



SET YOUR FINANCIAL THERMOSTAT
FOR WEALTH AND SUCCESS
WORKBOOK

LIVE SESSION
11th FEBRUARY 2026

Success
is a Team
Sport



**BELIEFS LEAD TO THOUGHTS
THOUGHTS LEAD TO FEELINGS,
FEELINGS LEAD TO ACTIONS, AND
OUR ACTIONS DETERMINE THE
RESULTS WE ACHIEVE.**

Our beliefs shape how we think, feel, and ultimately act. There is a powerful chain reaction at play: Beliefs lead to thoughts, thoughts lead to feelings, feelings lead to actions, and our actions determine the results we achieve.

Beliefs can be incredibly empowering or powerfully limiting.

The good news?

There are no right or wrong belief,

just beliefs that either support you in reaching your goals or stop you from getting there.

By identifying which beliefs help you move toward your “fruits” and which ones hold you back, you can begin to cultivate a mindset that aligns with the outcomes you desire.

In this section, we'll explore your beliefs around money and determine which ones are acting as allies and which might be standing in your way.

The first step of all positive change is AWARENESS.



MONEY ASSOCIATIONS

MONEY IS...

MONEY IS...

MONEY IS...

WEALTH IS...

WEALTH IS...

RICH PEOPLE ARE...

RICH PEOPLE ARE...



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MONEY ASSOCIATIONS

THE REASON I CAN'T OR MAY NOT BECOME EXTREMELY WEALTHY ARE... (List Several)

SOME OF THE POSSIBLE NEGATIVES ABOUT BEING RICH OR GOING THROUGH THE PROCESS OF BECOMING RICH ARE (List Several)

MY GREATEST WORRIES AND FEARS REGARDING MONEY AND WEALTH ARE...
(List Several)

THE WORST THING ABOUT MONEY IS...

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TEST YOUR FINANCIAL THERMOSTAT

Now go to the following website: <https://score.qbranch.consulting/money>
(OR VISIT THIS QR CODE)



And complete our neuroscience-informed Money Mindset Scorecard to reveal your Financial Thermostat

MY SCORE

%

Notes

A portrait of a woman with long dark hair, smiling, wearing a blue and pink floral blouse.

**OUR FINANCIAL FUTURE ISN'T
DECIDED BY YOUR HUSTLE, IT'S
DECIDED BY YOUR SETTING. RAISE
YOUR FINANCIAL THERMOSTAT,
AND YOUR ACTIONS FINALLY
START WORKING FOR YOU.**

Jenny Jarvis

BELIEF SOURCES

**The second step of all positive change is
UNDERSTANDING**

WHERE DO OUR BELIEFS COME FROM?

The 3 Methods by which we are conditioned (How beliefs are created are:

VERBAL PROGRAMMING,
MODELLING
AND SPECIFIC INCIDENTS,

WRITE DOWN EVERYTHING ABOUT MONEY, WEALTH AND RICH PEOPLE YOU HEARD AS
A CHILD

VERBAL

BELIEF SOURCES

DESCRIBE YOUR FAMILY SITUATION AND EACH PARENTS' (Or Adult Guardian') HABITS AND WAYS OF THINKING AND BEING AROUND MONEY AS YOU WERE GROWING UP.

ALSO DESCRIBE WHO YOU MIGHT BE MOST SIMILAR TO OR OPPOSITE TO AND IN WHAT WAYS

MODELLING

Chances are, you will handle your money either identically or exactly opposite to one or a combination of both of your parents.

BELIEF SOURCES

WRITE A DESCRIPTION OF AN EARLY EMOTIONAL INCIDENT INVOLVING MONEY.

WRITE DOWN THE CONCLUSIONS YOU CAME TO AS A RESULT OF THIS INCIDENT AND HOW THESE CONCLUSIONS MAY HAVE AFFECTED YOUR LIFE SO FAR?

INCIDENTS

DON'T BELIEVE A THING YOU THINK

Your beliefs are not based on actual experiences, but rather on your personal interpretations or misinterpretations of those experiences.

**NOTHING HAS MEANING
EXCEPT FOR THE MEANING YOU GIVE IT**

You Can Be Right OR You Can Be Rich
You Can Be Right OR You can be Happy



MOVING FORWARD TOWARDS FINANCIAL FREEDOM

Your Commitment to Action

To keep the momentum going, we encourage you to identify and commit to four specific actions you'll take as a result of today's workshop. These actions could be big or small but should push you closer to the life and business you really want

Take a moment to write down the four actions you're committing to as the next steps in your journey.

Four empty rectangular boxes stacked vertically, intended for the participant to write down their four actions.

**With Gratitude for being a part of
your BOLD FUTURE..**

Jenny & Matt



**OUR MISSION IS TO MAKE
YOUR MISSIONS MORE
SUCCESSFUL**

**Together we can change the
world for the better..**