

# **MONEY WITHOUT FEAR**

**Reflection Workbook · 7-Day Financial Reset**

**By The Abundance Daily**

## INTRODUCCIÓN

This workbook is designed to help you shift from **fear-based financial decisions** to **faith-anchored stewardship**.

Over the next 7 pages, you will:

- Identify financial triggers
- Reset emotional patterns
- Clarify money habits rooted in fear
- Replace them with trust-driven rhythms
- Invite God into your financial decisions daily

Take your time. Breathe. God meets you in your honesty.

# What Fear Sounds Like in Your Finances

## **Prompt:**

Write down the thoughts that create anxiety or pressure around money.

## **Examples:**

- “There won’t be enough.”
- “If I stop grinding, everything will fall apart.”
- “I can’t rest yet — I haven’t done enough.”
- “If I make a mistake, I’ll ruin everything.”

## **Your turn:**

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## **Scripture:**

*“My God will supply all your needs...” — Philippians 4:19*

# What Trust Sounds Like Instead

Rewrite the fearful thoughts into statements of faith.

## Examples:

- “God provides before I panic.”
- “I am not behind — I am aligned.”
- “Provision flows through obedience, not pressure.”

## Your declarations:

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## Short Prayer:

“Lord, replace my fear with Your clarity.”

# Your Financial Triggers

Identify situations that activate fear.

## Common triggers:

- ☐ Looking at your bank account
- ☐ Unexpected expenses
- ☐ Saying “no” to a client or job
- ☐ Resting when you feel you should be working
- ☐ Setting boundaries
- ☐ Giving generously
- ☐ Not knowing the exact future

Which apply to you? Write your own:

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## Reflection:

What do these triggers reveal about what you *believe* about God?

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# Fear-Based Decisions You Want to Stop Making

List choices you tend to make from pressure, worry or scarcity.

## Examples:

- Overworking out of fear
- Impulsive spending
- Saying yes to everything
- Hoarding money
- Avoiding financial planning
- Grinding without rest

## Your list:

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## Verse:

*“Do not be anxious about anything...” — Philippians 4:6*

# Trust-Based Rhythms You Want to Start

Healthy rhythms grounded in peace, not pressure.

## Examples:

- Weekly financial check-in
- Sabbath without guilt
- Tithing/giving intentionally
- Setting monthly goals calmly
- Asking God before making decisions

## Your rhythms:

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# The “God Controls / I Control” Exercise

Draw **two columns** and sort your worries into the right place.

## LEFT COLUMN (God Controls):

- Provision
- Opportunities
- Outcomes
- Timing
- Open & closed doors

## RIGHT COLUMN (I Control):

- Obedience
- Stewardship
- Planning
- Rest
- How I show up daily

## Your worksheet:

GOD CONTROLS: \_\_\_\_\_

\_\_\_\_\_

I CONTROL: \_\_\_\_\_

\_\_\_\_\_

This single exercise will release 50% of your anxiety instantly.

# Your New Money Declaration

Write your new identity statement — rooted in peace, not panic.

## Examples:

- “I choose trust over striving.”
- “I am provided for before I perform.”
- “I steward money with peace, not pressure.”
- “My finances flow from obedience, not fear.”

## Your declaration:

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## Final Prayer:

“God, renew my relationship with money. Anchor me in trust, wisdom and peace.  
Amen.”