

Abundance Agreement Worksheet

You and your money have been carrying out the terms of a contract. By contract, I mean an agreement that has influenced how money comes to you, your spending habits, and your patterns of belief and behaviors. Most likely you entered into this agreement long ago and may not even think about it consciously. Everyday, you further seal the terms of that agreement in place by continuing to behave in alignment with whatever contract you made in the past.

Think about the agreement you currently have with money. What does it appear to be? How does it play out? How does it feel?

Are you ready for a new agreement with money?

Begin by identifying what you want. How do you want to relate to money? Why is this important to you? What life goals and dreams are calling to you that require you to have a healthy relationship with money?

Refer to the template below. You may want to journal on a separate piece of paper and then fill in the template when you have your final thoughts prepared. Please note that “directives” is a term I use in my Money Mindful™ curriculum. It means that you as the central authority in your relationship with money have the power to issue directives, or *action steps*, to fulfill your intentions.

ABUNDANCE AGREEMENT

I, _____, on this, the ____ day of _____, 20__,
do hereby enter into an Abundance Agreement with *My Money*.

WHEREAS "Abundance" is defined as:

I agree to pay attention to *My Money* and to nurture a healthy relationship with it. To this end, I will complete the following directives this month:

I agree to develop a vision and goals based on what I want *My Money* to fund. To this end, I will continue building my vision and revisit it regularly.

If, at any time, I am challenged in my ability to carry out the terms of this Agreement, I will seek support and assistance.

In return for my compliance with the outlined terms, *My Money* agrees to:

IN WITNESS WHEREOF, the undersigned have entered into this Abundance Agreement effective as of the date first written above.

By: _____
(Your signature)

By: _____
(Sign "My Money" with your non-dominant hand)