

BRAVE
THINKING
INSTITUTE™

MONEY MINDSET *Challenge*

30 DAYS TO GREATER ABUNDANCE & PROSPERITY



www.BraveThinkingInstitute.com

WHAT IS A “MONEY MINDSET”?

How do you feel when you think about money?

What thoughts come up when you think about your financial situation?

Money can be a source of fear, stress, and limitation... and if it is, those emotions, thoughts, and beliefs can impact the way money shows up in your life. So, even if you consciously desire more money, you could be subconsciously blocking it, without even realizing it!

How?

We live in a universe that is governed by invisible laws that influence everything we do or do not have. You may have heard of the Law of Attraction, the Law of Abundance, and others. These laws are ever-present, unchanging truths designed to guide us to live to our highest potential.

Our mindset is rooted in our beliefs. It influences the way we think and how we behave in our everyday lives. How our mindset works with or against the laws of the universe determines our results.

Your money mindset is simply the collection of thoughts, feelings, and limiting beliefs that you hold around the topic of money. The roots of these beliefs usually lie in your subconscious mind... so if you haven't been aware of how these thoughts and beliefs are impacting your life up until this point, you aren't alone!

Think of mindset as the way we interface with the laws that govern our human experience. If we want to change our results, we first have to change our mindset.

That means if you want to achieve your money goals, the first step is to address your money mindset.

By first determining how your mindset is interacting with the laws of the universe, you can create a new mindset. That new mindset then helps you make better choices and experience results more aligned with the abundance and financial freedom you desire!



STEP 1: ASSESS YOUR CURRENT MONEY MINDSET

To prepare for a truly abundant 30-day experience and uplevel your money mindset, you'll want to explore your current mindset around money. The easiest way to do this is to understand the cause of all results (even financial results!):

Thoughts >> Feelings >> Actions >> Results

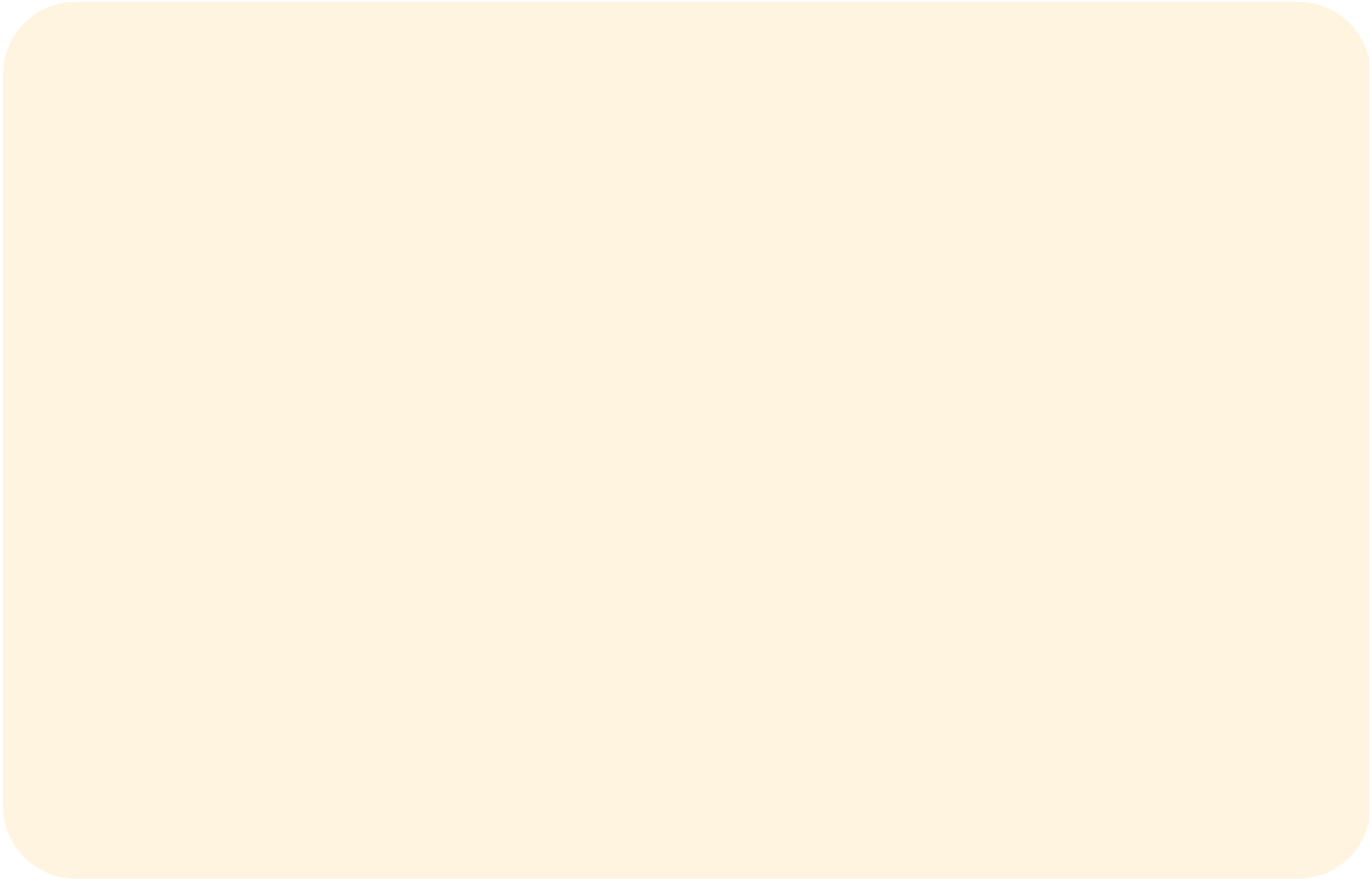
Our thoughts determine our feelings. Our feelings determine our actions. And our actions determine our results. Think about it like this- Imagine you really wanted to get a driver's license so that you could start driving to and from work. But, when you think about driving a car, all your thoughts are focused on how dangerous and scary it will be. You think thoughts like *"I'll probably be a terrible driver and cause an accident"* or *"Driving in traffic on the way to work is going to be so stressful and scary"* over and over again.

Those thoughts are going to generate feelings and emotions within you. Your mind will start to associate the idea of driving with fear, worry, and stress- maybe even danger! With those thoughts and feelings running in the background, you are far less likely to take the steps needed to actually get your license. Even if you were to make the appointment and take the test, you might have procrastinated when preparing for the exam or even self-sabotage your results on the day of the test. Those behaviors would ultimately determine whether or not you were able to get your license.

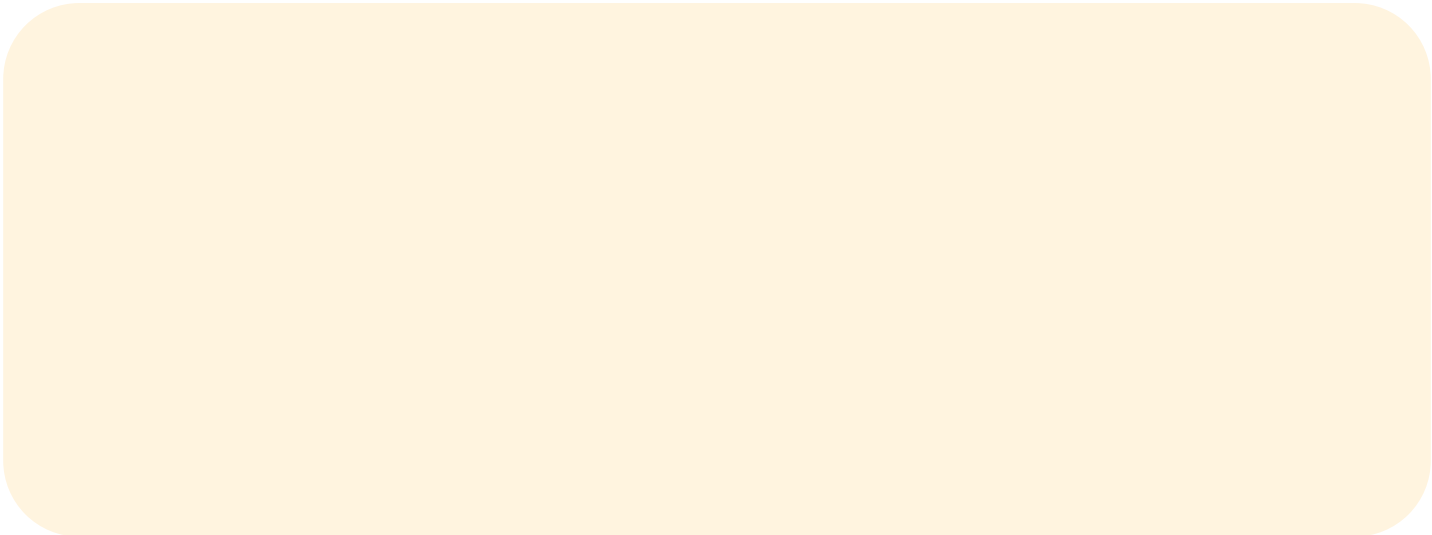
So, to begin to understand your current money mindset, take a few moments and explore your thoughts, feelings, and actions around money. The questions below will help you uncover some of the paradigms that might be causing the results you're experiencing when it comes to abundance and prosperity.



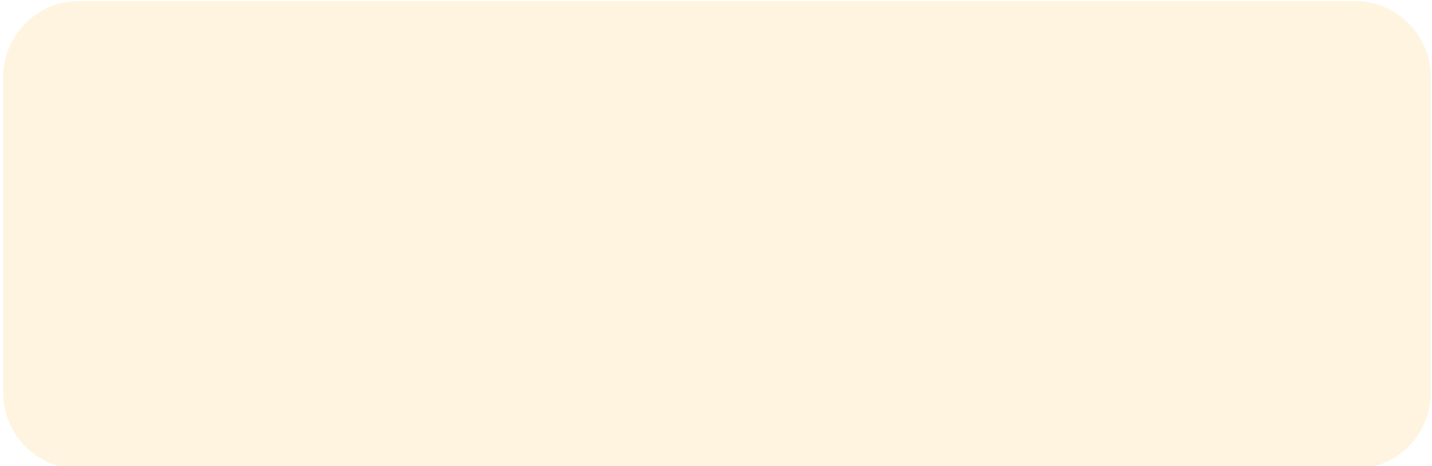
1. When it comes to money, what kind of thoughts do you most commonly have? When you think about your money situation right now, what thoughts come to mind? *For example: "I never have enough."; "Money is stressful."; "I wish I had more money."; etc.*



2. When you consider the thoughts above, what feelings come up? How do you feel when you think about money or your current financial situation? *For example: Stressed, Afraid, Discouraged, Confused, Angry, etc.*

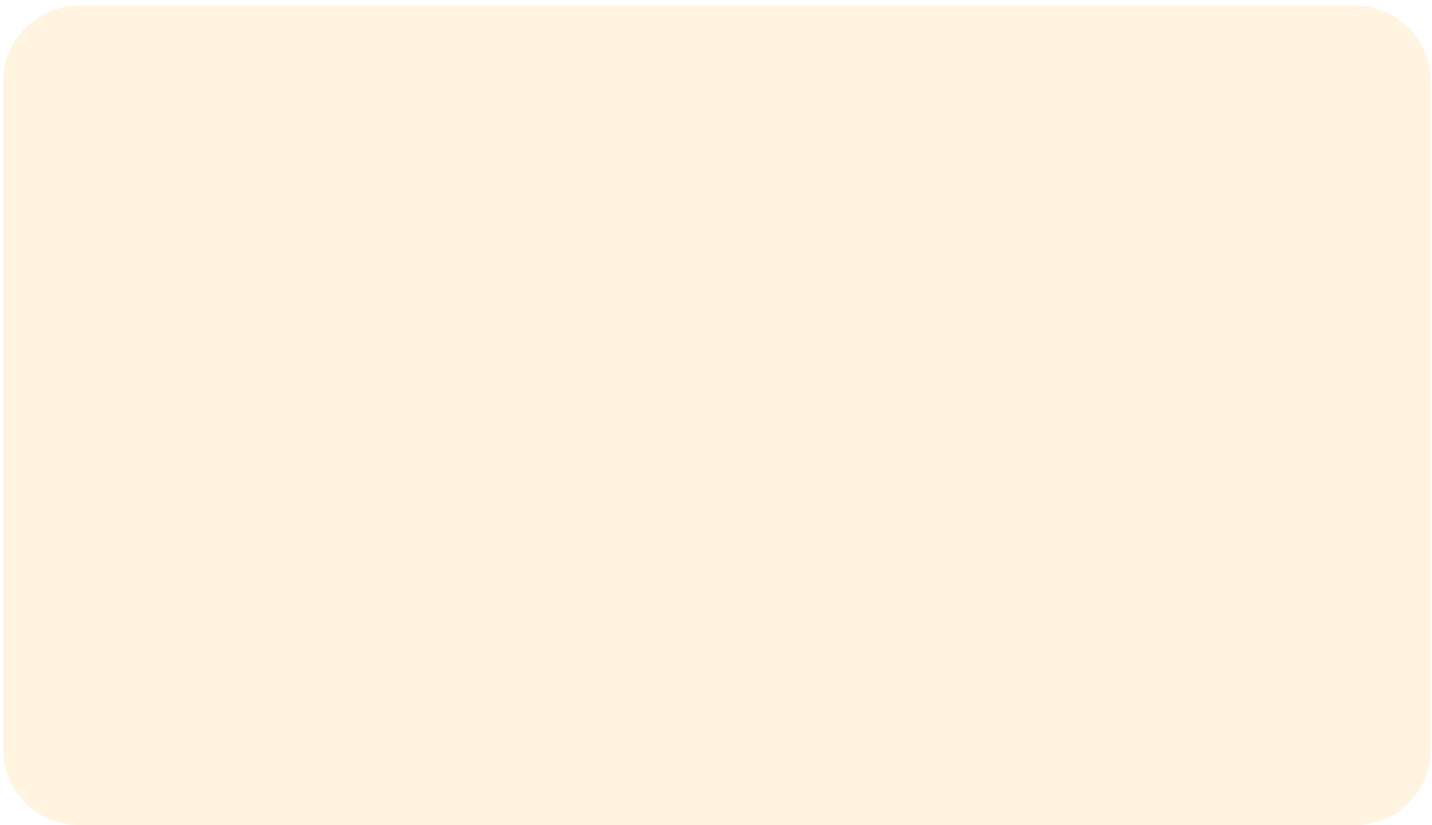


3. When it comes to money and your current financial situation, what kind of feelings would you love to have instead? *For example: Free, Abundant, Relaxed, Excited, etc.*



4. Take a look at the thoughts you wrote in Question #1 and the feelings from Question #2. Now think about how you'd love to feel instead. If you could choose new thoughts to support your desired feelings about money, what would those be? Re-write those thoughts below.

For example: If you commonly think, "There's never enough money" and feel stress, in order to feel relaxed, you might choose the new thought, "I live in an abundant Universe and there is always enough."



STEP 2: BRAVE THINKING TOOLS TO SHIFT YOUR MONEY MINDSET

Shifting your mindset and creating the abundant life you'd love will require you to change the way you navigate the most common thoughts, limitations, and experiences that people face each day. You can use Brave Thinking Tools to empower you to make practical, day-to-day shifts that will transform your money mindset for good!

Brave Thinking Tool #1: Notice What You're Noticing

To shift your money mindset, practice noticing how you think and feel about money and your current financial situation as you move through each day. Use the questions on the previous pages to focus your attention on new, empowering, abundant thoughts whenever you notice your restrictive paradigms coming up.

Brave Thinking Tool #2: Notice Your Longing & Discontent

The things you long for more of and the discontent you feel about the circumstances and situations of your life are powerful messages from your soul. These feelings are designed to draw your attention to the areas of your life where more is possible and available to you. Use moments of longing and discontent around your current financial reality to fuel a vision of what you'd love to experience instead.

Brave Thinking Tool #3: What Would I Love?

As you become more aware of your thoughts, feelings, longing, and discontent around your money story, give yourself permission to explore this powerful question: What would you love? Be specific and craft a true vision of your most ideal reality. Connecting to this vision will raise your vibration and help inspire your actions and decisions moving forward.

Brave Thinking Tool #4: Do What You Can From Where You Are With What You Have

As you hold your vision for what you'd love, commit to taking daily action in the direction of your dream. You may not be experiencing your vision in its entirety right now, but you by doing what you can, from where you are, and with what you have, you can take baby steps that move you toward your desired reality.

In that spirit, use the Money Mindset Challenge Calendar on the next page to commit to taking small, but powerful actions to welcome more abundance and prosperity into your life. And, continue to practice these Brave Thinking Tools every step of the way!

THE 30 DAY MONEY MINDSET CHALLENGE

The 30-day Money Mindset Challenge is designed to help you make incremental yet significant mindset shifts that create lasting change. Each day, you'll focus on a different aspect of your relationship with money, practice a specific Brave Thinking Tool, and take one small action to support your journey to abundance.

Day 1-5: Awareness & Reflection

Start by paying attention to your thoughts and feelings about money. Notice how you react when you talk about money or check your finances. Reflect on your money stories and any patterns of negative self-talk you uncover. Use Brave Thinking Tool #1, Notice What You're Noticing, to bring these beliefs into your awareness and start shifting them toward an abundant mindset.

Day 6-10: Exploring Longing & Discontent

Identify areas where you feel longing or discontent with your financial situation. Whether it's wanting to scale your business or reduce debt, let these feelings guide you in setting meaningful financial goals. Use Brave Thinking Tool #2 to recognize these desires as indicators of what more is possible and align them with a more abundant vision.

Day 11-15: Vision Crafting

Create a detailed vision of what financial abundance looks like for you. Use Brave Thinking Tool #3, What Would I Love?, to imagine a life where you are financially successful and free from worry. Paint a picture of your ideal financial future, including specific details that inspire you to move forward with confidence.

Day 16-20: Taking Daily Action

Now, take practical steps toward realizing your vision. Use Brave Thinking Tool #4, Do What You Can From Where You Are With What You Have, to make consistent efforts, such as adjusting your budget or saving more. Each small action reinforces your positive money mindset and brings you closer to your financial aspirations.

Day 21-25: Gratitude

Focus on gratitude for both what you have and the abundance that's on its way. Each day, list three things you're thankful for, including small wins like managing expenses better or growing your savings. Gratitude helps shift you from a scarcity mindset to recognizing the good in your financial journey.

Day 26-30: Giving

End the challenge by embracing generosity. Give in ways that feel meaningful, whether it's donating time, money, or resources. This practice reinforces the belief that there is always enough to share and strengthens your relationship with money by aligning with the flow of abundance.

THE 30 DAY MONEY MINDSET CHALLENGE



List your most common thoughts about money



Describe your current relationship with money



What did your family or caretakers believe about money?



Notice your feelings around money experiences



What did you learn about your current money mindset?



What do you long for in your financial reality (want more of)?



Where do you most feel discontent in your financial reality?



List changes you'd love to see in your life related to money



What financial goals would you love to achieve this year?



How would you rather feel about issues of money?



Craft a vision for your most abundant future. Be specific!



Spend 20 minutes imagining your most abundant life



Complete the sentence: "Money is a tool that..."



Describe your vision out loud as if it's already happened



Make a list of all the charities you'd love to support and why



Create a small, weekly savings goal to invest in yourself



Write 5 personal "abundance affirmations"



Take one action that your most abundant self would take



Research or learn one new money skill to support your goals



Treat yourself or do something fun, no matter how small!



Make a list of all the things you're grateful for right now



Make a list of reasons you're thankful for money



Write a letter of gratitude to the money you have now



Finish the sentence as if your vision has already happened: "I am so grateful that..."



List all the things money will allow you to do, be, or give



Volunteer or perform a random act of kindness



Give someone in your life a gift, whether bought or made



Donate to a charity close to your heart, no matter how small



Help someone in need by giving or acting in service



Review your progress and celebrate!

THE MONEY MINDSET CHALLENGE

Bonus Activity

Are you serious about transforming your money mindset for more freedom, flow, and abundance in your life?

**DOWNLOAD THE ABUNDANCE
ACTIVATION MEDITATION NOW!**



Add this free guided meditation to your 30 day challenge experience to amplify your results and shift into abundance even faster.

