



## Lesson 1 Notes

### Time Stamps:

- 00:00 If Money was a Person
- 03:49 Pause and Journal - What has Your Relationship been?
- 05:36 Journal - A Love Letter to Money
- 08:42 Pause
- 17:17 Journal - What Are Your Patterns?
- 18:10 Pause
- 18:23 Journal - Where Else Does this Show Up in Life?

**URL** - <https://caraviana.podia.com/view/courses/money-mini-course/1771233/5619101>

### Notes

# Love Letter to Money

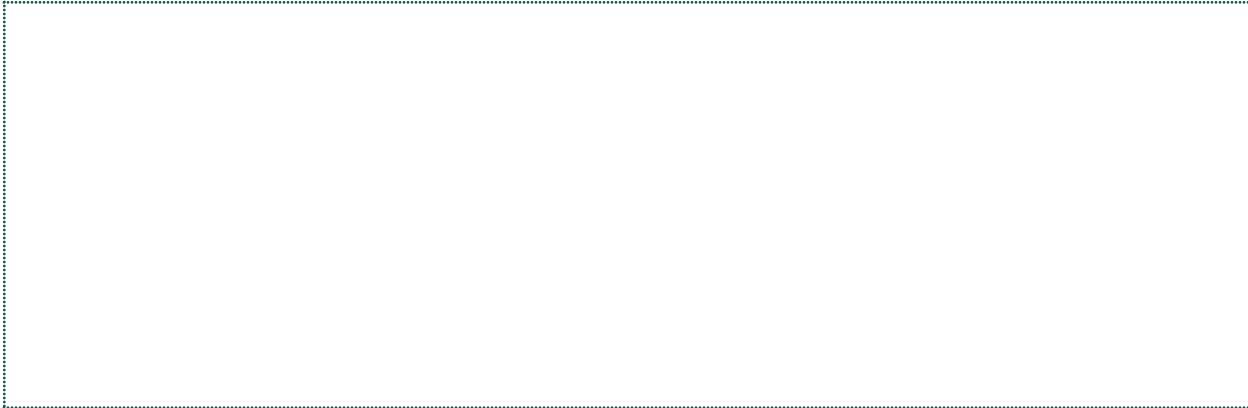
# Open Journal

## My Common Patterns Around Money

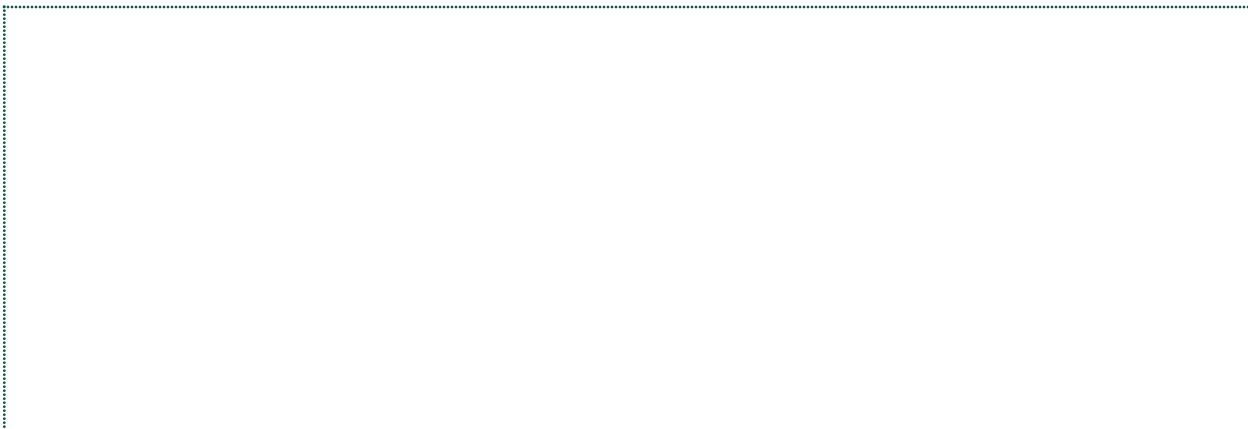
Common Pattern	Where Else do I See This in My Life?

## Bonus Journal Questions

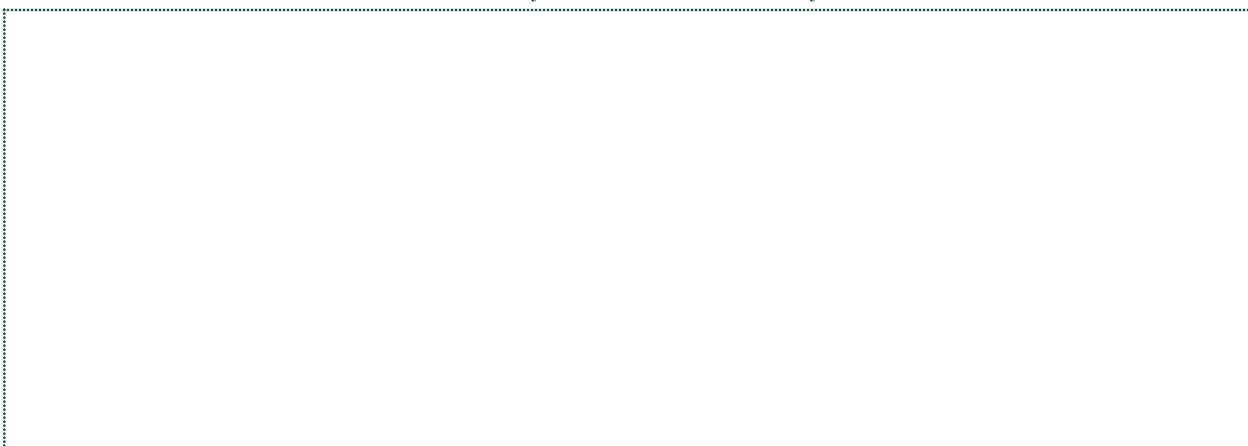
What did your guardians show you about Money that you'd like to emulate?

A large rectangular area defined by a dotted border, intended for the user to write their responses to the journal questions.

What did they show you about Money that you wouldn't want to emulate?

A large rectangular area defined by a dotted border, intended for the user to write their responses to the journal questions.

What do you Love about Money?

A large rectangular area defined by a dotted border, intended for the user to write their responses to the journal questions.