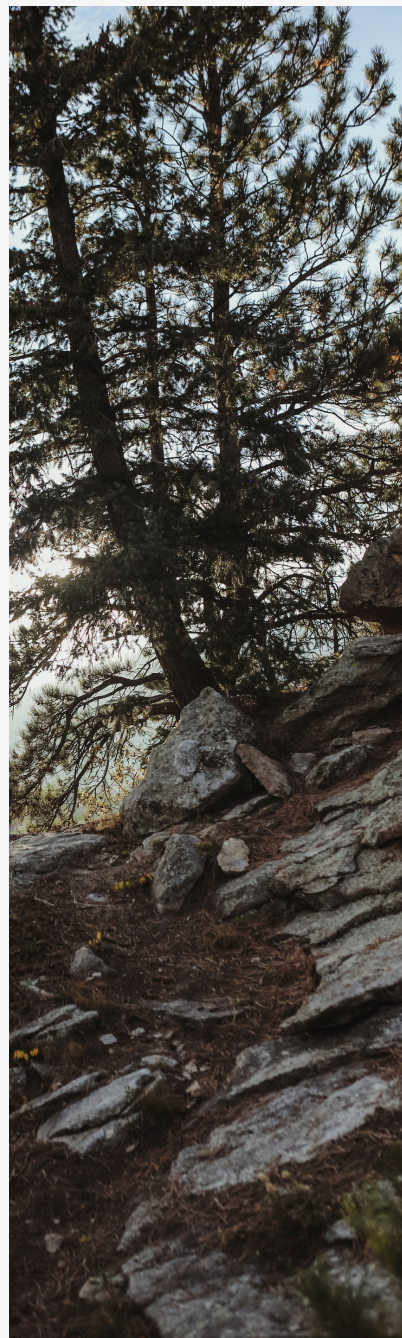




financial therapy solutions



get the life you want
with the money you have

2021 - 2022

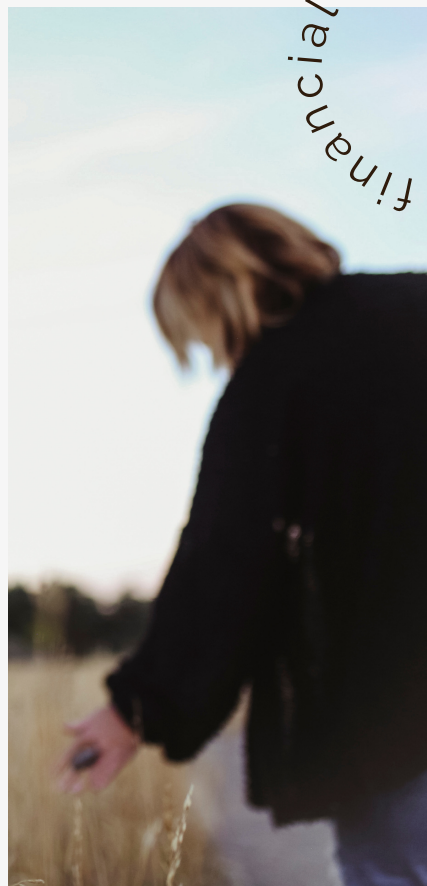
most people think ...

you need to earn more money to create the life you want. In some cases that's true, but for the majority, it's absolutely possible to create the life you want with the money you have.

There's a lot of buzz right now about understanding your money mindset, and for good reason.

Understanding how you think and feel about money gives you power - the power to make conscious choices, to plan, to eliminate fear and anxiety, to create the life and future you really want.

These 3 simple steps will send you rocketing down the road to change:



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three simple steps –

1. Track Your Money, Track Your Thoughts

You've probably heard the first part a million times, but the second part may be new to you. It is to most people. Tracking your money is great, but it doesn't tell you how you feel about the money you just spent. This is important because understanding how you think and feel about money is a powerful predictor of the choices you will make that will shape your future. Use the tracking sheet I've included for you to keep track of your money and your thoughts. Try it out for just one day and the results will blow your mind.

2. Make Friends With Your Fear

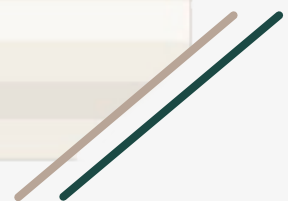
Once you clarify the thoughts and feelings you experience in different money situations, it's time to reframe those feelings. Your feelings are a reflection of your internal values. Whether 'positive' or 'negative', every one of your feelings is telling you something about your value system, specifically around your money. This knowledge and understanding can be a powerful guide in how you spend, save, and plan with your money.

3. Live From Your Plan, Not Your Bank Balance

I can hear you bracing for the Budget Speech! Well, you can breathe a sigh of relief - there will be no talk of budgets around here! A better way to start is to create a Plan. A Plan that incorporates everything you've just learned about yourself and your thoughts, feelings, and values, a Plan that guides all your decisions, not just a budget. Your Plan is the vehicle that will drive you to achieve your hopes and dreams using the money you have. Instead of asking 'Do I have enough money in the bank for this?', the question becomes 'Does this item/service/gift fit into my Plan?' Can you see how this changes your focus and approach?

track your money,
track your thoughts

Instructions: track for 30 days and identify — with *abundant compassionate curiosity* and *not judgement* — your expenses by these 3 categories.



wrapping up –

The suggestions above are rocket fuel to get you started. But then what? Decoding your own thoughts and feelings around money and then creating a solid plan that will really work for you can feel deeply overwhelming.

At Financial Therapy Solutions, our driving purpose is to help you achieve financial freedom, whatever that looks like to you.

Every one of our specialist licensed therapists can help you:

- Understand and connect with your intuition about money
- Find patterns in your money habits
- Clarify subconscious beliefs and blocks
- Create a personalized action plan to help you create the life you really want
- Feel calm and in control of your money

*are you ready to get the life you want
with the money you have?*

The image is a composite of two side-by-side photographs. Both show a close-up of a person's hands reaching out and touching the rough bark of a tree trunk. The background is a soft-focus view of trees and foliage. Overlaid on this image is the text 'click here to book your FREE discovery call' in a clean, black, sans-serif font. The word 'here' is bolded.

click **here** to book
your **FREE** discovery call