

FREE JOURNALING PROMPTS

Money & Career

Journaling prompts for seeing your money story and career patterns clearly — before they write your next chapter for you.

Why journaling

Journaling is one of my favorite techniques — and one of the fastest. Done with honesty, it lets you detect your patterns quickly: make them conscious, see the current picture clearly, and from there, make decisions that are in alignment with where you're actually heading.

A few things before you start. Write by hand if you can. Don't edit yourself — the first answer is usually the honest one, and the second is usually the presentable one. And if a question stings a little, that's not a reason to skip it. That's the one holding the pattern.

The pattern

Money and career carry patterns the same way relationships do. Start by seeing yours.

- 01 What is my money story — how did my family talk about money, and what did I absorb without questioning?
 - 02 How does money behave in my life — arriving and leaving fast, staying but never growing, showing up only under pressure?
 - 03 What happens right after I earn more than usual — what do I do, feel, or sabotage?
 - 04 What is repeating from job to job, or from one source of income to the next?
 - 05 At which point in a career chapter do I start feeling disconnection — boredom, resentment, or the urge to burn it down?
-

The honest part

The questions underneath the numbers.

- 01 Where in my work am I betraying myself — silent, over-delivering, shrinking?
 - 02 Finish the sentence: money is...
 - 03 Finish the sentence: for me to earn well, I need to...
 - 04 Finish the sentence: people with money are usually...
 - 05 What am I most afraid would happen if I asked for what I'm actually worth?
 - 06 If the money I want arrived today — is there an internal fear I've been avoiding? Who would I have to become?
-

The rewrite

Decide what earns a place in the next chapter.

- 01 Where are my beliefs about money and success coming from? Whose voice is that, really?
 - 02 Which of those beliefs need to be rewritten before I take them into my next level of income?
 - 03 Am I acting like the person who already earns and works the way I want to?
 - 04 What actions can I take daily to associate with that new identity?
-

What you just made conscious, you can now work with.

If a pattern surfaced in these pages and you want to trace it to its root, that's exactly what my 1:1 consultations are for — a constellation works directly with the subconscious to find where the pattern actually starts. Each consultation runs 1–1.5 hours.

Book a 1:1 consultation — DM me on Instagram: [@mariya_popkov](#)