

3 Steps to a New Money Mindset

1. What are your current thoughts about your money?
2. What do you want from your money?
3. Create a simple statement or affirmation that reflects your desires and intentions for your financial future.

Tips for creating your new money mindset:

1. Be nice to yourself and give yourself grace. This is not a time for judgement, sadness or regret. Take time to really think about this. This simple exercise is so powerful and worthwhile. You are already thinking something about your money that is creating your present financial circumstances. This is an opportunity to think more intentionally and create the financial future that you want.

2. When asking yourself what you want, think about things like paying off debt (I prefer the term loans or becoming debt-free), saving money, home ownership, investments, and other opportunities like education, travel, saving for the kid's future, starting a business etc. Really dream about what you want to do in the next few years. You can do this with your partner or on your own, whatever works for you.

3. When you create your new money mindset statement, notice the feeling you get from it. Does it light you up inside? Motivate you? Make you smile? How does the feeling compare to when you first thought about your feelings about your money? Keep working on it until you find a way of phrasing your statement that really feels right and hits the major points that are most important to you. This is something that can literally change your life for the better starting today!