

# Money Mindset *Jumpstart*

Pick one money mindset activity to try today. Then keep practicing!

## Start with Ways You Are Good at Money.

We are all doing something well when it comes to our money. Start with what you are doing now and then decide what you will do next.

What are 3 things you are already doing well with your money?

- 1.
- 2.
- 3.

Check out the following list. What is the next step you will take with your money?

### 20 STEPS YOU COULD TAKE TO TAKE CONTROL OF YOUR MONEY

Start tracking your income.

Start tracking your expenses.

Create a positive money mantra and use it every day.

Set up a separate business account.

Create a home or business budget.

Set up regular (any size) contributions to your own retirement.

Spend one week watching your language around money.

Schedule a weekly money date.

Set a financial goal for year, quarter, or a specific launch.

Hire a bookkeeper.

Get specific about your money needs.

Reset one money fear.

Change one thing you find yourself saying regularly to an abundance oriented statement.

Create and statements for yourself around money.

For one week, notice your money biases.

Create a "money needed" tracker for yourself (like the thermometers you see outside of schools for money raised).

Clearly state your money why.

Create or improve your system to track your money.

Pay yourself weekly or monthly.

Give thanks for the money you have.

## Check your money biases.

Even if you don't think you have money biases, you probably do. What negative ideas do you have about money and wealth?

What money phrase, like "I don't have the money to ..."  
can you change to a positive?

Positive:

Negative:

Create an and statement to counter money biases.

*(Example: My business thrives and I am an amazing mom.)*

Be specific about what you are working toward and why.

What are you working toward? It could be a specific event  
(a luxury trip to Paris for your birthday) or a lifestyle you want  
to embrace. What's your why?

**What do you need to get there? Get specific.  
What's your number?**

**Reframe your money fears.**

It's time to get past your money fears by taking the bite out of them and creating new money mantras.

**What is your fear?**

**What proof do you have that that's not true?**

**Create a money mantra by taking negative words out of your fear statement. What's your money mantra?**

**You might also choose a money mantra that isn't tied to a specific fear like:**

- Money flows easily to me.
- I am grateful for the abundance I have and the abundance on it's way to me.
- I always have what I need.