

MONTH 4: REVITALIZE YOUR BANK ACCOUNT



YOUR MONEY GOAL

There is nothing like a global pandemic to bring you face to face with a lot of things. Your relationship with money might be one is likely an area you have thought about more in the past few weeks than ever before.

In order to "Revitalize Your Bank Account", you either need to be willing to make more money or spend less money. And for our theme this month, I am going to suggest you set a money related goal for yourself.

Setting and working on this goal will bring you ample opportunities to coach yourself (or ask for coaching from me).

Here are some examples to get you started and thinking creatively on what your goal will be for this month:

By April 30 I will:

- have made an extra \$2000 on top of my regular paycheck
- have put \$1000 into my Savings account
- paid off a specific debt I owe

YOUR CURRENT HELPFUL MONEY BELIEFS

Next make a list of the positive things you believe about money, your ability to make money, to save money, to use money well

List them below:

YOUR CURRENT UNHELPFUL MONEY BELIEFS

Next make a list of the more negative things you believe about money, your ability to make money, to save money, to use money well

List them below:

NET WORTH DOWNLOAD

Take moment to total your net worth (google this is you aren't sure how to calculate this)

Write that number here:

Do a Thought Download on everything you think and feel about that number (be honest, this is just for you):

FIND EVIDENCE

1. Go back through the previous pages.

Beside each belief, find some evidence you have to support each and every belief (for both the helpful and the unhelpful).

2. Notice that your brain can find evidence to support nearly everything you believe which makes it easy to continue to believe.

Circle the beliefs that will help you with your April goal. Put an X beside the ones that could be unhelpful.

3. Complete the Obstacles and Strategies for how you will achieve your April goal and commit to 30 days of Money Thought Work as you create your result.

4. Consider adding a weekly Money Meeting to your calendar.

During this hour you can pay bills, work on your taxes and invoices, evaluate your weekly spending and prepare a budget and take stock of how things are going.

Treat your relationship with money like any other important relationship. If you want it to work, you need to invest time and energy getting to know your thoughts and deciding how to work with your money on purpose.

OBSTACLES & STRATEGIES

List All the potential obstacles that you imagine stand between you and your goal, then a strategy for how you will deal with each one: