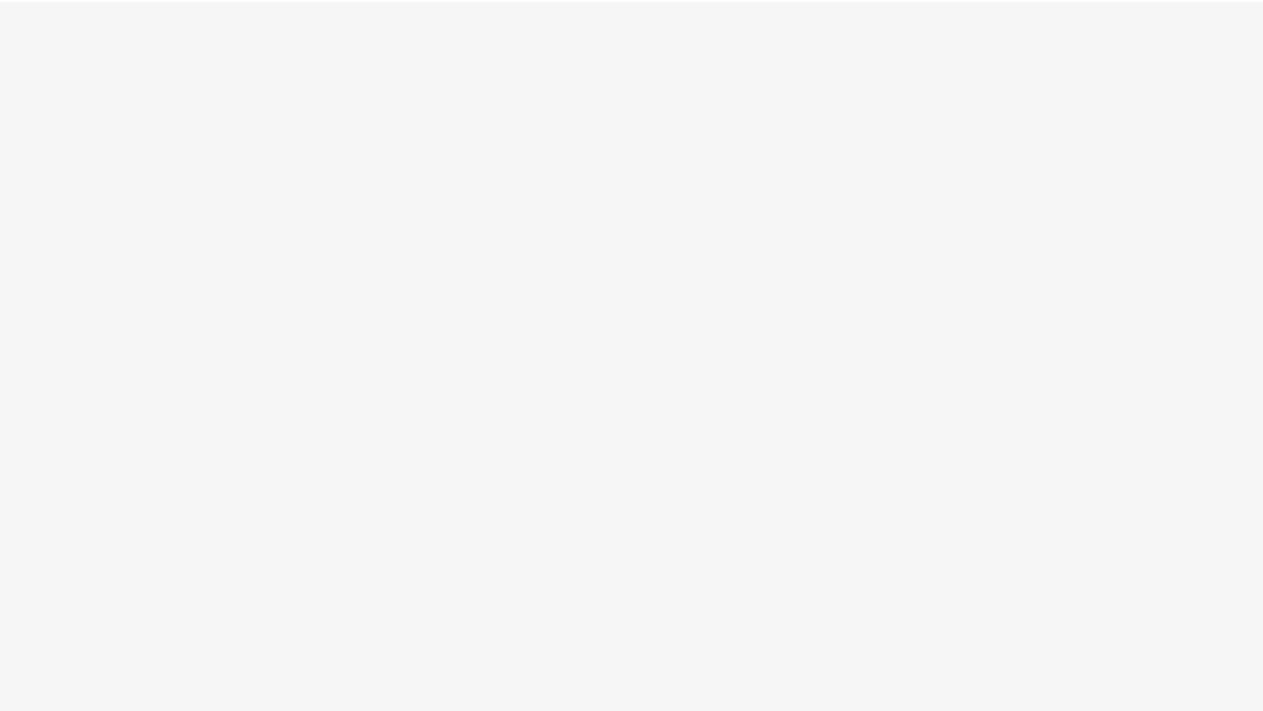


YEARLY TRACKER

YEAR : _____

MONTH	INCOME	EXPENSES	SAVINGS
JAN			
FEB			
MAR			
APR			
MAY			
JUN			
JUL			
AUG			
SEP			
OCT			
NOV			
DEC			

NOTES



MONTH AT-A-GLANCE

MONTH: _____

STARTING BALANCE: _____

GOALS

- _____
- _____
- _____
- _____
- _____
- _____
- _____

RESULTS

- _____
- _____
- _____
- _____
- _____
- _____
- _____

INCOME	EXPECTED	ACTUAL	DIFFERENCE	DATE

NOTES

MONTHLY BUDGET

MONTH: _____

MONTHLY INCOME: _____

BILLS / FIXED EXPENSES	AMOUNT	DUE DATE

VARIABLE EXPENSES	AMOUNT	DID IT ADD VALUE ?

SAVINGS	
Starting Balance	
Deposit	
Deposit	
Deposit	
Saving Total	

NOTES

ENDING BALANCE _____

MONTHLY EXPENSE FORECAST

YEAR : _____

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

FINANCIAL REVIEW

YEAR _____

TOTALS

TOTAL EARNED :

TOTAL SAVED :

TOTAL DONATE :

TOTAL FIXED EXPENSES :

TOTAL VARIABLE EXPENSES:

TOTAL DEBT PAID OFF
:

ANALYSIS

REFLECTIONS

ACTION STEPS & CHANGES TO MAKE

1

2

3

4

5

NOTES

