

7-Day Mindset Shift Mini-Challenge

Change your relationship with money
one tiny thought at a time.

HOW TO USE THESE CARDS:

- Cut out the seven daily challenge cards
- Each morning, read that day's prompt
- Spend 3-5 minutes reflecting on the prompt
- Notice how your awareness shifts throughout the day
- Continue for seven consecutive days

👑 DAY 1 👑

NOTICE YOUR CURRENT BELIEFS

Today, simply notice what thoughts about money arise naturally for you. Without trying to change anything, become aware of what you currently believe.

Reflection

- What recurring thoughts about money do you notice?
- Which feels limiting?
- Which feels supportive?

👑 DAY 2 👑

EXPLORE THE ORIGINS

Today, consider where your strongest money beliefs originated. Were they passed down from family? Shaped by early experiences? Influenced by your culture?

Reflection

- How have your origins shaped your current relationship with money?
- Which inherited beliefs serve you?
- Which might you outgrow?

👑 DAY 3 👑

QUESTION ONE BELIEF

Today, choose one limiting money belief and gently question it. Is it actually true? What evidence contradicts it? How might someone else view the same situation?

Reflection

- What opens up when you hold this belief more lightly?
- What becomes possible?

👑 DAY 4 👑

IMAGINE NEW POSSIBILITIES

Today, allow yourself to imagine what might be possible if your limiting beliefs weren't true. How might your relationship with money be different?

Reflection

- What one new belief would create the most positive shift in your financial life?

👑 DAY 5 👑

TRY ON A NEW PERSPECTIVE

Today, experiment with adopting a new money belief. Even if it doesn't feel completely true yet, try it on like a new outfit and see how it feels.

Reflection

- How does this new perspective feel in your body?
- What shifts when you view your finances through this lens?

👑 DAY 6 👑

NOTICE SUPPORTING EVIDENCE

Today, look for evidence that supports your new, more empowering money belief. What examples—even small ones—can you find in your own life or others'?

Reflection

- How might collecting this evidence strengthen your new belief over time?

👑 DAY 7 👑

COMMIT TO ONE TINY ACTION

Today, choose one small, specific action that aligns with your new money belief. Something so small you can't fail.

Reflection

- What tiny action will you take this week?
- How will you remember to follow through?

CONGRATULATIONS!

You've completed the 7-Day Mindset Shift Mini-Challenge!

Remember:

Shifting deeply held beliefs occurs gradually, through consistent awareness and small, aligned actions. Each time you notice a limiting belief and choose a more supportive perspective, you strengthen your financial mindset.

What's one insight you're taking forward from this challenge?
