

The
MONEY DATE
workbook



—❤—
A thoughtful guide to exploring your
money story—*together.*

At The Money Script®, our goal is to share strategies that help you get through your financial challenges, enhance communication, and bring you closer to creating financial independence for your family.

WHO WE ARE



WHAT IS A MONEY DATE?

A Money Date is a devoted & intentional time to discuss finances with your partner or children. It's time to review budgets & goals, plan & forecast finances, celebrate wins & identify areas for improvement.

Let's get financially intimate!

Top off your glass or mug, light a candle and let's have a date with your money!

DURING THIS COURSE, WE WILL

RECOGNIZE

Recognize the Money Script you play in your mind over and over.

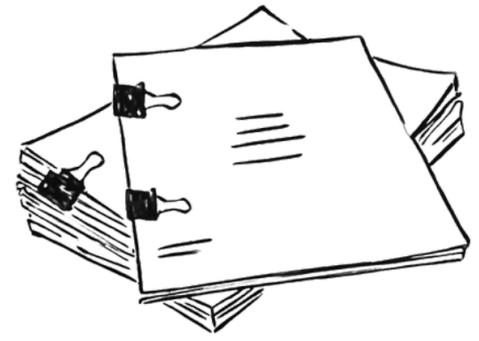
REWRITE

Rewrite your Money Script and redefine your relationship with money.

EXECUTE

Live your new Money Script and see the results!

What is a Money Script?



MON·EY
noun

Coins or bills used to pay for goods and services and to pay people for their work; the assets, property, and resources owned by someone; wealth.

SCRIPT
noun

Social role or behavior appropriate to particular situations that an individual absorbs through cultural influences and associations with others.

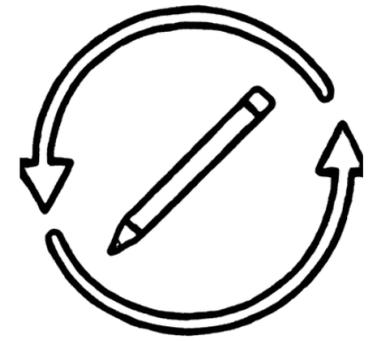
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Belief is the key to the basic mind power that turns dreams into realities, the mental into the physical. The key to your riches and transformation for the better is a deeply ingrained belief.

Dr. Dennis Kimbro, author of
Think and Grow Rich: A Black Choice

”

Recognize



It's time to recognize

your *current Money Script!*

Your Money Script is based on your beliefs, experiences and associations with money. The money story you tell yourself influences your financial decisions & actions you take in your life. Many of us have limiting beliefs that hold us back from being financially free.

Let's *reflect...*

What are my first memories of money?

Where did I learn how to manage my money?

VALUES

noun

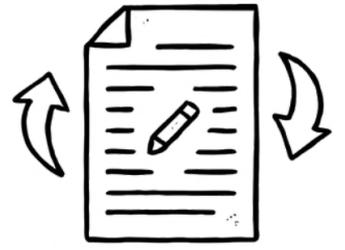
one's judgment of what is important in life

Start by identifying 15 values, narrow this list to 10, then choose your top 5!



Include any additional values that are meaningful
to you.

Rewrite _____ Connect to your why.



When the WHY is clear, the HOW comes easy.

Why do you want to reach your financial goals?

Why are your 90 day goals important to you?

What are you willing sacrifice to achieve these goals?

Who is counting on you?

I am in flow with peace.

MONEY
MANTRA

THE MoneyScript Mantras

Read them daily to reconnect with your *money story*.

I am in flow with
my highest
financial frequency.

I am worthy of
making more
money.

I count &
track my money.

I am grateful for
the money I have.

The money I make
creates options
for myself & family.

I enjoy
having money.

I am healing my
relationship
with money.

I am making a life
while making a
living.

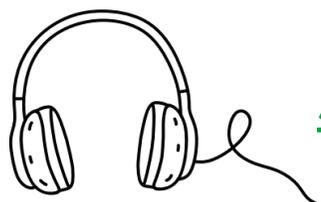
I love
saving money.

I am thinking &
growing rich.

I constantly attract
opportunities to
make more money.

I am
prosperous.

For a guided experience, listen to the mantras on our podcast

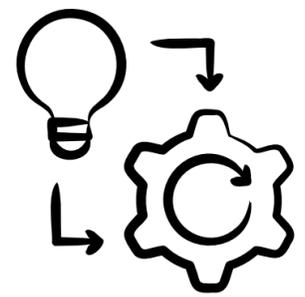


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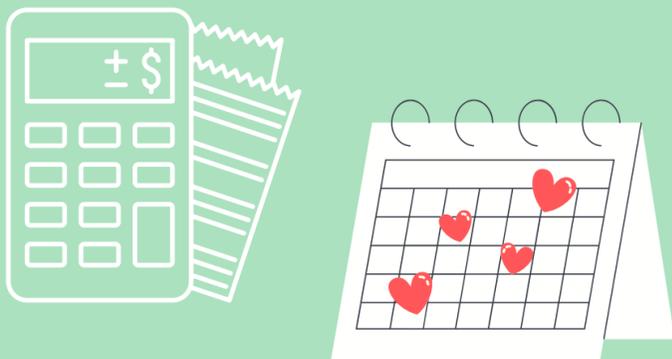
www.buzzsprout.com/787676/11953463

Execute

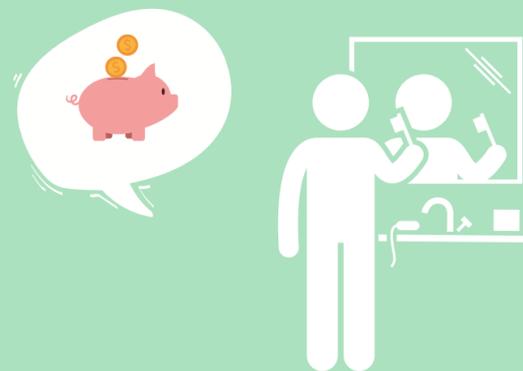


It's time to declare your *action plan* for the next 90 days.

Schedule weekly/monthly Money Dates with yourself



Print or screenshot money mantras on page 10 and make time to recite daily

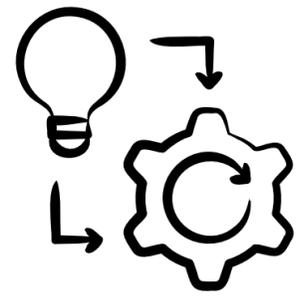


 THE MoneyScript

Grow your financial literacy.

Execute

Time for an *action plan*.



Over the next 90 days,

I will improve my **Money Script** by taking the following steps:

Goal:

I will establish a money mantra routine.

Action:

Recite mantras every morning while brushing my teeth.

Goal:

I will save for a down payment to my new car.

Action:

Reduce my dining out expense by \$100 a week by only eating out twice a week.

Goal:

I will create a one month cash reserve.

Action:

Save \$100 from each paycheck and do not touch it!

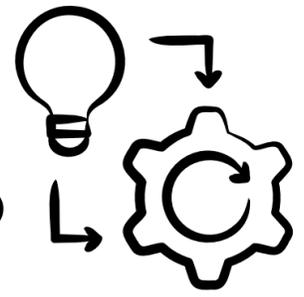
Goal:

I will monitor my accounts more frequently.

Action:

One hour money dates which includes reviewing & cancelling unused subscriptions every Saturday AM

Execute



Ready to make it real?

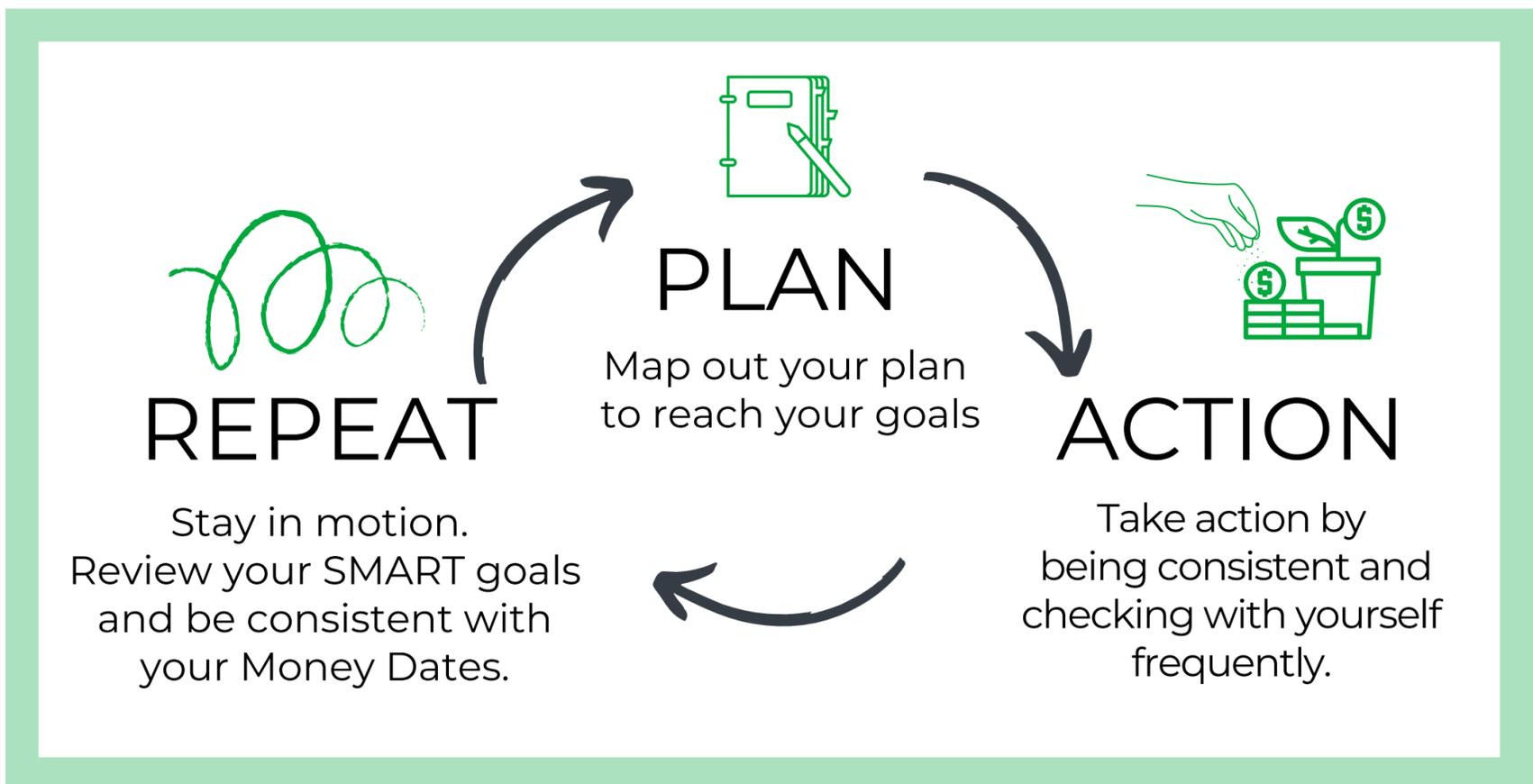
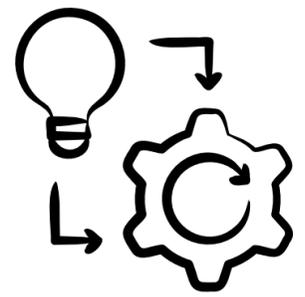
Write your plan below.

What are your new money habits? How much money will you save?
What are you saving for? What are your new money conversations?

Goal:

Action:

Execute *your* Money Script.



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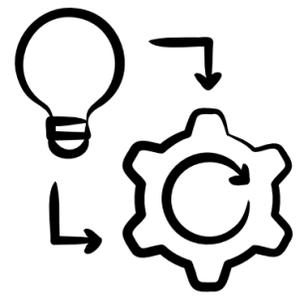
*Our thoughts become our words,
our words become our beliefs, our beliefs become our
actions, our actions become our habits, and our habits
become our realities.*

Jen Sincero, author of
You are a Badass at Making Money

”

Execute

What's *next?*



Sign up for a 90 day trial with budgeting platform, eMoney

<https://connect.emaplan.com/b0>

Subscribe and stream

The Money Script® Podcast

Discover over 150 different episodes that resonate with you and your goal

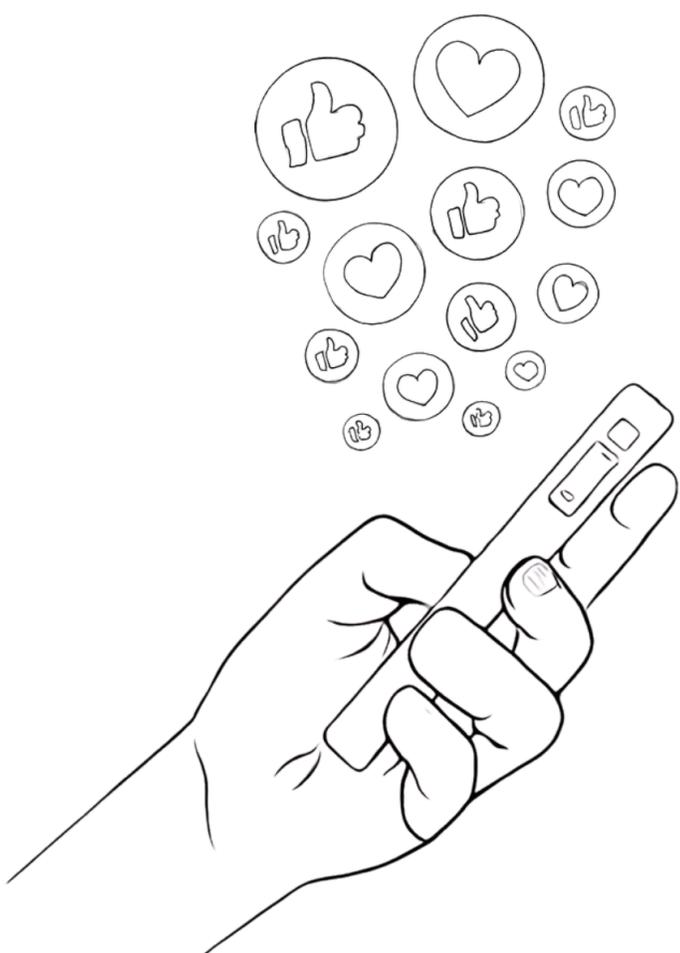
A Guided Money Meditation

<https://podcast.moneyscript.com/787676/episodes/5084255-a-guided-money-meditation-rewrite-your-money-script>

Visit us at

moneyscriptwealth.com

for more financial literacy resources & tools!



Connect with us!

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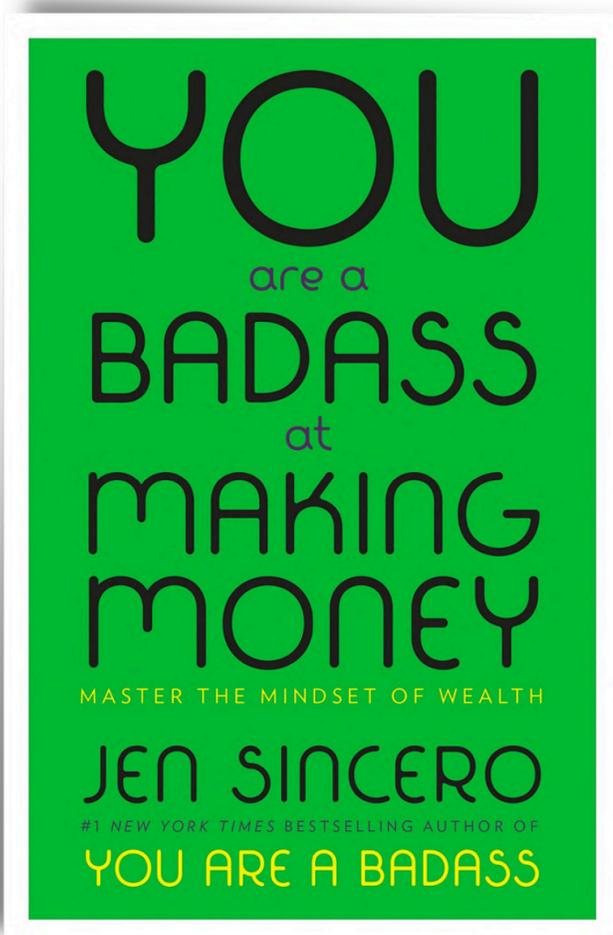
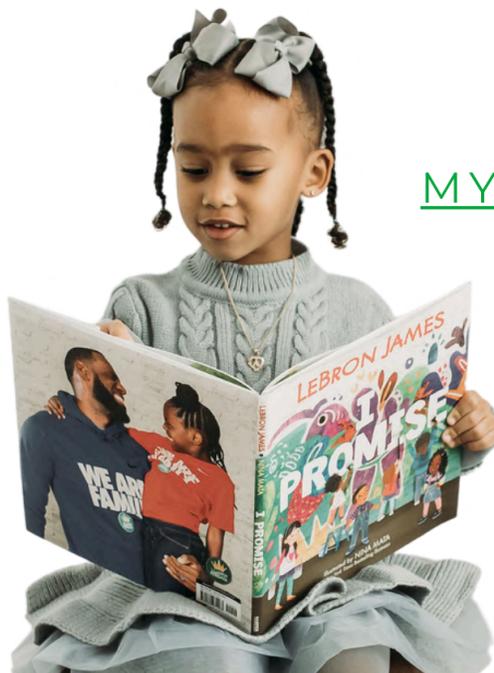


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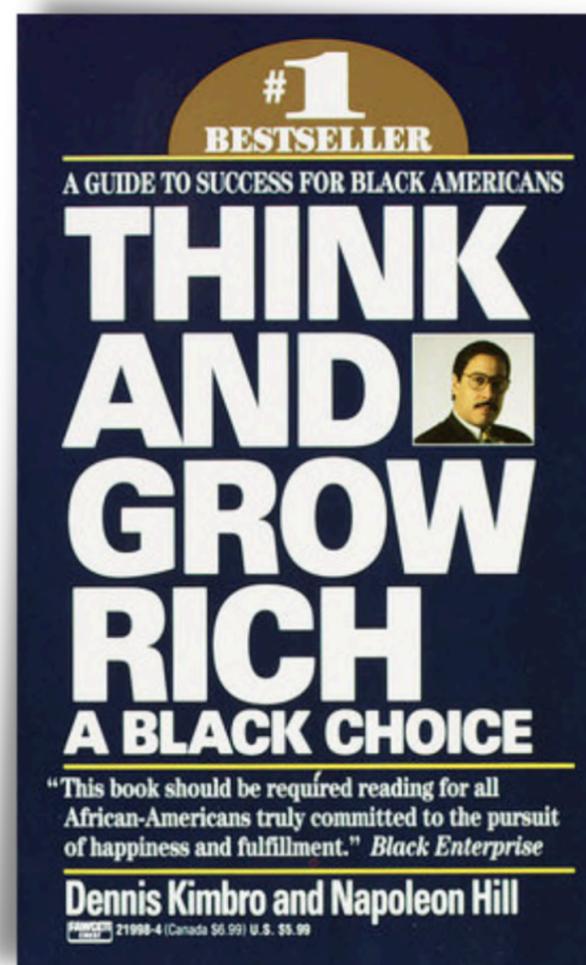
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#1 New York Times bestselling author & success coach of You Are a Badass®, Jen Sincero writes a life-changing guide to making the kind of money you've only ever dreamed of.



A tireless educator, public speaker, author, AND entrepreneur - Dr. Dennis Kimbro combines bestselling author Napoleon Hill's law of success with his own vast knowledge of business, contemporary affairs, and the vibrant culture of Black America to teach you the secrets to success!



The journey of a thousand miles begins with *one step*.

- Lao Tzu



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