



UNFUCK YOUR MONEY MINDSET

*How to uncover Money Blocks, Beliefs, or
Habits that are stopping you from
making Bank in your Business + Life*

SHANNON DEPALMA



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**How to uncover Money Blocks, Beliefs, or Habits that
are stopping you from making Bank in your Business
+ Life**

**Before you dive in and read these questions and think
WTF?**

Let's set guidelines:

- You are going to be really honest with yourself
- You might admit some things you don't want to
- Some questions might make you think..whhattttt? Any questions that make you do that, I want you to keep asking yourself that question until you cover something that makes you go dayyyyuummmmm
- You might be uncovering a lot of stuff that makes you go "OH" write that stuff down or take note of any things that pop up



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1) Not having the money or clients I want allows me to.....

(I know you're thinking.. Umm what? It allows me to be.. Poor? But think about, living in this place probably does allow for things that you like.

Maybe it allows you to watch more TV, maybe you think if you get too many clients you'll take time away from your family, etc.)





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2) Continuing to live in a position of lack (lack of clients, lack of connections, lack of putting myself out there, etc.) means I can....

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3) To be rich I have to do this....

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4) To be rich I can't....

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5) The only way I can have a lot of money is...

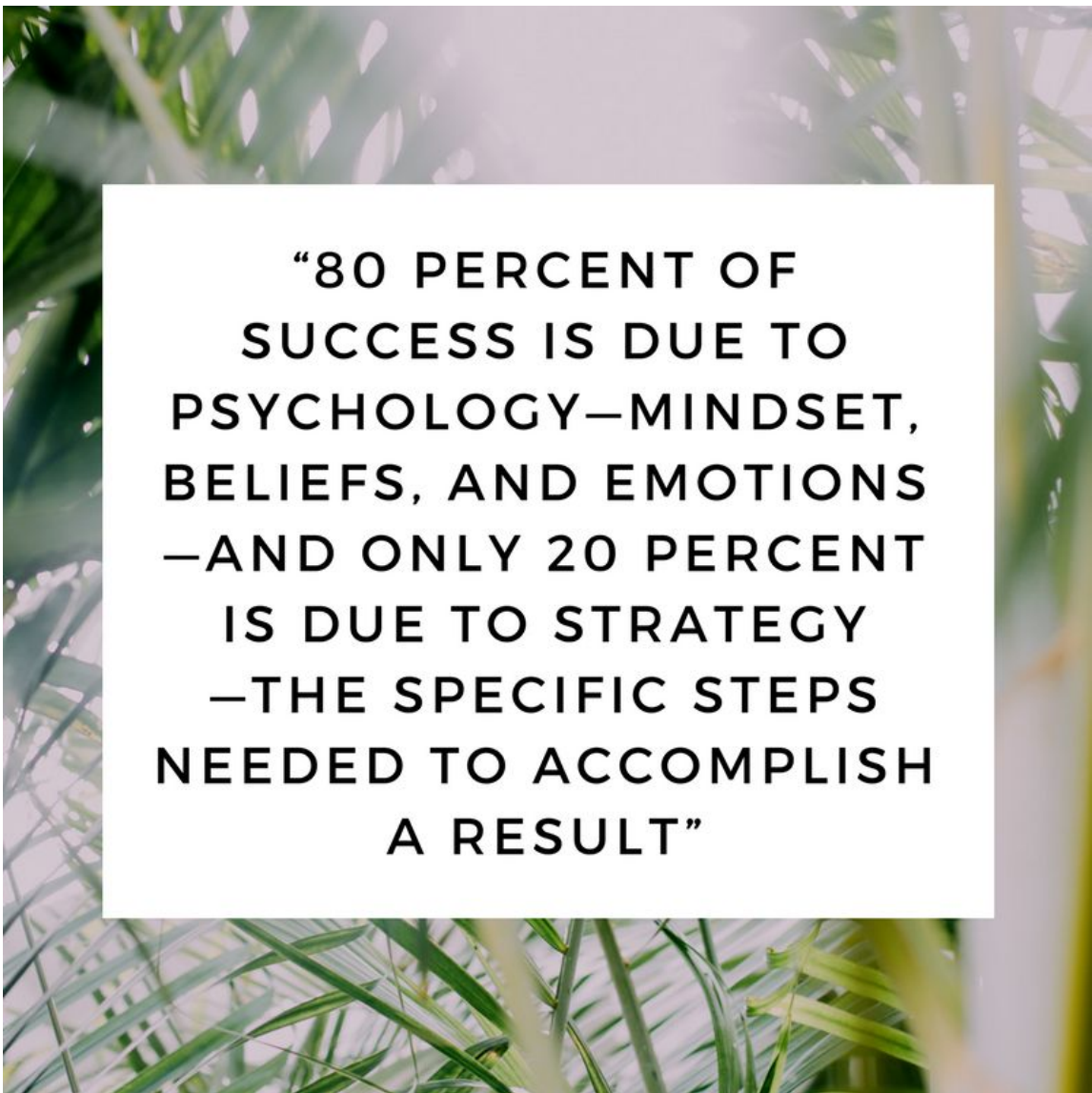
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6) It would be easier to not book A LOT OF clients because..

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The background of the lower half of the image is a blurred photograph of green palm fronds, creating a natural and serene atmosphere.

**“80 PERCENT OF
SUCCESS IS DUE TO
PSYCHOLOGY—MINDSET,
BELIEFS, AND EMOTIONS
—AND ONLY 20 PERCENT
IS DUE TO STRATEGY
—THE SPECIFIC STEPS
NEEDED TO ACCOMPLISH
A RESULT”**



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If I was in total alignment, I would do this....

A large, empty rectangular box with a thick black border, centered on the page. The box is surrounded by a background of diagonal hatching lines, creating a frame for the user's response.




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If I knew I couldn't fail I would do this..

A large, empty rectangular box with a thick black border. The box is centered on the page and occupies most of the lower half. The background of the entire page is filled with diagonal hatching lines, which are more densely packed around the central box.



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The background of the lower half of the image is a soft-focus photograph of green palm fronds. A white rectangular box is superimposed over the center of this image, containing the text.

**97% OF THE
PEOPLE WHO
QUIT ARE
EMPLOYED BY
THE 3% THAT
DIDN'T**



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What do I want to do? (By when?)

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Who do I want to be? (By When?)

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What would I need to believe in order to be and do to have all of that?

What are the habits I would need to have in order to have all that?



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How can I make \$10,000 next month?

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Who do I want to be next year?

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**My name is Shannon and I'm a female entrepreneur +
business coach for wedding pros at
Shannon DePalma Coaching**

**I work with creative women business owners on transforming the
inside to make more money, feel confident, and kick ass**

**If you loved this workbook, you're going to love the weekly mindset
live challenges I do in my Facebook group.**

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