

# MONEY *Joyfully*

## HEALTHY BOUNDARIES-NO EXCUSES EMPOWERMENT TOOL

**What is a specific situation where you find yourself making an excuse (or giving reasons) regarding money in any one of these three areas: relationships, career or business, or with money directly? Pick one of these areas for this exercise.**

What if that excuse, or reason, were to disappear and you couldn't use it anymore?

What needs to be let go of?

In what way is hanging on to this reason/excuse going against the values you created in the Money Compass?

What would you be valuing about yourself in letting go of this reason/excuse?

What is a new decision you can make that is in service of your Conscious Money Compass or you can use your Sacred Money Contract?

What is an action you can make that is in service of your new decision?

How will taking action impact your relationships? Your business or career? Your money?