

THE GENERATIONAL MONEY MAP™



Trace your money beliefs. See the pattern. Break the chain.

By Maria Alla | The Maria Alla Method™

This worksheet is designed to accompany your 21-Day Gratitude Shift journey. Use it during Week 2 (Days 8–14) when we begin the Pattern Interrupt phase. Take your time. Write in pencil if you need to. There's no rush — and there are no wrong answers.

GENERATION 1: YOUR GRANDMOTHER

(Your mother's mother, or the woman who raised your mother)

Her name:

What country/region did she grow up in?

What was happening economically during her formative years? (War, poverty, migration, communism, etc.)

How did she earn or access money?

What was her relationship with money? (Did she hoard it, fear it, control it, avoid it?)

What phrases about money do you imagine she said or believed?

What was her biggest financial fear?

What did money MEAN to her? (Safety? Control? Freedom? Danger?)

What did she sacrifice for financial security?

GENERATION 2: YOUR MOTHER

(Or the primary woman who raised you)

Her name:

What did she learn about money from HER mother?

How did she earn or access money?

What was her dominant emotion about money? (Anxiety, pride, shame, control, avoidance?)

What phrases about money did she say most often?

What was her biggest financial fear?

Did she talk about money openly or was it a secret/taboo subject?

What did money MEAN to her?

What did she sacrifice for financial security?

What did she teach you about money — directly or indirectly?

GENERATION 3: YOU

Your name:

What money belief did you inherit from the two women above?

Which of their fears do you carry in your body?

What phrases about money do YOU say most often — to yourself, your partner, your children?

What is your dominant emotion about money right now?

Where in your body do you feel financial anxiety?

What does money MEAN to you?

What have you sacrificed for financial security?

What money behaviour are you most ashamed of?

What money behaviour are you most proud of?

THE PATTERN



Now look at all three generations together. Answer these questions slowly:

What's the common thread? (The belief, fear, or behaviour that appears in all three generations)

Where did the pattern ORIGINATE? (Which generation started it, and what were they responding to?)

How has the pattern EVOLVED from grandmother to mother to you? (Is it getting weaker or stronger?)

What has this pattern COST your family across three generations?

What has this pattern PROTECTED your family from?

THE REWRITE



You are the woman who gets to choose. Not from anger at the women before you — they did what they could. But from gratitude for their survival AND a decision to create something new.

The inherited belief I am releasing (write it one last time):

The new belief I am choosing:

How will this new belief change how I earn?

How will this new belief change how I save?

How will this new belief change how I spend?

How will this new belief change what I teach my children?

Write a letter of gratitude to the women who came before you — for their survival, their sacrifice, and the fact that their story brought you here. Begin with: 'Because of you, I...'

*"You can't give your children a healthy relationship with money
if you don't have one yourself."*

— Maria Alla