

Inner Money Authority

Week 1: The Money Authority Gap

True financial confidence begins with recognising that authority already lives within you.

Introduction

Before we change anything, we observe.

Money is rarely just numbers. It touches identity, independence, security, and worth.

This module invites you to notice where your authority feels steady - and where it quietly shifts outward.

Take your time. Reflect with honesty. Do not judge yourself.

The Authority Gap Framework

The Cycle

Trigger



Emotional Response



Identity Activation



Authority Leak



Reinforced Doubt

Authority is not built by eliminating emotion. It is built the moment you choose not to give your power away.

Assignment 1: The Last Money Moment

Think of a recent financial decision.

Examples:

- A raise or negotiation
- An investment
- A business decision
- A career shift
- A money conversation
- A larger purchase

What was the trigger?

What did you immediately feel?

What thought followed?

What action did you take?

Did you revisit the decision later?

Assignment 2: Identity Activation

When money feels unstable, I feel _____.

If I make the wrong financial decision, it means I am _____.

When I think about earning more, I worry that _____.

When I imagine fully trusting myself with money, I feel _____.

Assignment 3: Where Authority Leaks

Circle what applies most often:

- I delay financial decisions
- I over-research before deciding
- I ask for reassurance
- I over-explain my choices
- I reopen decisions
- I avoid money conversations
- I shrink in negotiations
- I let others take the lead

Then reflect:

Where does this happen most?

Work _____

Business _____

Partnership _____

Investing _____

Other _____

Assignment 4: The Avoidance Pattern

What financial decision are you currently postponing?

What are you afraid might happen?

What would it mean about you if it went wrong?

What discomfort are you trying to avoid?

Assignment 5: The Self-Leadership Gap

Complete the following:

If I fully trusted myself with money, I would...

What stops me from acting like that now?

After completing this module, reflect:

- Where do I already show financial strength?
- Where do I feel least steady?
- What pattern surprised me most?
- What do I want to reclaim next?

Authority begins the moment you decide to stay with yourself.