



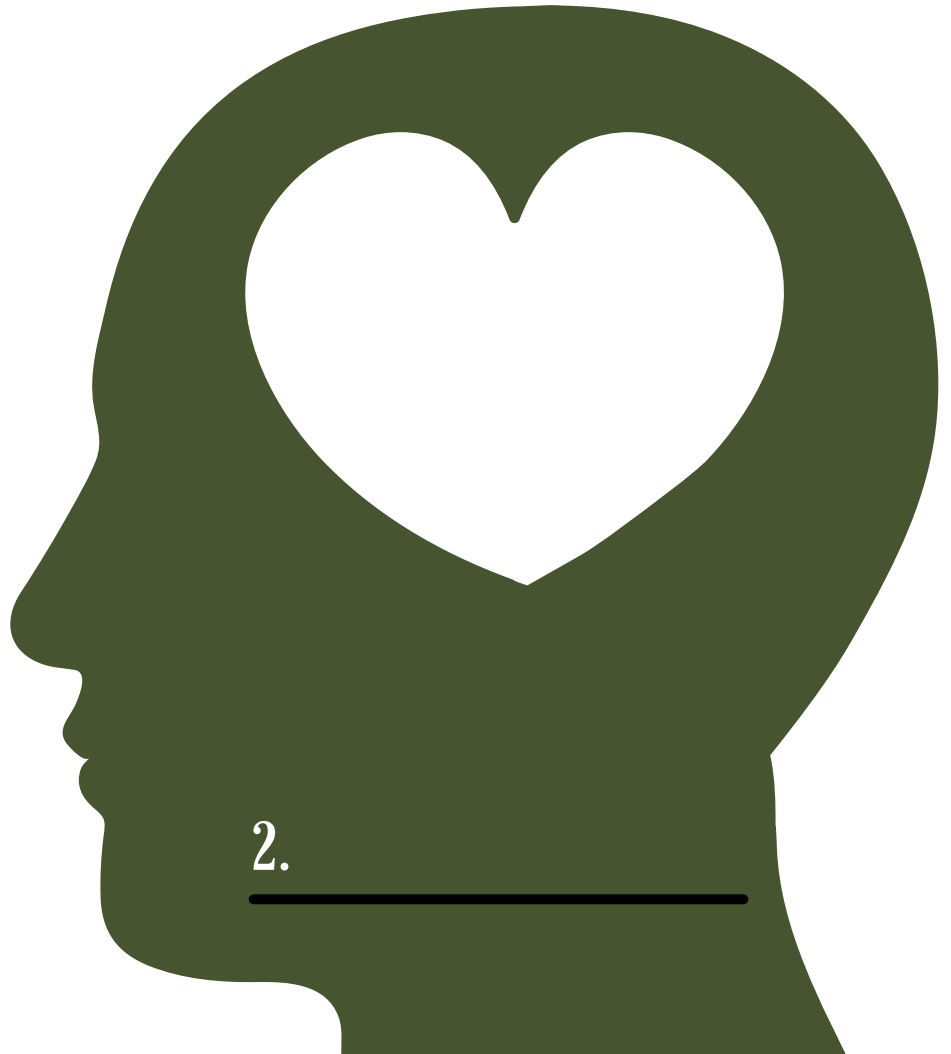
# Self Exam



3.



1.



2.



# Instructions:

- **Box #1:**

Write down all of your current negative self talk.

*(EX: “I’m a bad parent”, “Bad with money”,  
“Poor choice in partners”)*

- **Box #2:**

Write down how you prefer to see yourself, if you had zero limits, money wasn’t an option & nothing able to stop you.

*(EX: “Opening my own business”, “Financial freedom”, “Buying a home”)*

- **Box #3 (Heart shape):**

Write all of your attributes

*(EX: “Loyal”, “Strong”, “Worthy”)*

Then, will review your answers with your Life Coach. Bring to your next session