

Journal With Us: Your Money Story

After Losing a Spouse (Part 1)

Welcome,

This worksheet goes along with Episode 1 of Financially Ever After: Widowhood, a LIVE recording of a money circle led by Stacy Francis and Sunaina Mehra. You can access the YouTube video recording [here](#).

How to Use This Worksheet

- Pause the episode as you move through each section
- Write as much or as little as feels right
- This is about clarity, not completion

What you write here is for you.

Section 1: Your Money Story — Then and Now

When you think about your relationship with money, where do you notice it began to take shape? (You may reflect on any time period that feels relevant.)

Are there early experiences or messages about money that still show up for you today?

How have those beliefs been reinforced or challenged over time?

In what ways has loss changed how you think or feel about money?

Section 2: Where You Are Right Now

Take a moment to notice what feels most present for you around money today.

What worries or questions feel most immediate?

What feels uncertain or unfinished?

What feels steady, supportive, or already handled?

If you had more clarity around your finances, what would you want it to help with first? (What would bring the greatest sense of relief right now?)

Optional reflection

You may find it helpful to notice both what feels heavy and what is already being held.

Section 3: Looking Forward — Intentions, Not Decisions

This section is about direction, not action. You are not committing to anything today.

When you imagine feeling more financially steady, what do you hope that would allow for in your life?

What would you like to feel more confident or calm about?

What kind of support would make the biggest difference for you right now?

What intention feels meaningful at this point, even if the steps aren't clear yet?

What pace feels respectful of your life and your grief?
