

# REFLECTIONS



## ON YOUR ABUNDANCE: A MINI GUIDE

*Gentle financial clarity for everyday wellbeing*

Me After 40 - Lizette-B

# ***A GENTLE INVITATION TO REFLECT***

Take a notebook or journal and give yourself some quiet time.

Reflect honestly on your relationship with money—without judgment.

Notice your patterns, your thoughts, and the small adjustments you can make.

Celebrate your achievements, and be gentle in areas where progress feels slower.

Enjoy this quiet time—it's a gift to yourself.



*"This guide is for noticing, not fixing—  
small steps lead to meaningful change."*

# ***YOUR MONEY AWARENESS REFLECTIONS***

**Take your time. Let your thoughts flow. Write honestly in your own journal. There's no right or wrong.**

**01** Thoughts that arise when I check my bank balance

*Notice what comes up naturally—curiosity, fear, excitement, or judgment.*

**02** Feelings that surface when I'm surrounded by abundance.

*Explore how wealth around you make you feel emotionally and physically.*

**03** Who or what do I trust as my Source and Provider

*Reflect on where you draw guidance, support, and confidence in life.*

**04** Do I tend to chase bargains, or can I allow myself to expand my faith and trust?

*Observe patterns and consider moments where faith and ease can replace habit.*

**05** If money could speak, what would it say to me right now?

*Listen to your intuition—what messages or insights emerge?*



***PAUSE. REFLECT. REPEAT.***

**Reflect again in 15 days.  
Notice what shifts and what  
remains.**

**If you feel like you're hitting a brick  
wall, it may point to deeper  
emotional patterns or limited  
beliefs.**

**Consider reaching out to me so we  
can explore this together...**

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