

New Year (or any time of year) Money Reflection

By Victoria Jackson from the Manifestation Collective

1. How much money did I welcome into my life this year?
2. What is my very first feeling when I think about money this year?
3. What was the biggest money lesson this year taught me?
4. In what moments did I feel most proud of myself financially?
5. What old money stories or fears did I notice coming up?
6. What did I pay off, save, invest in or commit to?
7. Where did money flow to me with ease?
8. Where did I make choices from ego, fear, guilt, pressure or lack?
9. What money habits no longer feel aligned with who I am becoming?
10. If I could gently redo one money moment, what would it be, and what would I do differently now?
11. What were my biggest money leaks – emotionally or practically?
12. What does my nervous system still fear around money?
13. What supportive money habits do I want to implement in the new year?
14. What did money allow me to experience this year?
15. What is my new energetic money minimum in this new year?
16. What is my word, affirmation or intention for money in the new year?
17. How does my future self feel about money?
18. Finally, how does my self-concept need to change to become my future self with money? What habits do I need to put in place? What shifts do I need to make? What action steps are next?