

NO MORE UNDEREARNING

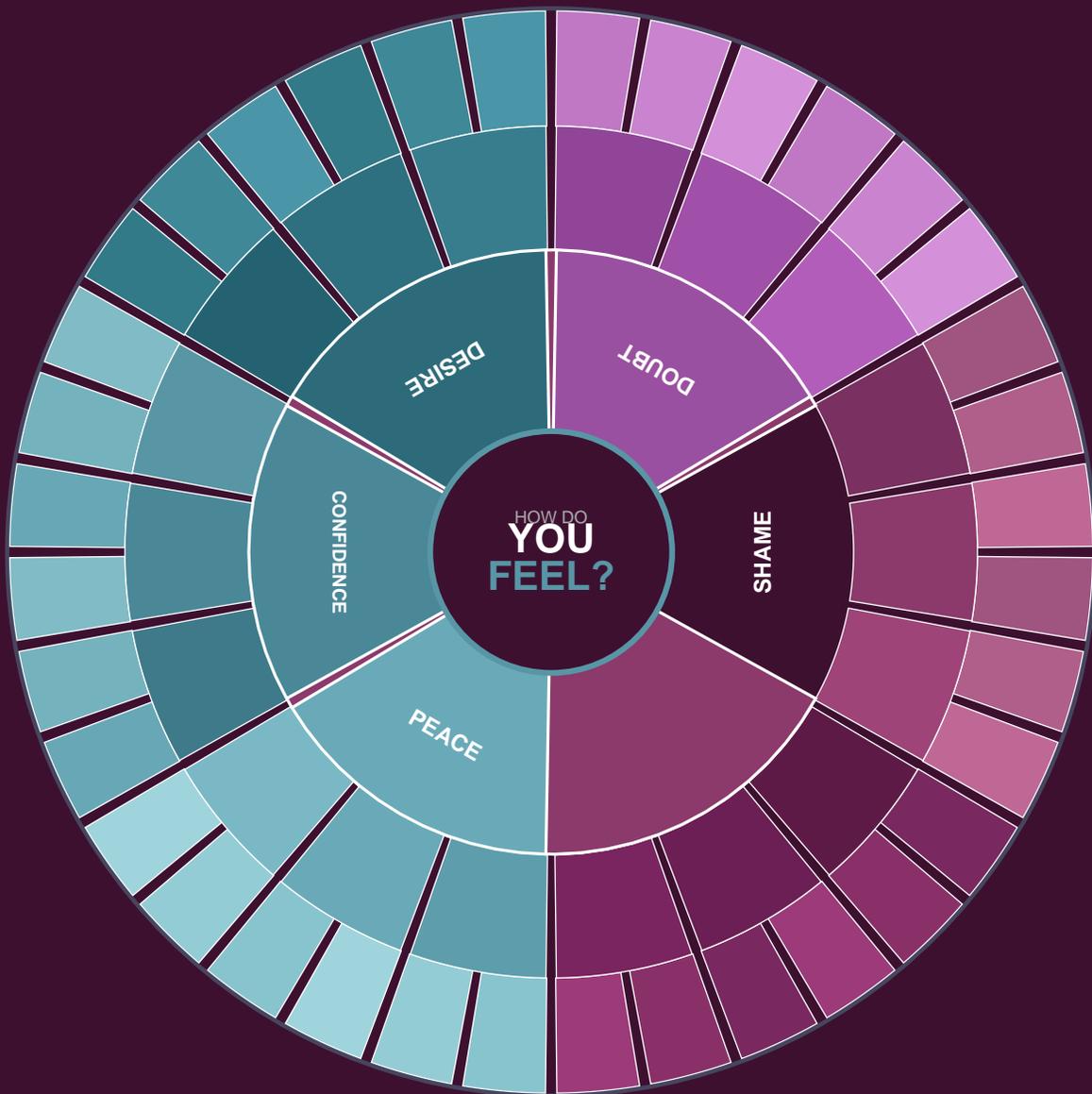


# The MONEY Method™

## Feelings Wheel Workbook

*Name what you feel — then trace it to the thought creating it*

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nounderearning.com

# FEAR

*Fear shows up as the feeling that keeps you safe and small.  
In money and business, it usually means you are on the edge of something real.*



### N — NOTICE STEP

*When I feel fear, the specific word that fits best is:*

.....

*The thought creating this feeling is:* .....

# SHAME

*Shame is the belief that something is wrong with you.  
It is the quietest and most costly emotion  
in underearning.*



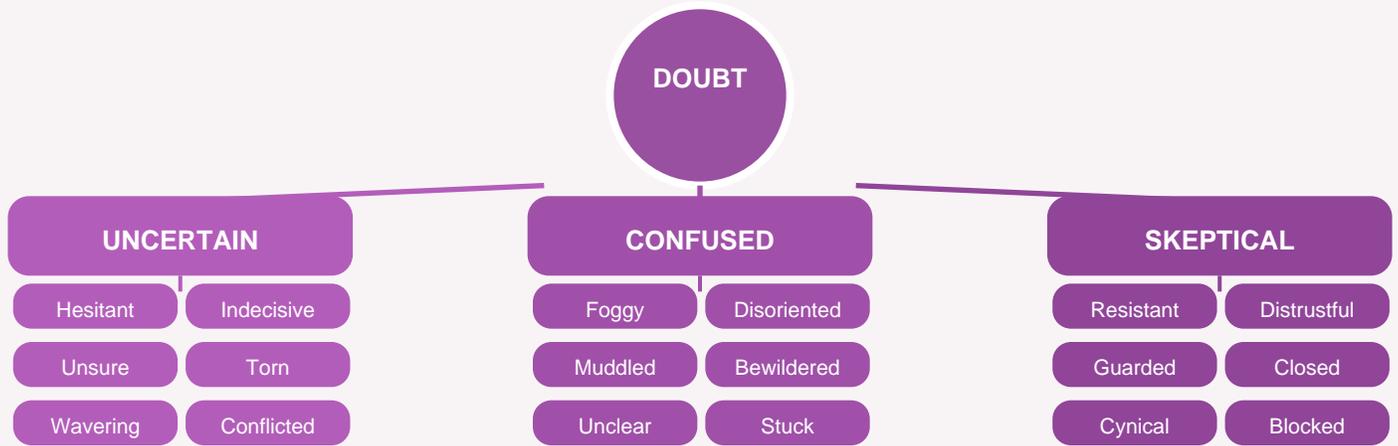
### N — NOTICE STEP

*When I feel shame, the specific word that fits best is:*

.....  
*The thought creating this feeling is:* .....

# DOUBT

*Doubt questions your readiness and worth before results have even arrived. It disguises itself as being realistic.*



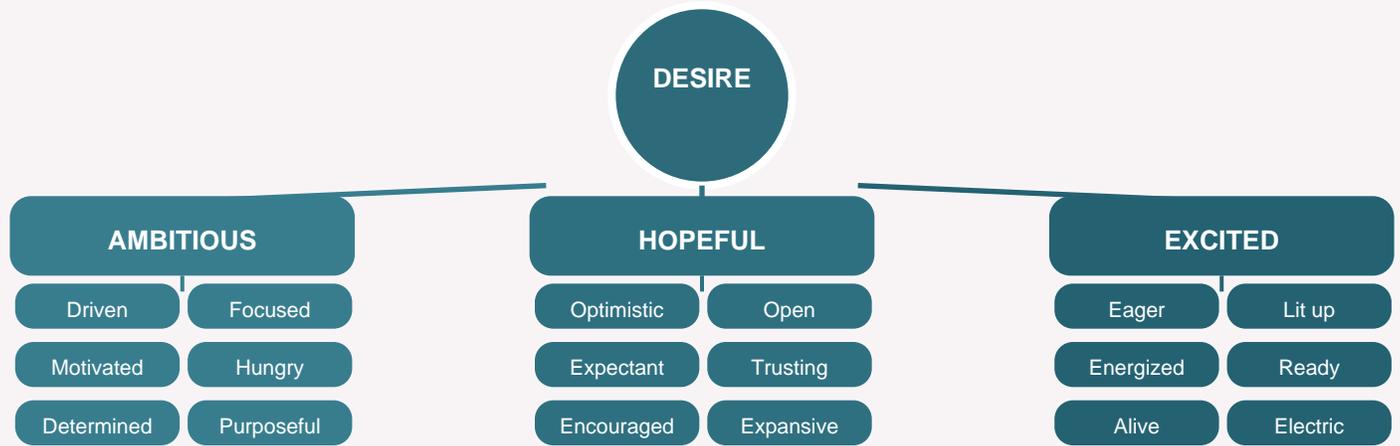
### N — NOTICE STEP

*When I feel doubt, the specific word that fits best is:*

.....  
The thought creating this feeling is: .....

# DESIRE

*Desire is the feeling that knows more is possible.  
It is the pull toward the result you want and your  
compass when doubt gets loud.*



### N — NOTICE STEP

*When I feel desire, the specific word that fits best is:*

.....  
*The thought creating this feeling is:* .....

# CONFIDENCE

*Confidence is the feeling that fuels bold action:  
sending the email, naming the price, showing up fully.  
It is available on purpose.*



## N — NOTICE STEP

*When I feel confidence, the specific word that fits best is:*

*The thought creating this feeling is:*

# PEACE

*Peace is the emotion that makes bold action sustainable.*

*It is the steadiness you operate from  
when you trust yourself completely.*



## N — NOTICE STEP

*When I feel peace, the specific word that fits best is:*

.....  
*The thought creating this feeling is:* .....