



Rich Mind Rich Life

7 Days Money Mindset Insight

A guided journal towards gaining Financial Clarity and Insight

About the Author

This journal is created by Sharon Fernandez, founder of Rich Mind Rich Life™.

Rich Mind Rich Life™ is dedicated to helping individuals—women & men—build clarity, confidence and calm around life, money, and conscious decision-making through reflection, guided conversations, and clarity calls.





Day 1 – Your Money Conditioning

What messages about money did you hear growing up?

Who influenced your financial thinking the most?

Which beliefs still affect your decisions today?

Which belief are you ready to release?





Day 2 – Your Emotional Money Patterns

What emotions do you feel when you think about money?

When do you feel most stressed about money?

When do you feel most calm about money?

What does money represent emotionally for you?





Day 3 – Fear & Avoidance Awareness

What money situation do you avoid the most?

What are you afraid might happen financially?

What is the worst-case scenario you imagine?

What reassurance would your wiser self give you?





Day 4 – Self-Worth & Money

Do you believe you deserve wealth? Why or why not?

What thoughts arise when you receive money?

What thoughts arise when you spend money on yourself?

What would change if you fully believed you were worthy of financial success?





Day 5 - Money Triggers

What situations trigger financial anxiety?

What statements about money upset or intimidate you?

When do you compare your finances with others?

What is one healthier response you can practice?





Day 6 - Confidence Rewiring

Rate your financial confidence (1-10):

What would move you one point higher?

What small action would make you feel more in control?

What strength do you already have that supports financial growth?





Day 7 – Empowered Money Identity

Describe the financially confident version of you:

How does this version think about money?

How does this version handle challenges?

What is one decision this future you would make today?

Deep Integration Reflection

What is the biggest emotional insight you discovered this week?

What fear about money are you ready to let go of?

What new empowering money belief will you practice daily?





Affirmation

I am safe with money. I understand money. I trust myself to make wise financial choices. My mind is powerful. My relationship with money is healthy and strong.

