

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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