

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:

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:

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:

Reflection:

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

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:

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:

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:

Final Prayer:

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