

Unraveling Inherited Financial Beliefs



A Companion Worksheet for The Ancestral Mirror
Inspired by a reading from Mary's Angel Tarot

Your Origin Story

What is your earliest memory of money in your household?

Who talked about money most often?

What emotions filled the room when finances were discussed?

Describe one moment where you realized money created tension or fear.

The Inherited Phrases

List the money-related phrases you heard growing up.

Circle the ones that still echo in your mind.

Which phrase feels like a "spell" that shaped your expectations?

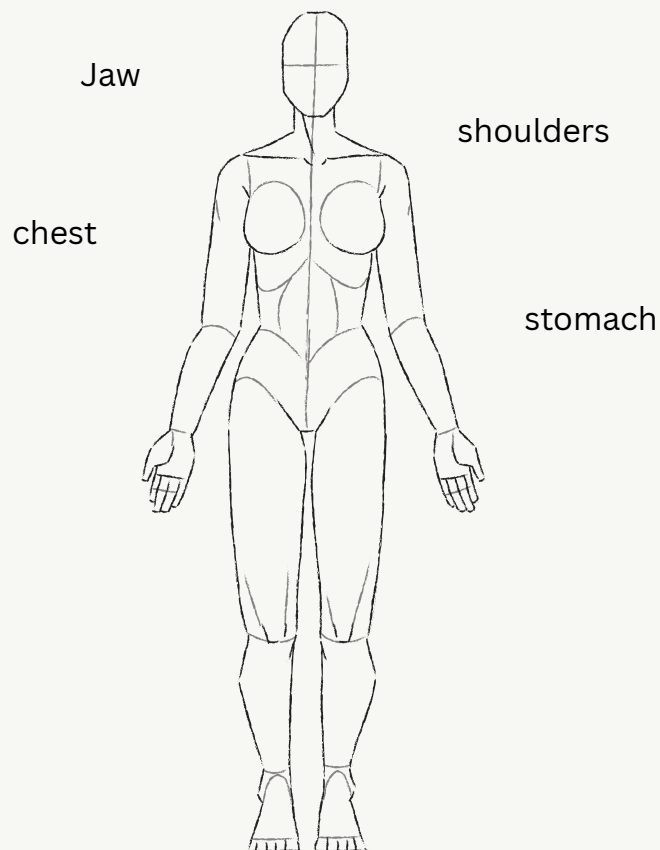
Rewrite each phrase into a new, empowering version.

Inherited Phrase

New Version

Emotional Mapping

Identify where financial fear lives in your body.



When did you first notice this feeling?

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Whose fear does it resemble?

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Lineage Exploration

Which ancestor struggled most with money?

What circumstances shaped their beliefs?

How did their survival strategies become your inherited instincts?

What part of their story is still living in you?

Separating Past From Present

Which ancestor struggled most with money?

Fear	Whose Voice It Resembles	Present or Past?

Micro-Acts of Safety

NEXT STEPS

Daily Practices:	M	T	W	T	F	S	S
Buy one small thing without checking the price.	☐	☐	☐	☐	☐	☐	☐
Say yes to one spontaneous moment.	☐	☐	☐	☐	☐	☐	☐
Pay a bill without bracing.	☐	☐	☐	☐	☐	☐	☐
Notice when your body relaxes afterward.	☐	☐	☐	☐	☐	☐	☐

Your New FAMILY PHRASE

Fill in the new family phrase you
want to incorporate into your life

Write your new lineage-defining money mantra.

Examples:

- "My resources expand as I do."
- "I am allowed to have enough."
- "I am not living my grandmother's story."

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Write it three times:

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Closing Practice

Place your hand on your chest and say:

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"This fear is not mine. I release what I inherited. I choose what I become."

Write one sentence about the financial future you are ready to claim.

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