**Money Matrix Financial Assessment**

These questions are designed to see what old belief systems may still be running your financial life. In the course of our time together, we will be doing energy work to loosen the spell of these old myths, so that your relationship with money can have a greater sense of joy and ease.

As this happens you will find that opportunities open up for you, and that it gets easier to take the actions and make the decisions necessary to bring you greater abundance and prosperity.

Please fill this out as best you can before our first session, and e-mail me back

the completed assessment. If there is anything you would prefer not to answer,

please leave the section blank.

While you may not believe them on a rational conscious level, please rate the charge of each of these according to your emotional feeling on the issue- **on a level of 0- 10, with 10, evoking the highest emotional charge and 0 for when you have not emotional charge at all.**

1. Money is the source of all evil.

2. You can’t make money from doing what you love.

3. Do what you love and the money will follow, only happens for other people not me.

4. To be an artist you have to be poor

5. To be wealthy you have to exploit people

6. Most rich people are miserable

7. To get a bigger income you have to sacrifice the things you hold most dear.

\* Time with family

\* Creative time

\* Time for yourself

\* Other

8. To get money, it’s a dog-eat – dog world.

9. To be rich you have to sell your soul to the devil

10. There is something dirty about money.

11. Money and spirituality are at opposite ends of the spectrum.

12. Love and money don’t mix well.

13. Being a woman, means I can’t makes as much money as a man

14. Being from this \_\_\_\_\_\_\_ (ethnic group or other oppressed group), I am doomed to get only bad paying jobs, and be discriminated against.

15. I feel like I never have enough…

16. I feel like I never am enough

Intelligent….

Creative…

Educated …

Other

17. I hate the idea of marketing or “selling” myself or products I’ve created

18. I am not good at marketing so I will never succeed in my field.

19. Being wealthy would make me a target.

20. Having money isn’t safe

21. I’m not good in the area of money and finances

22. If I get a lot of money I might lose it.

23. Money isn’t that important

24. I wish I didn’t have to deal with money

25. Money corrupts

26. You have to work hard to get money.

27. I am not success, unless I make a lot of money

**My Personal Financial Situation**

1. I would feel a lot of shame for people to know my real money situation.

2. I feel oppressed by my debt load and wonder how I will ever get from under it.

3. I often hide from myself my real financial situation, so that I won’t get depressed.

4. However much I have in the bank, I am afraid that I will end up a “bag lady “(man) , homeless and out in the streets.

5. The current economic situation, has me worried that I will lose everything.

6. I often have to depend on others to make ends meet. This makes me feel…

7. Others are frequently depending on me to help them out financially…

**Personal Money Spending Habits**

**On a rate of 1 – 10, rate how easy it is for you to spend money on the following categories.**

**Housing**

**Food**

**Vitamins and Supplements**

**Clothing**

**Personal Care**

**Medical**

**Alternative Health Care**

**Recreation**

**Cultural Events**

**Eating Out**

**Taxis**

**Car**

**Gifts**

**Children**

**Vacations and Travel**

**Education and Training**

**Biz Expenses**

**Other**

**Family and Cultural History**

What was your family’s attitude towards money ?

Did your family talk about money or was a lot unspoken?

When they did talk what did they say?

Did either of your parents live through traumatic times where they lost their job, or house, or experienced great economic hardship?

Did they try to hide their difficulties from others? If so what was the impact on you and other family members?

If your family was well- off, how did they feel about it?

Did your family try to hide its wealth?

Did your family live periods of “boom” or “bust”?

What did your family think you had to do to be prosperous?

What were the religious/ spiritual beliefs about money that you learnt as you grew up?

**Rate these positive statements about money, on a level of 0-10 for how much you feel these statements are true.**

Money brings me freedom

Money allows me to do what my heart desires

Money helps me bring my greatest talents to the world

I love the ebb and flow of my finances- the giving and the receiving.

I am able to joyfully pay my bills.

Managing my money is fun and pleasurable.

**Financial strengths (Answer Always, Sometimes, Never)**

1. I am able to save 10% or more of my income.

2. I am able to earn more than I spend, and keep a balanced budget.

3. I feel comfortable looking at the numbers involved in my financial situation.

4. I have no problems charging what I’m worth.