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# MONEY MIND: HOW DO YOU THINK ABOUT MONEY?

NO MORE FINANCIAL SECRETS

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So much of how we think about money comes from what we experience growing up.

And because how you think about money drives your decision-making, it directly impacts your ability to reach your financial dreams. So, let's take a deep dive into how you think about money and how to create the healthiest mindset possible!

Committed to your financial success,



**Marsha**  
Founder, The Finance Bar

It's time to:

- Understand your money mindset
- Begin the process of transforming how you think about money
- Begin to set actionable and attainable financial goals that build your financial confidence

Are you ready? Let's go!

# READ THIS

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We all start out in different places with how we think about money. And that's ok! The goal is to make sure we start to think healthily about it sooner than later. The best way to get to a positive money mindset is to ask and answer a few key questions.

## **Know how your parents/guardians think about money.**

Our parents or guardians are usually the first people to influence how we think about money. We are shaped by what they believe about their finances. Once we get a clear understanding of their thoughts, feelings (and sometimes fears) about money, it makes it easier to see where we can adjust our own mindset for the better.

## **Are you brave enough to dream of the life you want?**

It's no secret that access to money and the responsible use of it can help us get closer to our goals and dreams. The only way to heal our money mindset or to continue to have a positive money mindset is to allow ourselves to daydream of exactly what we want. Possibility is powerful.

# DO THIS

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1. Take time to daydream about the life you want if money was abundant. Ask yourself questions like:

- a. What do you want to experience?
- b. Do you want to travel? If so, where do you want to go?
- c. Where do you want to attend school?
- d. Where will you live?
- e. What kind of activities will you be able to do?
- f. How do you want to feel?
- g. Where will you be able to vacation?
- h. Who will be with you?
- i. What will be your dream job?

2. Once you've daydreamed, write it all down, even the things that seem impossible.

Seeing is believing! There is room at the end of this workbook to write.

3. Next, create your own money motto. You can even create or borrow more than one.

These affirmations will help you to keep a positive outlook about money and give you the confidence to keep moving forward into financial success. Here are some examples you may want to use to start:

- a. I always have enough
- b. There are no limits to what I can accomplish
- c. Money saved is money earned
- d. I am responsible and smart with my money
- e. I am grateful for all the opportunities that constantly come to me

# NOTES

*notes*

Take time to write down all your dreams and goals, the big and the small. You can also use this space to start brainstorming your personal money motto!

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