



decrease shopping anxiety today

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change your shopping experience

Use this worksheet as a powerful tool to accompany your training video, guiding you step-by-step in creating mindful intentions for your shopping trips. Say goodbye to stress and hello to empowered decision-making!

1 What are you noticing after hearing me speak about spending money?

2 List 3 thoughts and 3 emotions that came up while you were breathing.

3 Write down your (judgment free) intention for your shopping trip.

4 What did you notice about your thoughts during the trip?

5 What is one small change you noticed in this shopping experience?