

Changing inherited money patterns



The magic is in the healing



1 How did your parents handle financial stress related to income fluctuations

2 In what ways do you see their coping mechanisms with income-related challenges reflected in your own approach?

3 Were your parents more conservative or liberal with their spending based on their income levels?

4 How has their approach to spending in relation to income influenced your own spending patterns?

5 How did your parents/ family communicate about income matters, especially during periods of financial strain?

6 Reflect on how their communication styles about income have influenced your ability to discuss financial matters openly.

7 Were there clear income-related financial goals set by your parents, and were they achieved?



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- 8 Reflect on how these goals or the lack thereof have shaped your own approach to earning and managing income.

- 9 Consider any repeating financial patterns between your parents and grandparents. How has this multi-generational influence impacted your current income level?

- 10 What recurring financial challenges or patterns do you notice in your life that seem to echo those experienced by previous generations in your family? In what ways do you feel these patterns are impacting your income growth?

If you're ready to dive deeper into transforming your ancestral money patterns, healing ancestral money trauma, and doubling your income, I warmly invite you to explore the personalized support offered through my one-on-one coaching. Discover more about the transformative journey awaiting you by visiting this link:
wealthy-money.com/coaching