



THE NUMBERS & NARRATIVES ASSESSMENT

Uncovering the "Silent Script" behind your
Finances

A Private Diagnostic
for High-Achieving
Professionals.



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INTRODUCTION & CONTENT

Welcome to Your Numbers and Narrative Work Book!

You've likely noticed how easy it is to manage a complex corporate budget, and as you begin to wonder why your personal finances feel different, you might realise that success on the outside doesn't always mirror the feeling on the inside. Most professionals navigate a complex set of external expectations, yet beneath the surface, there is often an inherited narrative—a silent script—that quietly dictates how you save, spend, and sleep at night.

This assessment goes beyond the spreadsheet to look at the integration of your assets and your lifestyle. As you allow yourself to lean into these questions, you will begin to bridge the gap between your high-earning capacity and your personal peace of mind.

Imagine a version of 2026 where the "vault" of your finances is as secure as your professional reputation. You can feel that peace of mind now, can't you? By completing this profile, you are already taking ownership of a new financial story

What's Inside? (Table of Contents)

Each section focuses on a different aspect of your personal growth journey:



1

Phase I: The Internal Baseline

Mapping the internal pulse and the influence of external expectations.

2

Phase II: The Competence Gap

Analysing the gap between professional mastery and personal certainty.

3

Phase III: Strategic Shift

Decoupling your 2026 trajectory from legacy habits and social scripts

4

Next Steps

Consolidating your diagnostic results into a clear, high-impact strategy. This is where we bridge the gap between your professional "Vault" and your personal peace.

1

THE INTERNAL BASELINE

Identifying the immediate "pulse" of your relationship with your money

Instruction: Answer these questions honestly. No one is watching. Simply notice what comes up for you.

The Emotional Script

When you look at your bank balance, what is the very first word that comes to mind? (Don't think, just feel the answer).

• Freedom [] Anxiety [] Embarrassment [] Boredom [] Other: Reflections:



The Alignment Audit

On a scale of 0–10, how much of your current spending is dedicated to maintaining an 'expected' professional image, versus building your personal legacy?

(Scale 0-10 Slider)



Reflections:



2

THE COMPETENCE GAP

Why professional mastery doesn't always mirror personal peace.

The Safety Floor

What is the specific "number" you need in your account to sleep soundly at night? Notice if this requirement has inflated as your career progressed. Has your "entry price" for peace of mind moved?

Reflections:



The Expertise Gap

Is it more intuitive for you to manage a high-stakes professional budget or project than your own personal cash flow?

What is the "logic" that allows for career-level discipline but personal fluidity?

Reflections:



3

THE STRATEGIC SHIFT

Decoupling your financial choices from social and professional expectations.

The Aspiration

If you felt a total sense of 'Strategic Authority' over your finances—completely uncoupled from social or professional expectations—what is the first major life decision you would make?

Reflections



Motivational Commitment Statement

I commit to achieving this goal because...



Signature:

Date:

4

THE PATH FORWARD

Transitioning from observation to alignment

Reflecting on your Profile: Now that you have identified the 'Silent Script,' you may see where your personal numbers and professional narrative haven't quite aligned. The data gives us the starting point, but your new story gives us the destination

Your Next Step

You have already begun the process of alignment. To bridge the gap between your professional "Vault" and your personal peace, let's look at the data together in **your complimentary coaching session.**

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