

Reflection: What's One Belief I Want to Change About Money?

Take a moment to reflect: What limiting belief about money do I want to change?



Journal Prompt:

I used to believe...

But now I want to believe...



"Shift your mindset, change your financial future."



Goal Check-In: Are My Goals SMART & Aligned?

Review your goals using the **SMART** criteria:

S Specific

Is it clear
and detailed?

M Measurable

Can I track
my progress?

A Achievable

Is it realistic
and attainable?

R Relevant

Does it align
with my values?

T Time-Bound

Is there a
deadline?

Adjust & Plan:

What steps will I take to reach my goals?



"Set goals that inspire and reflect your true values."

