

A decorative green vine border with swirling leaves and tendrils, framing the entire page content.

FINANCIAL STABILITY

Steady ground beneath life's shifting chapters.

A Gentle Note Before You Begin

Finances can feel overwhelming after loss, divorce, job changes, or major transitions. These prompts help you explore the emotional side of money, rebuild a sense of stability, and understand what financial safety means to you in this chapter.

Journaling Prompts

FINANCIAL STABILITY

Part 1 — The Emotional Impact of Financial Change

1. What emotions surface when I think about my finances in this chapter of life?
2. What part of my financial situation feels most overwhelming?
3. What part of it feels clearer or more manageable than I expected?
4. What fears come up when I think about money — and what do those fears represent?
5. Where do I feel financial anxiety in my body?

Part 2 — Identity, Money & Life Change

1. How did my financial identity shift after my loss or transition?
2. What roles around money did I used to hold that I no longer do?
3. What financial responsibilities do I now carry alone, and how does that feel?
4. What beliefs about money did my past self hold that no longer fit?
5. What beliefs about money am I ready to rewrite?

Part 3 — Financial Safety & Stability (Emotional Definitions)

1. What does “financial safety” mean to me now?
2. What does “enough” look like in this chapter?
3. What would help me feel more grounded around finances?
4. What boundaries do I need — with myself or others — to feel safe financially?
5. What does financial stability feel like (not look like)?

Part 4 — Shame, Pressure & Emotional Weight

1. What financial pressures am I putting on myself right now?
2. What shame or guilt do I carry regarding money?
3. Where did these feelings originate — society, family, past roles, expectations?
4. What can I release today that isn't mine to carry?

What would self-compassion look like around finances?

Journaling Prompts

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Part 5 — Strength, Capability & Self-Trust

1. How have I shown financial strength in the past?
2. What decisions have I made recently that I'm proud of (big or small)?
3. What skills or qualities make me capable of navigating this chapter?
4. What resources, support, or tools help me feel empowered?
5. What would it look like to trust myself a little more with money?

Part 6 — Clarifying Needs, Choices & the Future

1. What financial needs feel most important right now?
2. What choices could help me create more emotional stability around money?
3. What small step toward clarity or organization feels doable this week?
4. What values do I want my financial decisions to reflect?
5. What intention do I want to carry into my relationship with money going forward?