

SMART & SOULFUL MONEY®

Moving Away From & Moving Toward

AN INSPIRED PROCESS

What are you feeling ready to move away from? What feelings, experiences, situations, obstacles, maybe even people are causing stress or are not in alignment with your values?

What are you inspired to move toward? How do you want to feel? What do you want to do or be able to do? What do you hope for? What kind of influence do you want to have? What impact do you want to create? What is the legacy you want to live into and leave loved ones and future generations?

Use the two prompts below to explore.

<i>"I am feeling ready to move away from"</i>	<i>"I am inspired to move toward"</i>

Place this tool where you'll continue to see it. Share it with someone you trust. Return to this process again whenever you need help navigating your relationship with money.

Listen to a walk-through of how to use this tool at the
[Smart & Soulful Money® Podcast, Episode 19](#)