

# Powrtool

**Problem or self-limiting belief:** .....

(e.g. "I'm bad with money", "I'm not good enough").

<b>1. GET CURIOUS</b> The more you understand about a problem or belief, the more likely you are to be able to address it. Get to the root cause by asking questions like: "Why does it exist?", "When does it happen?" and "What do I wish was easier?". Set your timer for 5-10 minutes and create a list below:	<b>2. SOLUTION TIME</b> What are all the possible ways you could solve the problem or change your belief? Spend 5 minutes brainstorming solutions.
<i>"I spend over my budget"</i> <i>"My friends buying houses"</i> <i>"I make impulse purchases"</i> <i>"I don't understand jargon that everyone else understands"</i>	<i>Ask friends and family to list my money strengths</i> <i>Reframe language (I'm bad with money &gt; I'm learning about money)</i> <i>Find a course/book/podcast to learn money basics</i> <i>Create a budget</i>

**I commit to this action:** .....

*Pick one solution and identify the very first step. It should take less than 5 minutes to complete in the next week e.g. Read one article about budgeting, ask one friend to tell you what they think your strengths are.*