

What You Tell Yourself About Money

Notice the story running under the worry, and where you first heard it.

WHEN TO USE THIS

Use this on a quieter day, when you have some room to think.

When money is tight, what do you say to yourself about you?

Write it in the words you actually use.

Whose voice does that sound like? Where did you first hear it?

What would you say to a friend in the exact same spot?

Money runs short for reasons far bigger than any one person's character.

Being short of money says something about the month, not about you.