

Inner Money Authority

Module 3: Expressing Your Inner Money Authority in Conversations

Assignment 1: Notice Your Money Conversations

List three situations where money conversations feel uncomfortable or difficult for you.

Example areas: stating your price, negotiating salary, money discussions with a partner.

Situation 1: _____

Situation 2: _____

Situation 3: _____

Assignment 2: Rewrite Your Language

Rewrite hesitant phrases into clear authority language. Identify how you usually express yourself in your most common money conversations. Rewrite any expressions where you give away authority into empowering language built on self-trust.

Example: Instead of 'I'm not sure but would you be ok to pay...' → 'My rate for this work is €X.'

Your list:

Old phrase: _____

Authority version: _____

Old phrase: _____

Authority version: _____

Old phrase: _____

Authority version: _____

Assignment 3: Prepare One Conversation

Choose one real money conversation you expect to have soon.

Prepare by writing down the details of the conversation for yourself.

Situation (facts): _____

Your position (what you want): _____

Your invitation (open the conversation): _____

Instead of focusing on your fear of failure (“What if I don’t do well?”) or rejection (“What if they say no?”) or your feelings of anxiety in the moment, all which can lead to you avoiding or rushing through the conversation, ask yourself:

"What will my life look like in 10 years if I DON'T have this conversation?"

"What will my life look like if I DO have this conversation and it goes really well?"

This puts the conversation into perspective and helps you focus on your bigger purpose.

Assignment 4: Practice Out Loud

Say your sentence out loud. Notice your tone, posture, and confidence. Repeat until the words feel natural and steady.

Research by psychologist Albert Mehrabian suggests that tone of voice and body language can account for up to 93% of the meaning of a message

In other words, when you believe what you say and your body language and tone of voice, signals confidence and congruence, your message will come across more strongly. However, the opposite is equally true. If your body language and tone of voice signals insecurity, what you say is less likely to be believed.

Assignment 5: Practice the Pause

For the next week, do not say yes immediately in financial decisions. Instead practice saying: 'Let me think about that and get back to you.'

This gives you space to consider how you want to respond, do additional research, and most of all, it stops you from responding without thinking, just to get temporary relief from an uncomfortable situation.

It also helps you avoid the trap of over-explaining yourself. Silence is your friend.