

# Transcript – 1.0 Module Overview: Getting Up Close & Personal With Your Money Story

How to Set Life-Changing Financial Goals Course



Hey there mamas, welcome to Section One; Getting Up-Close and Personal with Your Money Story.

For most people, this section of the course will be the hardest and take the most time. Not because the lessons and prompts are particularly difficult, but because we're going to take a whole set of beliefs and habits that tend to live under the surface and we're going to peel away the layers and really look at them. We're going to pull them out into the light.

You might find that it's helpful to go through this module, move on, start implementing some of the healthier, thriving money mindset steps and then come back in a few weeks or months and consider it again when you're more open to listening to those stories, when you're more in the mindset, as funny and meta as that is, to come back and let yourself reflect on those stories.

When you try to crash through these prompts and do them quickly and write down just the first thing that comes... first layer, first thing that comes to your mind, you don't get the benefit of excavating a little bit more slowly, pulling out what's hidden underneath. It gets easier to do the more we learn to trust ourselves and to do the work without trying to judge our own behavior, right? This is really a personal section, so take it as slow or as fast as you want, come back over time and do it again, and if it feels hard, that's okay. We're going to first talk about how to slow down, give yourself some space, feel like you're not doing this from a place of judgment.

We're going to start there and then we're going to ask the questions about what those money beliefs really are today.

So, let's dive in.