

Welcome to The Money Nerve Academy's Mastering Your Story



***Please use this document with the Mastering Your Story
Online course.***

Welcome to the Mastering Your Story online course.

Early on in my career as a CPA, wallowing in a sea of self-doubt was a daily occurrence. Believing that I would always be stuck in the vicious cycle of living paycheck to paycheck. Scared to look at my bank balance. Afraid to open my mail in fear of it being a credit card statement, or worse a debt collection notice. I believed I was doomed for financial hardship forever. Oh the shame I felt. I was a CPA! What would my clients say if they found out? I believed I was a fraud.

Now, that was part of my old story. It is no longer true for me now. I have created a new narrative that supports my goals, my life and most importantly... me. With focus and dedication, I've transformed my mindset around money - allowing me to turn doubt into determination as I strive for success on MY terms.

It is so important to understand your money story in order to take control of your emotional and financial well-being. When you identify the negative narratives that drive your behaviors, you are better equipped to make changes and plan for the future. A healthy awareness of your story around money can help you overcome false assumptions, allowing you to create a more realistic plan for achieving financial success. Additionally, understanding your money story allows you to accept responsibility for past mistakes and start making progress towards a brighter future free from money anxiety.

Recognizing how money stories are shaped by external factors like religion, culture, family dynamics, and society can also be empowering. By being mindful of these external influences, it becomes easier to challenge limiting beliefs and make decisions that align with your values. Understanding your money story is an important step in ensuring sustainable financial wellness for the long term.

So let's get started on *Mastering Your Story*! Are you ready? Let's dive in!

Sincerely,

Bob Wheeler

Daily Journal Questions

Financial Freedom: Setting a New Course

1. Childhood Beliefs Around Money

Your task for lesson 1 is:

- Do you still have the same beliefs about money that you held as a child? Write down those childhood beliefs you still currently hold and write down any money memories that felt significant at that time. (An example could be receiving a \$10 bill for your birthday, which felt like a million dollars as a child, but as an adult, it's not that big of a deal.)



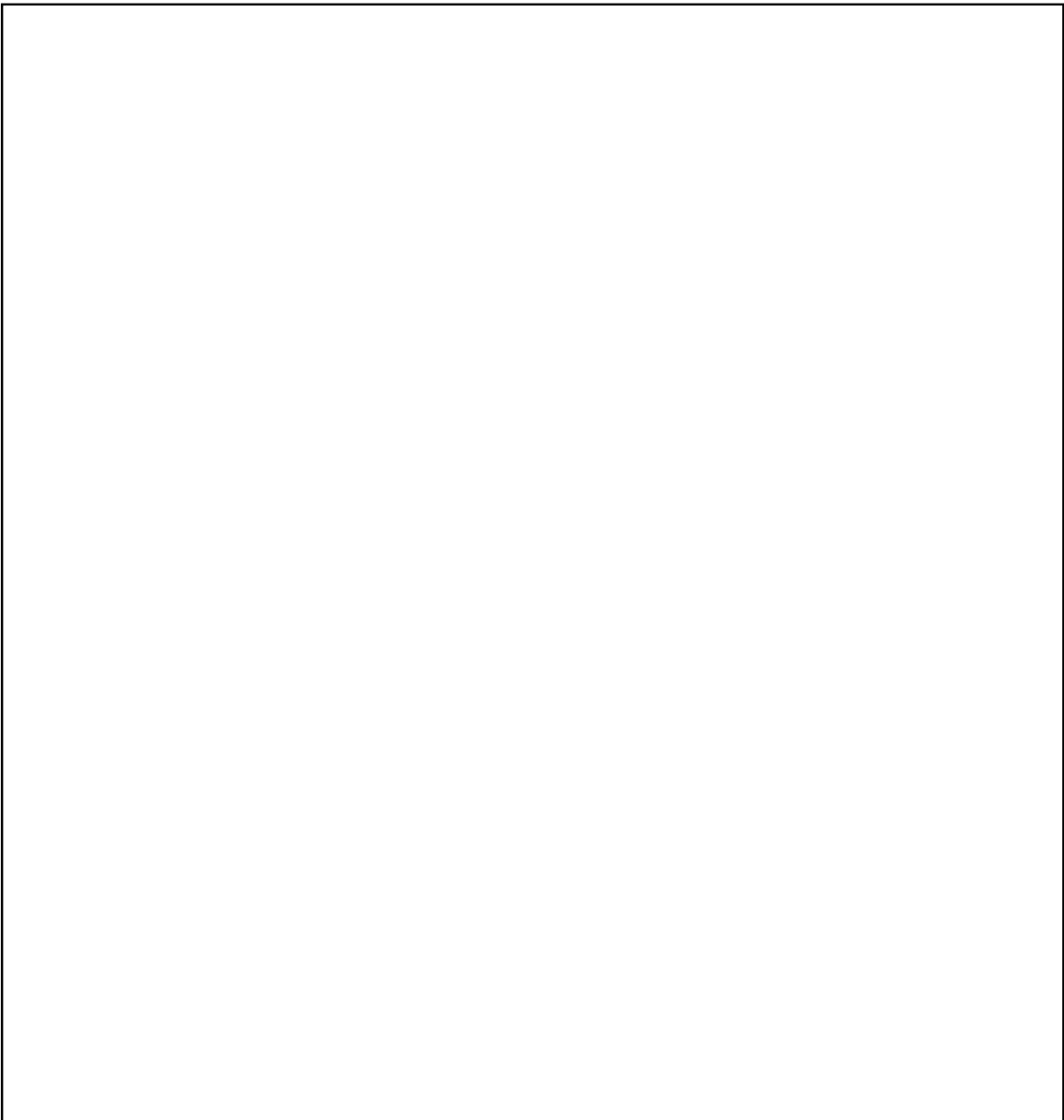
Don't forget the bonus audio in today's lesson!

Additional Notes for Lesson 1:

2. Influential People In Your Childhood

Your journal questions for today require sitting and reflecting about your past. As you relax in silence, consider these questions about your parents or influential people in your childhood before journaling.

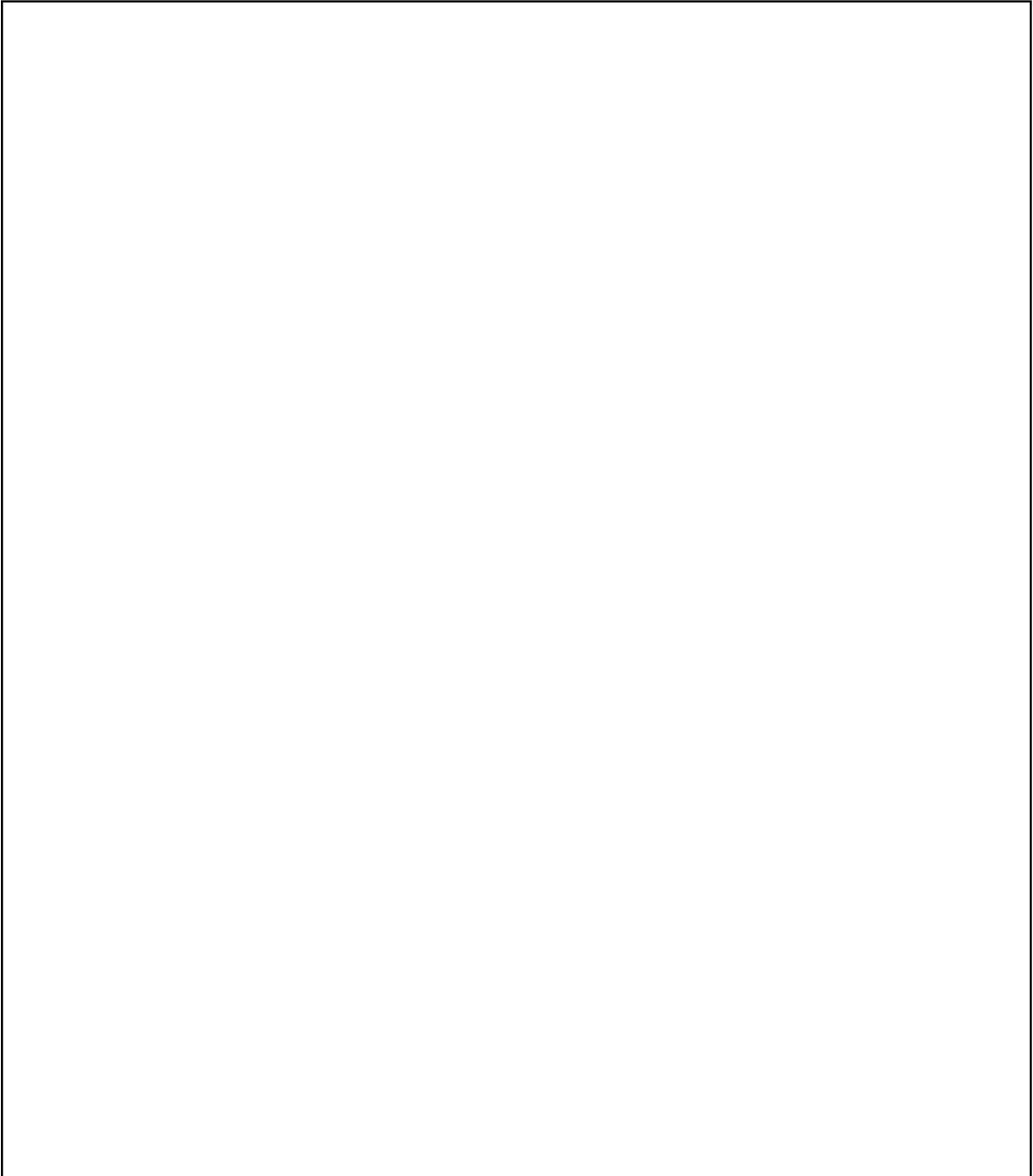
- What did your mother teach you about money?
- What did your father teach you about money?
- What did an influential person or people teach you about money?

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Additional Notes for Lesson 2:

3. Core Values Around Money

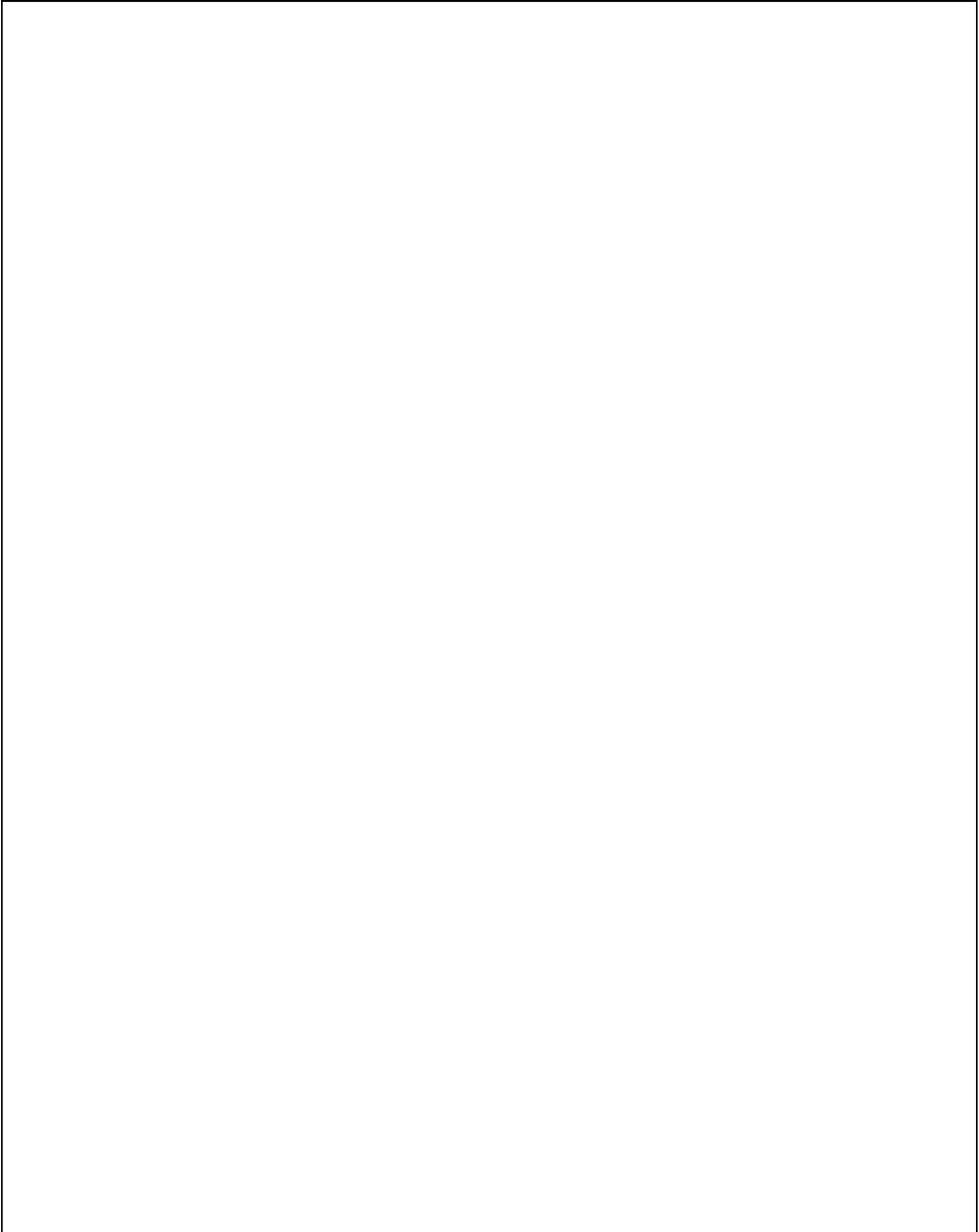
- Do the childhood beliefs you listed yesterday continue to serve you as an adult today?
- If your ideas and thoughts about money haven't been working for you, what beliefs would actually be beneficial?



Additional Notes for Lesson 3:

4. Gender & Money

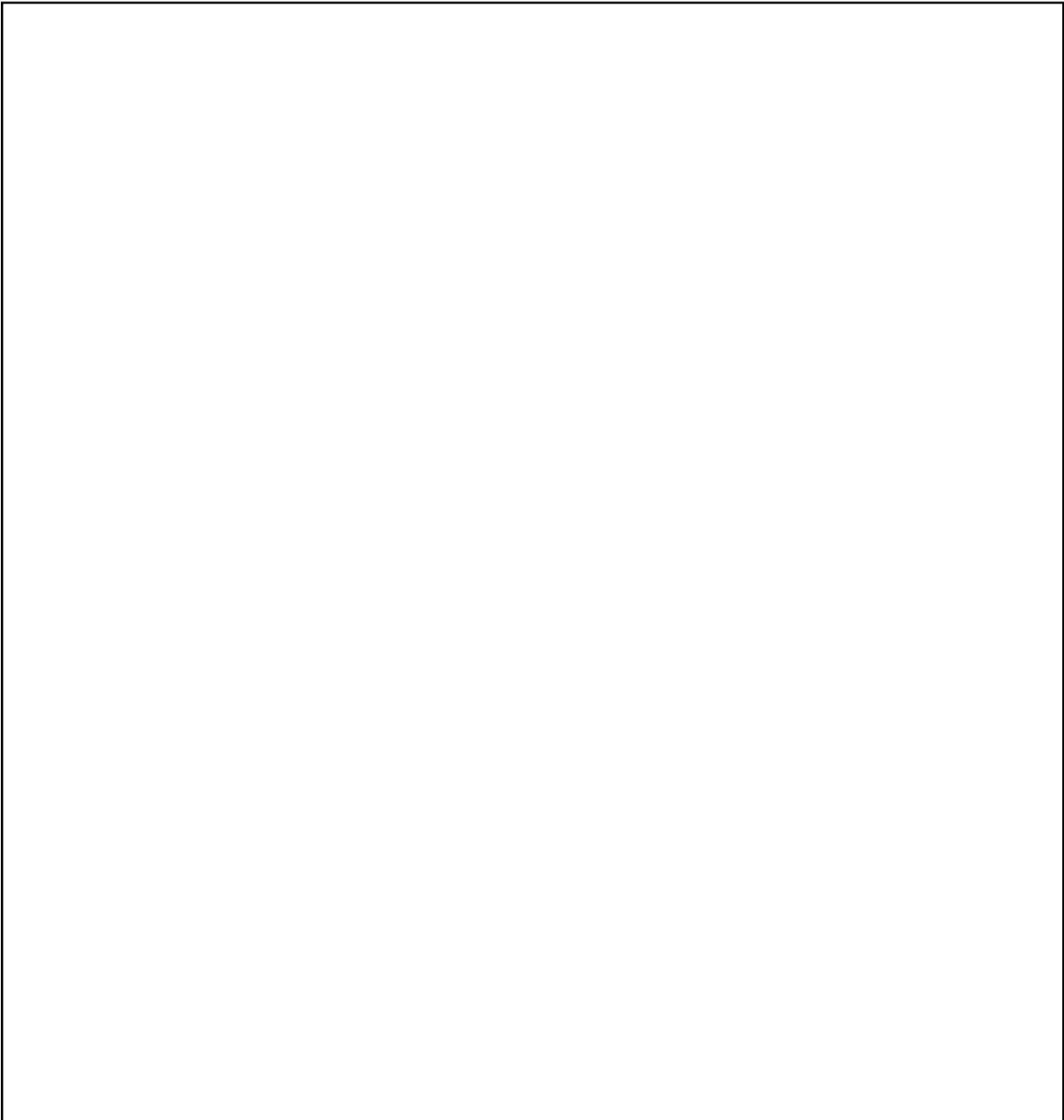
- How does gender play a role in your current money belief system?



Additional Notes for Lesson 4:

5. Your Truth About Money

- If you could tell a young adult the truth about money, what would you say? Tell them everything you know. List out all of your convictions and insights around finances.
- If you are comfortable, please share your weekly takeaways or light bulb moments in the **Private Facebook Group**. On your journey to **Mastering Your Story**, sharing your truth with others benefits all of us. Remember, this is a safe place for you to share your financial thoughts and feelings.

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Additional Notes for Lesson 5:

6. Mental Mapping:

- Write down any or all stories about how your current financial situation is **not** your fault.
- Write down all of the reasons and people who are at fault for your current financial situation.
- Answer this question: What has your inner voice, or as I call it, "*Your Under Voice*" revealed to you regarding money?

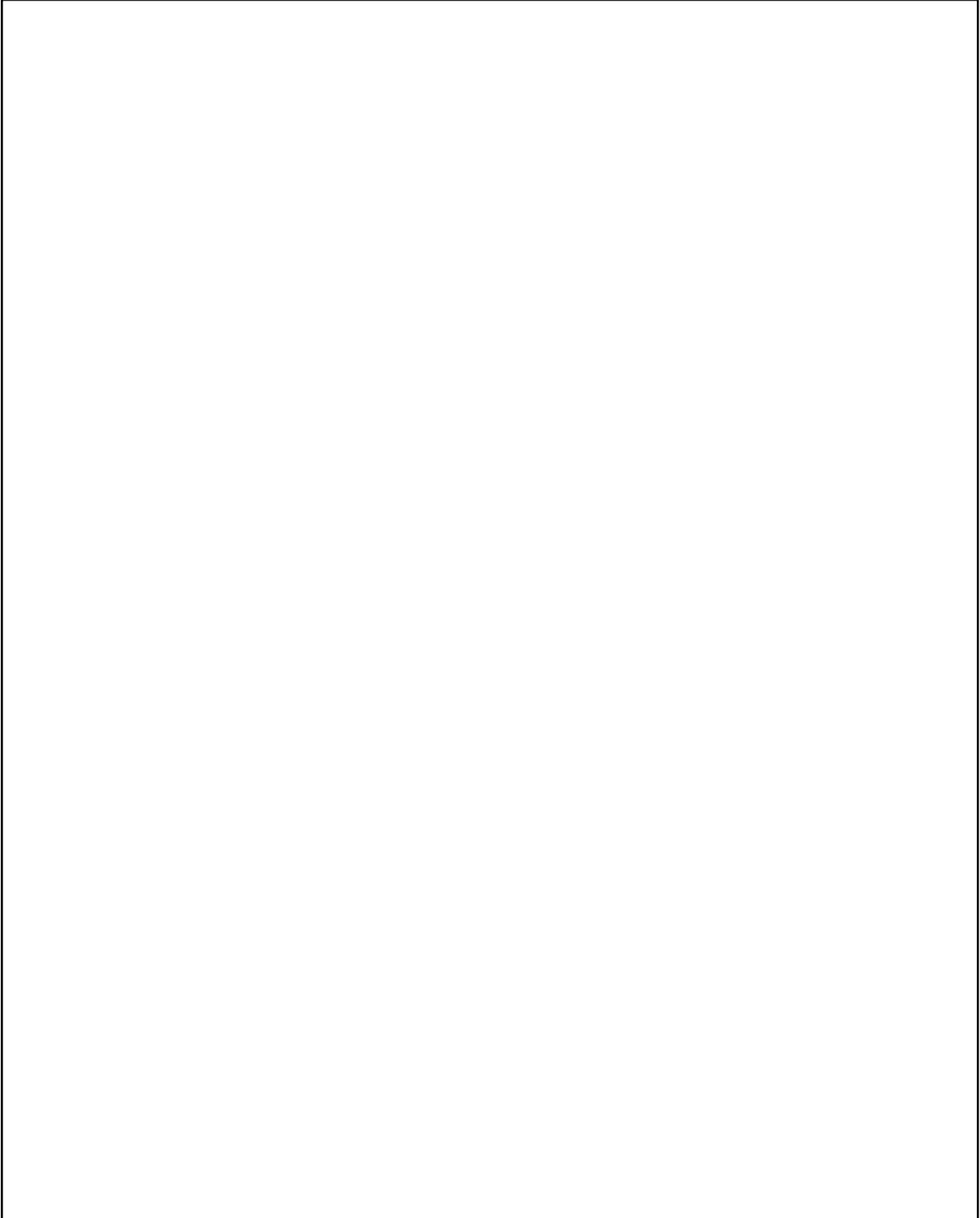


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Additional Notes for Lesson 6:

7. What You Say About Money

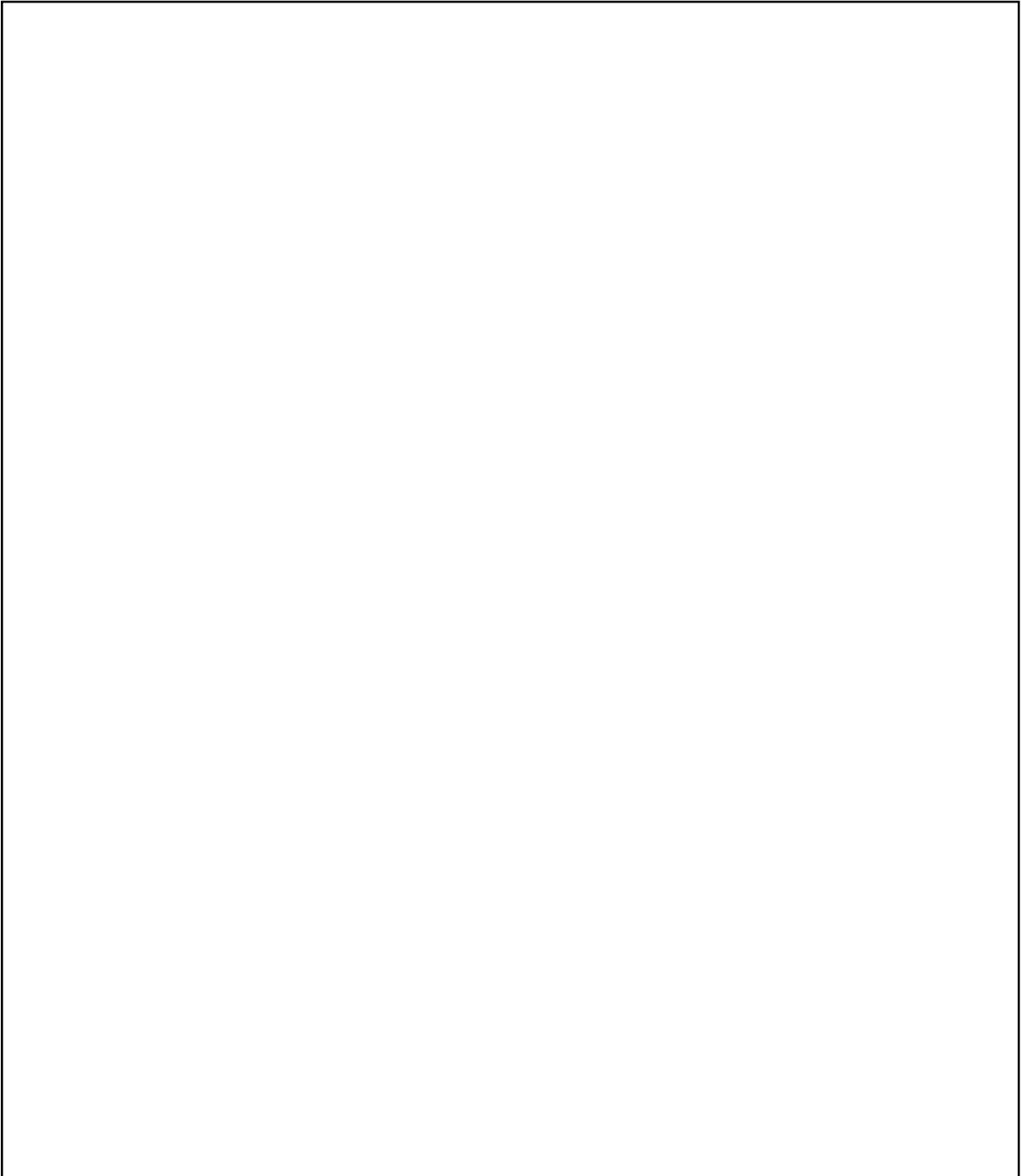
- Write down the last three things you remember saying about money this past week.

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Additional Notes for Lesson 7:

8. It's Not Your Fault

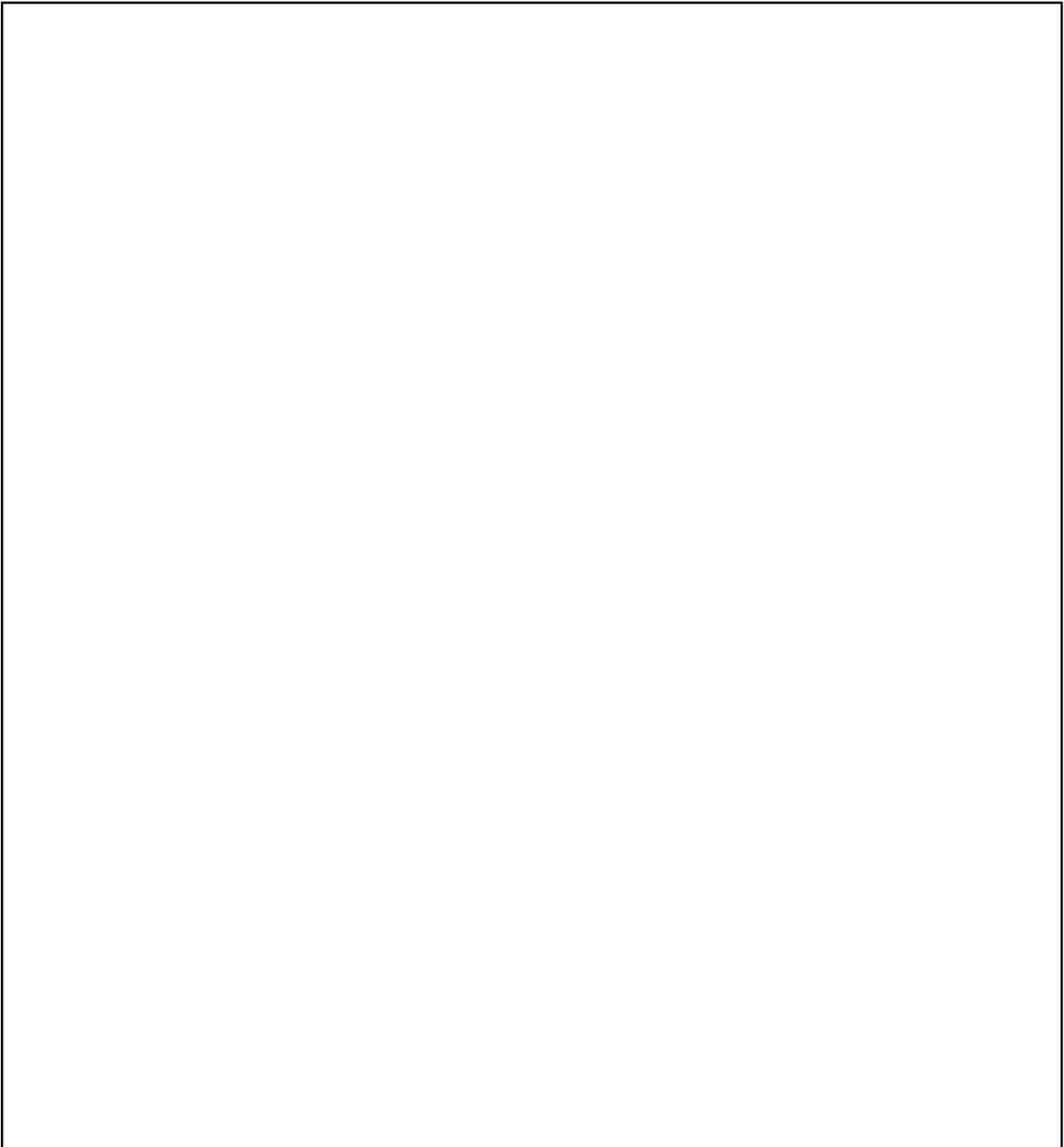
- Write down any and all stories about how your current financial situation is not your fault.
- Write down all of the reasons and people who are at fault for your current financial situation.

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Additional Notes for Lesson 8:

9. Reinforcing Your Current Story

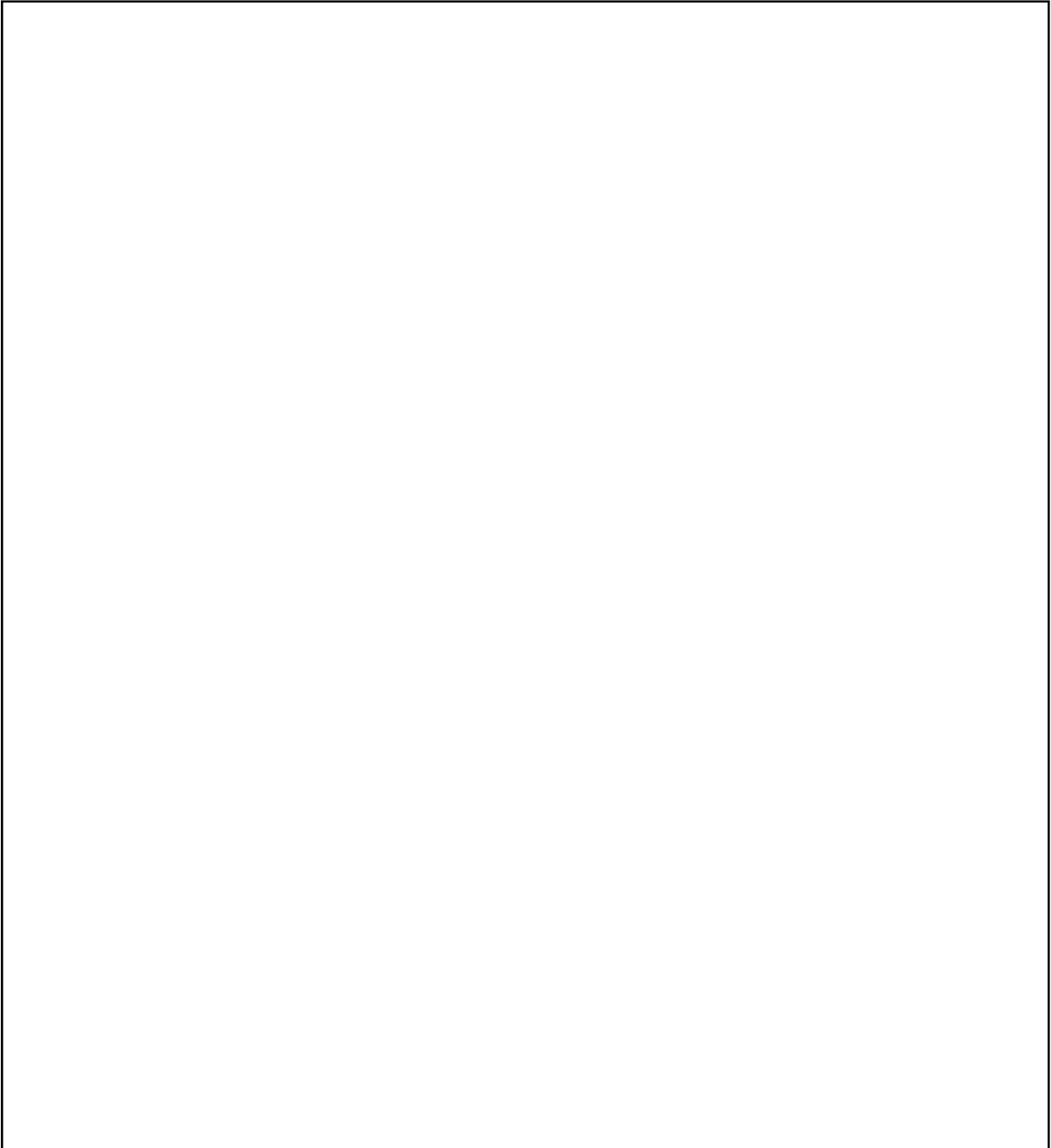
- Write down all the ways you reinforce your current story.
- Write down people around you that help validate your current story.
- What do you tell yourself and what do you let others tell you to keep you from doing it differently?

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Additional Notes for Lesson 9:

10. Areas of Pain & Promise

- Reread your journaling from Week #1 and Week #2. Note any areas of pain and promise.
- Write down any painful financial realizations.
- Write down any promising financial realizations.

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Additional Notes for Day #10:

11. Explore the Power of Your Words

- Write down any financial stories about yourself that you previously believed to be true. For instance, in the past, you might have thought you were alone in your financial struggle and that no one would help you. Now, you may understand that there are resources out there and you can choose to ask for support to create a different outcome.
- Now that you have more information, what is the truth about those financial stories?

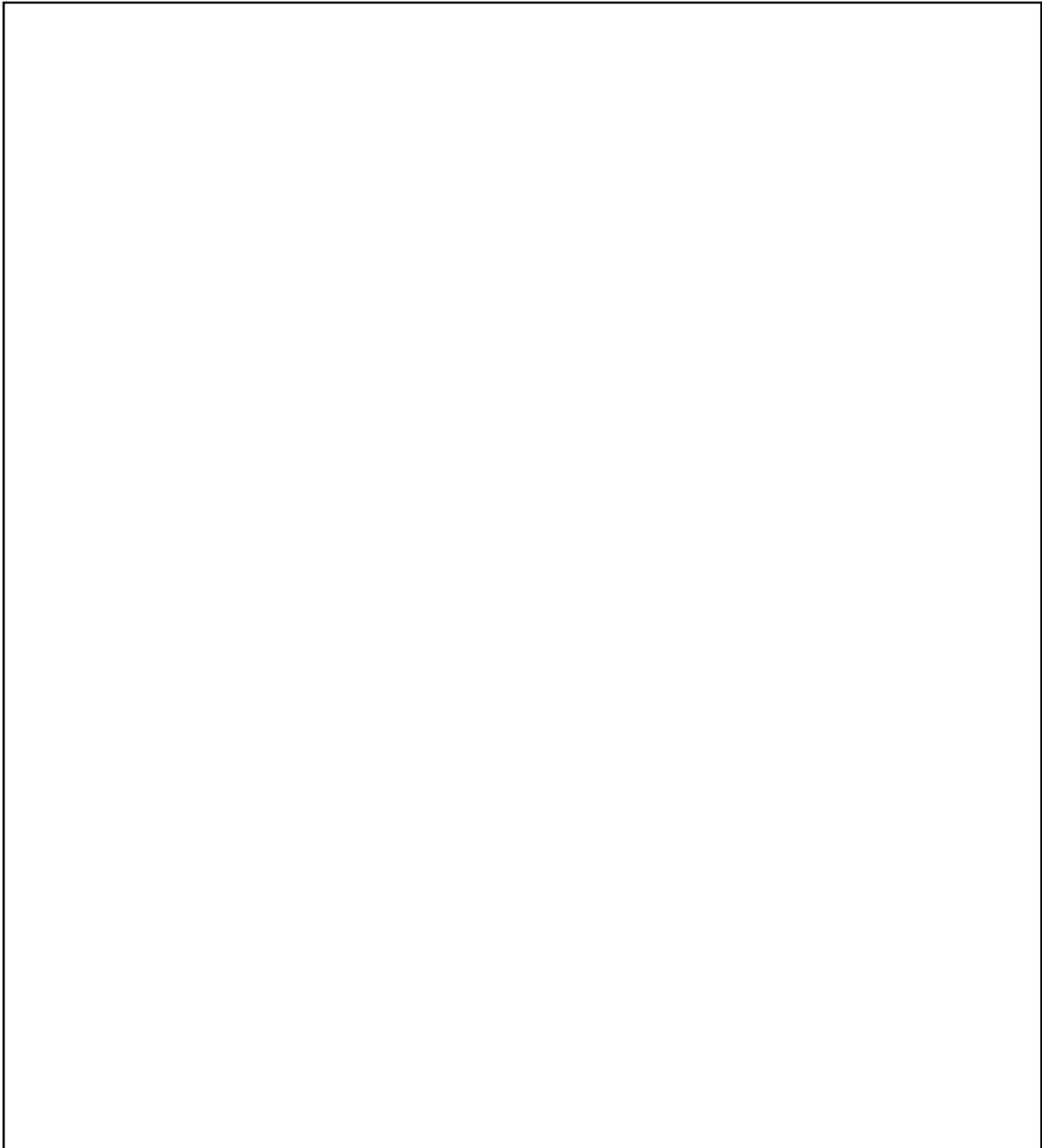


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Additional Notes for Lesson 11:

12. What You Need & Want

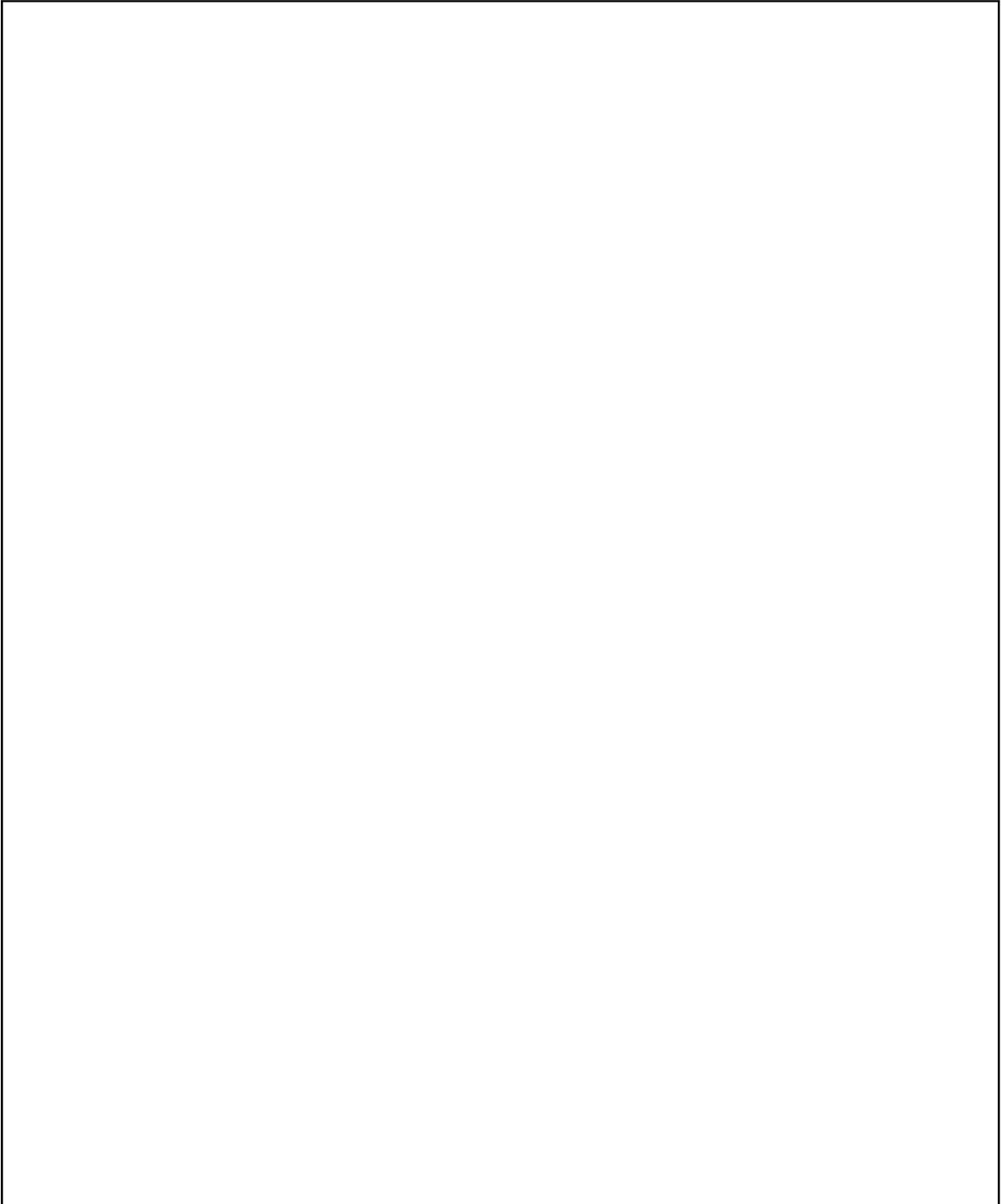
- Write down what you currently need and what you currently want.
- What is the difference between want and need?
- Where do you find yourself using the word need instead of want?



Additional Notes for Lesson 12:

13. Re-wording your Stories

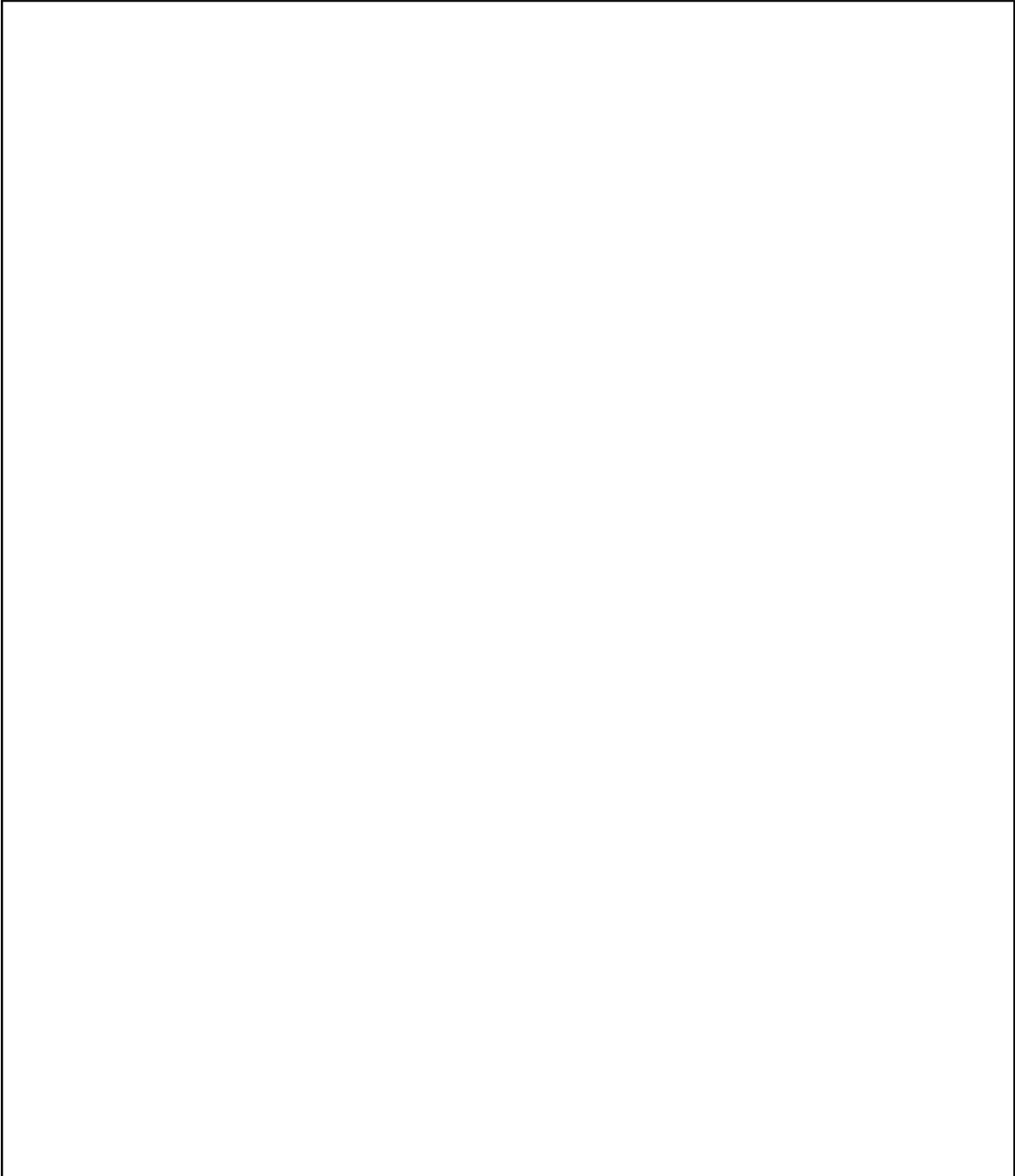
- How can you reword (re-language) or transcribe those stories? For instance, *"I am broke,"* might become *"I choose to spend beyond my current means,"* or *"I choose to ignore my spending."*

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Additional Notes for Day #13:

14. Focus on the Positive

- Write out 10 limiting statements that you have heard yourself say in the past. Now positively rewrite your thoughts. For the above examples, it might be, "I'm working toward financial freedom, AND I'm eliminating debt along the way," or "In the past, I didn't monitor my spending, and I am making different choices now."

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Additional Notes for Lesson 14:

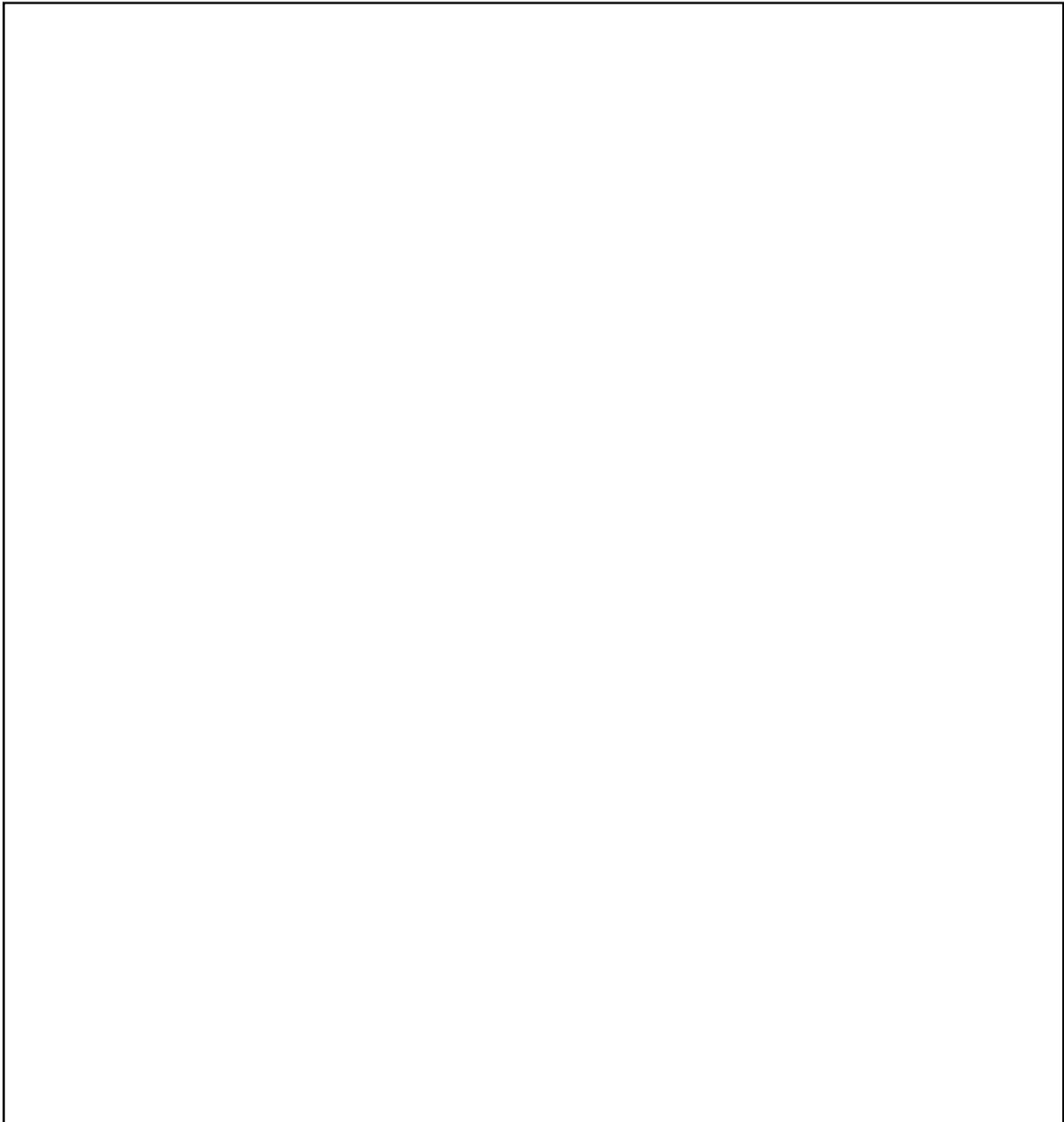
15. Affirmations as Daily Mantras

- Write down some assertions you use as daily mantras related to financial decision-making and abundance. Here are a few examples:

"I allow myself financial abundance."

"I empower myself to accumulate money & wealth."

"I authorize myself to be proactive in my financial well-being." OR "I am just as deserving to be in my financial flow like everyone else."



Additional Notes for Lesson 15:

