

# MONEY BELIEFS PART 1

WHAT DO YOU BELIEVE ABOUT MONEY?

MONEY IS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

YOUR MONEY MODEL OF ALIGNMENT

FOR THE C LINE, PUT MONEY.

FOR THE R LINE, PUT YOUR NET WORTH – AN ESTIMATION IS FINE.

C: \_\_\_\_\_

T: \_\_\_\_\_

F: \_\_\_\_\_

A: \_\_\_\_\_

R: \_\_\_\_\_

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.

# THE ALPHA MALE COACH

[illegible]

# THE ALPHA MALE COACH

SUBTRACT YOUR DEBTS FROM YOUR ASSETS. THAT IS YOUR NET WORTH.

## ASSETS – DEBT = NET WORTH

FOR THE T LINE, WRITE DOWN THE THOUGHT THAT HAS CREATED THAT NET WORTH FOR YOU. LOOK AT YOUR BELIEFS ABOVE AND CHOOSE ONE MAIN BELIEF THAT YOU WOULD CONSIDER YOUR “MONEY MODEL OF ALIGNMENT”.

FOR THE F LINE, ASK YOURSELF HOW THE THOUGHT MAKES YOU FEEL. WRITE SOME OPTIONS TO PICK FROM HERE.

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FOR THE A LINE, WRITE DOWN YOUR MAIN ACTION AS IT APPLIES TO THE MONEY YOU HAVE (E.G. SAVING, SPENDING, EARNING, ETC.).

NOW, COMPLETE ANOTHER MONEY MODEL OF ALIGNMENT

C: MONEY

T: \_\_\_\_\_

F: \_\_\_\_\_

A: \_\_\_\_\_

R: NET WORTH: \_\_\_\_\_