



Your Limited Beliefs Back Story

Every one of us has a backstory. Be it about money, fear or other limiting beliefs, this story is preventing you from building a business that serves you. As a child, in our first 7 years of living we likely saw and heard some things that have shaped our relationship with money. In the far left column, write down what you can remember witnessing as a child about money. In the subsequent columns list out how you saw the influences from years 1-7 consistently show up in your life as a teen, young adult and adult.

Ages 1 through 7	Ages 8 through 14	Ages 15 through 21	Ages 22 through 28	Ages 29 through 35	Ages 36 to 42
1	8	15	22	29	36
2	9	16	23	30	37
3	10	17	24	31	38
4	11	18	25	32	39
5	12	19	26	33	40
6	13	20	27	34	41
7	14	21	28	35	42



Ages 43 to 49	Ages 50 to 56	Ages 57 to 63	Ages 64 to 70	Ages 71 to 77	Ages 78 to 84
43	50	57	64	71	78
44	51	58	65	72	79
45	52	59	66	73	80
46	53	60	67	74	81
47	54	61	68	75	82
48	55	62	69	76	83
49	56	63	70	77	84

