

Rich Femme Evolution

May 2025 Journal Prompts

(Dressing Up Or Dressing Down)

Part One: Reactions to Wealth in Others

Personal Life Reflections

1. When you think about women you know personally who are wealthier, how do you truly feel in their presence?
2. What emotions arise — admiration, envy, guilt, frustration, or something else?
3. How does their energy feel to you? Expansive, intimidating, inspiring, or uncomfortable?
4. Are there any men in your life who openly display wealth? How do you respond to them emotionally and physically?
5. What, if anything, do you notice differently between your reactions to wealthy women vs. wealthy men?

Social Media Reflections

6. Think about people you follow (or avoid) online who show off wealth — luxurious lifestyles, material goods, travel, etc.

- What emotions or thoughts immediately arise when you see their content?
 - Is there guilt, anger, jealousy, judgment, admiration, or inspiration?
7. Does your response change if their wealth is presented in a “showy” way vs. a quieter, natural way?
 8. Which type of wealth embodiment feels more triggering to you? Which feels more comfortable?
 9. Where do you feel these emotional reactions in your body (tightness, excitement, contraction, openness)?

Part Two: Exploring Your Wealth Identities

Past Identity Reflections

10. Write a list of different wealth identities you have worn throughout your life (e.g., “the struggling student,” “the corporate success,” “the spiritual minimalist,” “the parent prioritizing family over money”).

11. For each identity, ask yourself:

- Was this identity expansive or limiting regarding wealth?
- What environment were you in at the time (friends, community, work)?
- Did you shift your identity to fit into that environment?

Emotional Reflections on Past Identities

12. How do you feel about each of these past identities today?

- Is there celebration, pride, sadness, guilt, shame, frustration, or tenderness?

13. Can you locate these feelings in your body? Where do they live inside you now?

Higher Perspective Reframing

14. If you view these past wealth identities as your soul simply playing and exploring in this lifetime, how does that shift your perception?

15. Could you forgive yourself for any triggers, discomfort, or self-judgment you feel about your past?

16. Can you celebrate the times when you allowed yourself to step into more expansion, wealth, and self-expression?

Closing Expansion Reflection

Final Inquiry

17. Who are you choosing to dress up as now?

18. What expanded, wealthier version of you are you ready to embody and play with next?