

COMPANION WORKBOOK

THE

STEADY

RESET

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3-PART AUDIO SERIES

*No budget ever fixed a feeling.*

*Start here instead.*

01 NAME THE TRIGGER

02 THE MIDLIFE SHIFT

03 FIND YOUR STEADY

BY SHANNAH GAME

CFPT™ · TRAUMA OF MONEY SPECIALIST · AUTHOR

# Hey, you.

## *I'm really glad you're here.*

This workbook is your companion to The Steady Reset — a free 3-part audio series designed to get to the emotional wiring underneath your relationship with money. The part every other money program skips.

You are not bad with money. You are a human being who learned to use money to manage feelings that nobody ever taught you how to handle any other way. That changes now.

This is not a budget workbook. There are no spreadsheets. No shame. Just honest questions, space to write, and a few things I'm going to ask you to say out loud — because your voice matters here.

### HOW TO USE THIS WORKBOOK

- 01 Listen first.**  
Play the full audio before opening this page for that episode.
- 02 Come back here.**  
The prompts land differently once you've heard it.
- 03 Do all three things.**  
Body moment, writing prompt, something to say out loud.
- 04 Don't edit yourself.**  
Write the first thing that comes. Messy = true.

### A note on the affirmations:

*Each audio ends with a line I'll ask you to say out loud. I know — it might feel a little weird. Say it anyway. Especially if you don't believe it yet. Especially then.*







# You did the work.

*That's not nothing. That's everything.*

If these three audios shifted something for you — if you felt seen, if something clicked, if you wrote something down and thought 'oh, that's it' — know that this is just the beginning.

**The Steady Reset is the front door. Money Steady is what's inside.**

## MONEY STEADY

A 6-WEEK COHORT FOR WOMEN IN MIDLIFE

Stop white-knuckling your finances. A small-group experience for women ready to untangle emotional spending, rebuild self-trust with money, and create real financial calm — together. Not another course. A cohort. A room of women who finally get it.

**FORMAT**

6-week cohort

**WHO IT'S FOR**

Women in midlife

**NEXT COHORT**

Doors open soon

**INVESTMENT**

Join waitlist for details

6  
WEEKS

**JOIN THE WAITLIST** → [heyshannah.com/money-steady](https://heyshannah.com/money-steady)

QUIZ

### Find your Midlife Money Type

5 questions · Free · [heyshannah.com/quiz](https://heyshannah.com/quiz)

*Discover what's really been driving your money anxiety* →



#### MEET SHANNAH

**Shannah Game, CFP™**, is a Trauma of Money Specialist and author of *Unraveling Your Relationship with Money*. After two decades in personal finance and her own midlife reinvention, she realized money isn't just numbers — it's emotions, identity, and survival instincts rolled into one. Her work blends behavioral finance, trauma-aware coaching, and storytelling to make money feel human, not heavy.

***You are not your bank balance. You never were.***