

MONEY AS A TOOL

This exercise invites you to step back from the emotional weight you carry around money and see it as just a resource. Neutral. Ready to work for you the moment you decide to use it with intention. When you begin to see money as a tool, you stop giving it power over your mood, your mindset, and your self-worth. You start using it with purpose, to build the life you actually want.

HOW ARE YOU USING YOUR MONEY RIGHT NOW?

Check all that apply to your current relationship with money:

I am using money as a tool for . . .

- ☐ Covering my basic needs and household stability
- ☐ Building an emergency fund for peace of mind
- ☐ Investing in my long-term future and retirement
- ☐ Supporting people or causes I care about
- ☐ Funding experiences that restore and fulfill me
- ☐ Growing a business or creative vision
- ☐ Healing financial wounds from my past
- ☐ Breaking cycles in my family

Areas where I want to start using money more intentionally:
