



88 Daily Activities to Know and Work with Your Sacred Money Archetypes

Instructions: Use the following activities as a daily practice to strengthen your connection with your Sacred Money Archetypes and your personal relationship with money. Incorporating this work into your daily habits will help you leverage your archetypes in a positive way to create a healthy money mindset and build your wealth consciousness.

88 Daily Activities:

1. **Creating Sacred Money Alignment** - Choose one of the **Sacred Money Alignment** questions for each of your archetypes and journal on one each day. Work through all 9 questions for your Top 3 archetypes. (9 activities)
2. **Empowering Words** - Each day, choose one of the **Empowering Words** from one of your Top 3 archetypes and make it the “Word of the Day”. Journal on this word in the morning and ask yourself “If I allowed this word to guide me throughout my day, how would it guide the way I show up in all that I do?” Consider specific tasks and interactions you have on your agenda for your day and allow your chose word to guide your attitude and actions. (63 words = 63 days/activities)
3. **Challenges** - For each of your Top 3 archetypes, choosing just one archetype at a time, look at the **Challenges** of the archetype you chose and ask yourself “How do these challenges show up in the way I relate to money? And “What choice could I make differently that would overcome this challenge?” Once you have come up with a list of different choices you could make, put into motion a plan to follow through. (3 activities)



4. **Gifts** - For each of your Top 3 archetypes, choosing just one archetype at a time, look at the **Gifts** of the archetype you chose and ask yourself “How or in what way am I not fully using the gifts of this archetype, and what could I do differently to empower these gifts when I am dealing with money issues?” Then act on your new decisions. (3 activities)

5. **Sacred Strengths** - For each of your Top 3 archetypes, choosing just one archetype at a time, look at the **Sacred Strengths** of the archetype you chose and ask yourself “How or in what way am I not fully activating the sacred strengths of this archetype, and what could I do differently to utilize these strengths when I am dealing with money issues?” Then act on your new decisions. (3 activities)

6. **Empowering Money Mindset** – For each of your Top 3 archetypes, read the **Empowering Money Mindset**. Then, ask yourself the following questions: “In what ways am I already integrating and reflecting this mindset?” and “In what ways am I not integrating and reflecting this mindset?” And “What can I do differently to more deeply integrate and reflect this mindset?” Keep track of the new decisions you make as a result of this exercise. (3 activities)

7. **Sacred Money Contract** – For each of your Top 3 archetypes, read the **Sacred Money Contract**. Then, ask yourself the following questions: “In what ways am I already integrating and reflecting this contract?” and “In what ways am I not integrating and reflecting this contract?” And “What can I do differently to more deeply integrate and reflect this contract?” Keep track of the new decisions you make as a result of this exercise. (3 activities)



8. **Create a Master Plan** – As you work through the daily exercises above, you will be creating new decisions, habits, and actions. Create one place where you can record and capture new decisions and make a plan to follow through. A decision is only good if it is incorporated and acted upon! (1 activity)