



COIN-CONSCIOUS B.B.A RESET WORKSHEET

Reflect. Reset. Build a Foundation for lasting financial habits.

Think about your current **Beliefs, Behaviors, and Attitudes** about money, then identify what's supporting your financial growth and what needs to shift. Keep in mind there are no right or wrong-answers here. This worksheet is about awareness, clarity, and intentional change as you reset for the new quarter. The questions in the sections below may seem simple, but they will give you a chance to truly think about your Money Mindset so make sure you answer them honestly.

Step 1: Examine Your Beliefs

Your beliefs shape what you think is possible with money and understanding them helps you make intentional choices. Answer the questions below to start.

1. What do I believe about money that helps me succeed?

2. What do I believe about money that holds me back?

3. How do these beliefs influence my financial decisions?



Step 2: Reflect on Your Behaviors

Your daily habits show how your beliefs play out in real life. So awareness is the first step toward change. Read each question below and answer them honestly.

1. Which financial behaviors consistently serve you?

2. Which behaviors sabotage your progress or waste your money?

3. What small behavior can you start today to better align with your goals?



Step 3: Reset Your Attitudes

Your attitude influences your mindset and motivation around money. Resetting it helps you approach financial decisions with confidence. Read each question below and answer them honestly.

1. How do you feel when you think about money?

2. What attitude shift could improve how you handle your finances?

3. What's an empowering statement that you can repeat this month to help you in shifting your attitude? (Use one of the examples below if you need to)

*Empowering statement examples:

- Progress matters more than perfection.
- I give myself grace while staying accountable
- I'm building consistency, not chasing quick fixes.



Step 4: Intentional Action

Turn reflection into actionable steps that build lasting change.

1. What's one small action you will take this week to reinforce your BBA reset?

2. This sheet will help you track your progress and serve as a written reminder of the agreements that you make with yourself. Now, think of one way that you will celebrate the progress that you make this month?

Do you want more support on your financial journey? Click the link below to join the Free Coin-Conscious Accountability Group:

Coin-Conscious Group

