

A Guided Self-Inquiry for Returning to Yourself Around Money

This is a simple, repeatable way to move from money overwhelm or financial shutdown...

back into clarity, connection, and aligned financial action.

You don't need to do this perfectly.

You only need to begin.

How to Use This

Use this:

- in real time when you feel triggered about money or finances
- at the start of your day
- before making financial decisions
- or at the end of your day to reflect

Move through the steps gently.

✧ **STEP 1: NOTICE**

“Where am I right now with money?”

Pause.

Without judging or trying to fix anything, simply observe.

Self-Inquiry

- What is happening inside me right now when I think about my money or finances?
- What feels most present—pressure, heaviness, or openness?
- If I had to name my state around money, what would it be?

Nervous System Clues

- Overwhelmed / anxious / urgent about money → activated state
- Heavy / shut down / avoidant about finances → low-energy state
- Calm / steady / clear about money → connected state

Write:

✧ STEP 2: REGULATE

“Let me come back into my body before I deal with money.”

Before you try to solve anything about your finances...
give your body what it needs.

Choose one simple way to support yourself:

- Tap (EFT)
- Take 5 slow breaths
- Place a hand on your heart or belly
- Stand up and feel your feet on the ground

Self-Inquiry

- What does my body need right now as I think about money?
- What would help me feel even 10% more grounded?

Write:

Stay here for a few moments.

You don't need to feel perfect.
Just more settled than before.

✧ STEP 3: ACCESS

“Now I can hear myself clearly about my finances.”

From this more regulated place, begin to reconnect with your deeper self.

You might:

- sit quietly for a minute
- listen to a meditation or transmission
- place your attention on your breath
- notice any sense of expansion, openness, or clarity

Self-Inquiry

- What feels true for me now about my money or finances?
- What is my deeper knowing here?
- What feels more spacious or possible from this place?

Write:

✧ STEP 4: INTEGRATE

“What is one aligned financial next step?”

Now return to your finances—not from pressure, but from clarity.

You don’t need to solve everything.

Just choose your next grounded step.

Self-Inquiry

- What is one small, supportive action I can take with my money or finances from here?
- What would feel aligned, not forced?
- What would honor both my needs and my direction?

Write:

The Practice

This is not something you do once.

It's a rhythm you return to:

Notice → Regulate → Access → Integrate

Over time, you may begin to notice:

- you catch yourself earlier around money triggers
- you move through financial stress more easily
- you trust yourself more with your finances
- your decisions feel clearer and more grounded

Closing Reflection

Place one hand on your heart and one on your belly.

Gently say to yourself:

“I can return to myself around money.

Even when I feel overwhelmed or shut down.

I know how to come back.”

Take a slow breath.

Optional Daily Reflection

At the end of the day, ask yourself:

- Where did I notice my state around money today?
- How did I support myself?
- What helped me return to myself?

Write anything that stands out:

Remember

You are not trying to stay in one perfect state with money.

You are learning how to:

- recognize where you are
- support your body
- reconnect with yourself
- and move forward with your finances from that place

That is what builds real self-trust.