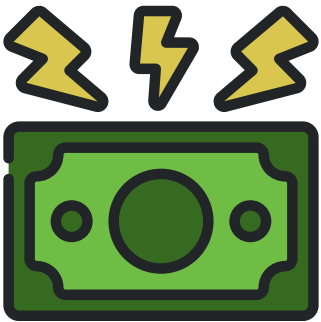


5- Day

Worry about money vs Care about money Challenge!



VS



If worrying about money worked, we'd all be fine by now.

*Worrying about finances may seem like
WORKING on finances...
but it is really?*

When we worry about our finances we are typically focused on negative thoughts, anxieties, stress, and fear. And it really does FEEL like we're getting some work done when we worry about finances. Worrying is hard, and it sucks, so that feels like work.

Worry IS a cognitive process, and it is trying to motivate us into action, but counterproductively, it may actually reduce the likelihood that we will take action.

Day 1 Challenge:

Instead of starting with WHAT you're worried about, let's start with what worrying about money looks like for you.

How do you know when you're worried about money?

What does it feel like in your body?

What is your behavior like?

What do your interactions with others look like?

What kind of decisions do you make?

Day 1 Challenge:

Day 2 Challenge:

Worry is trying hard to accomplish something.

What is worry trying to do for you?
What is trying to protect you from?
What is worry's "sales pitch"?

Day 3 Challenge:

Now let's turn our attention to what caring about money might look like.

How do you know when you're caring about money?

What does it feel like in your body?

What is your behavior like?

What do your interactions with others look like?

What kind of decisions do you make?

Day 3 Challenge:

Day 4 Challenge:

Set a timer for five minutes.

During this five minutes I'd like you to pendulate back and forth between your two lists.

Put yourself in a condition where you're worried about money. Sit there for a moment.

Now pick something off of your care list, and noodle on that for a moment.

If, for example, one of the things you listed on the Day 4 challenge was that you'd feel comfortable talking about money, imagine talking with your

Day 4 Challenge, cont:

dearest friend about money with confidence and patience for yourself.

Then go back to the worry condition.
Then back again to the care condition.

You don't have to actually act on anything, just practice being in both of those conditions. You'll need this for tomorrow's challenges!

Day 5 Challenge:

You're not going to stop the worry from grabbing you. It's just going to happen, but you don't have to stay there, and you CAN choose to use the worry as a trigger or signal and then pivot to care.

Look back at your worry list. Pick one or two worry conditions that you think are fairly common for you. Now pick one or two care conditions that you'd like to see more of in your life.

Now let's set up an if-then process.

Day 5 Challenge cont:

I'll notice I'm in the worry condition when I

When I do notice that worry condition, I'll pivot to the care condition of

I'll know I'm in the care condition when I

What I think I'll notice as I intentionally move to the care condition is

Woo! You Get a Badge!



If you'd like a digital version of this badge, please reach out to your coach, or hanna@pacificstoa.com!

yourworthcoach.com