



FINANCIAL WELLNESS

Building a Grounded Relationship with Money

Financial wellness isn't about how much you have — it's about your relationship with money: how safe, informed, and empowered you feel making financial decisions. Money stress often carries deep emotional roots worth gently exploring.

"Financial peace isn't a number. It's a feeling of enough."

A GENTLE PRACTICE: NOTICE, NAME, NEXT STEP

This practice helps you approach money with curiosity instead of shame.

- 1. Notice.** What feelings come up when you think about your finances — anxiety, avoidance, shame, calm?
- 2. Name it.** Where might this feeling have come from? A family pattern, a past experience, a belief you were taught?
- 3. Next step.** Choose one small, doable action — checking a balance, setting a tiny savings goal, having one honest conversation.

REFLECTION PROMPTS

- *What did I learn about money growing up, and does that still serve me?*
- *What is one financial habit I'd like to build with more self-compassion?*
- *What would 'enough' feel like for me, right now?*

This worksheet is a companion for reflection, not a substitute for professional support. If you'd like to explore this further, we're here for you.