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YOUR RELATIONSHIP WITH MONEY

My Top 5 Tips to make it awesome!



“

**Money carries our
intention. If we use it
with integrity, then it
carries integrity
forward.**

~Lynne Twist

”

Let's get to

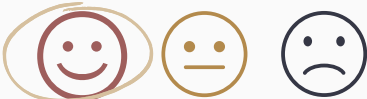

**LOVING OUR
MONEY!**

TIP # 1

Journaling Your Monetary Emotions

This is a great place to start if you're new to analyzing your relationship with money. Note that it's not your typical journal, but if writing/physical processing is a good option for you, you should give this a go!

Here's an example of what your journal can look like:

Money Event	Emotion	Thoughts
<u>Payday</u>		<u>Love watching money hit my account</u>
<u>Paid cell phone bill</u>		<u>Why does this thing cost so much?!</u>



The Goal

Identify what currently makes you feel good and what brings up some negativity or resentment.

Use the below tips to watch **those sad faces turn into happy faces?**

TIP # 2

Thank Your Money

From the book Happy Money by Ken Honda.

Arigato in, Arigato Out

pronounced: ahr-ee-gah-toh

It's the Japanese art of **making peace with your money**.



Picture this...

- You're putting gas in your car, and you thank your money for allowing you to get from Place A to B... look at you going places!
- You got a little financial windfall, and you thank your money for the ability to max out your IRA... you're crushing it this year!
- You're paying your garbage bill, and you thank your money for the ability to have such an incredible service... who wants to dispose of their garbage themselves?!

Create a Money Mantra

Do you have a saying about money that brings a smile to your face?

A phrase that **sets you abuzz**?

If not, try one of these!



I can love money because I love myself.



Money flows freely to me.



I am connected to the universal supply of money.



I can look at my finances without fear.



I naturally attract good fortune.



There is always more than enough money in my life.



I have the power to create success and build the wealth I desire.



TIP # 4

Establish Money Dates

A money date is your chance to set aside **time and energy** to spend on **your finances**.

Wanna hang Friday night?

I'd love to.

I'll bring the wine

See you then!

So, what to do from here...

- **Set the whom:**
 - solo date?
 - roomies?
 - sig o?
 - business partner?
 - besties?
- **Set the agenda:**
 - are you reviewing your spending last month?
 - are you looking at what you have upcoming?
 - are you setting financial goals?
- **Set the mood:**
 - do you want your favorite drinks in hand?
 - do you need your computer there?
 - do you want to be indoors/outdoors?



TIP # 5

Create Predictability




Okay, okay, contrary to the above pic, there is no crystal ball that comes with your money. So you have to **create predictability** yourself!

Here are my top tips to make that happen...

[Tips within tips -- it's getting wild in here]

1. Have a separate bank account for all your business inflows & outflows
2. Pay yourself on a schedule: could be bi-weekly, could be the 1st & 15th of the month, etc.
3. Transfer money into savings for sporadic expenses: such as biannual insurance payments, annual dues, etc.
4. Set up automatic transfers for savings

and, if you have any questions here's where to find me



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