



WORTHY



As Fuck

A 5-DAY, NO SHAME
FINANCIAL WELLNESS
CHALLENGE

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If shame, judgment, or guilt worked to “get your shit together” financially, we’d all be fine right now.

This 5- day challenge is meant to begin the work of disconnecting your self-worth from your finances. And you’re probably a whole lot closer to that than you think!

Be well!

-Hanna Morrell

Day 1:

Inventory your wins

Looking back at your adult life, list five times you've trusted yourself with your money, made a choice that has made your life easier in the future, and/or felt comfortable and confident in a financial choice.

Day 2:

Examine the messages

Without thinking about it too much, list all of the messages or stories in your head that are influencing your relationship with your money. This might sound like “I’m bad at money”, “I spend too much on dumb shit.” or “I’m not smart enough to figure this out.”

Day 3:

The Sales Pitch

Still thinking about the messages/stories from yesterday, what are those messages trying to protect you from? What are they trying to accomplish? In other words, what is the sales pitch of those stories?

Day 4:

Actual outcomes

What are the ACTUAL outcomes (good or bad) of those messages/stories from day 2?

Day 5:

Other ways

So now you know what those stories around money are trying to protect you from or get you to accomplish AND you know the actual outcomes, let's look for some alternatives. What are some other ways you could get some of the protection/benefits from day 2 without the negative outcomes from day 3?

Optional Challenge

Community

Money is one of those aspects of our lives that we tend to keep quiet and private. At some level, our brains know that when we feel ashamed of something, we hide it. That isolation cuts us off from other perspectives, support, and companionship.

That being said, WHO we choose to share our financial stories with is important.

Who is one person that you trust that you could share your responses from this challenge with? How do you predict it might help you to share your insights?