What's *your* money story?

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Goal

Better understand your:
- Relationship with money

+

Better understand your:
- Relationship with yourself

+

Better understand your:
- Thinking Patterns

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Better understand your:
- Behavior Patterns

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And how that:
- Influences your spending & financial habits
- Impacts you feel about yourself
- Impacts the decisions you make
- Impacts your mental & financial wellbeing

YOUR MONEY STORY

We all have a money story. It was shaped by our experiences, environment, and the messages we received.

TAKE A MOMENT TO REFLECT...

- What did you learn about money growing up?
- What messages about money did you hear often?
- How did those messages shape the way you see money today?
- What part of your money story do you want to rewrite?

When you think about money, what feeling comes up first?

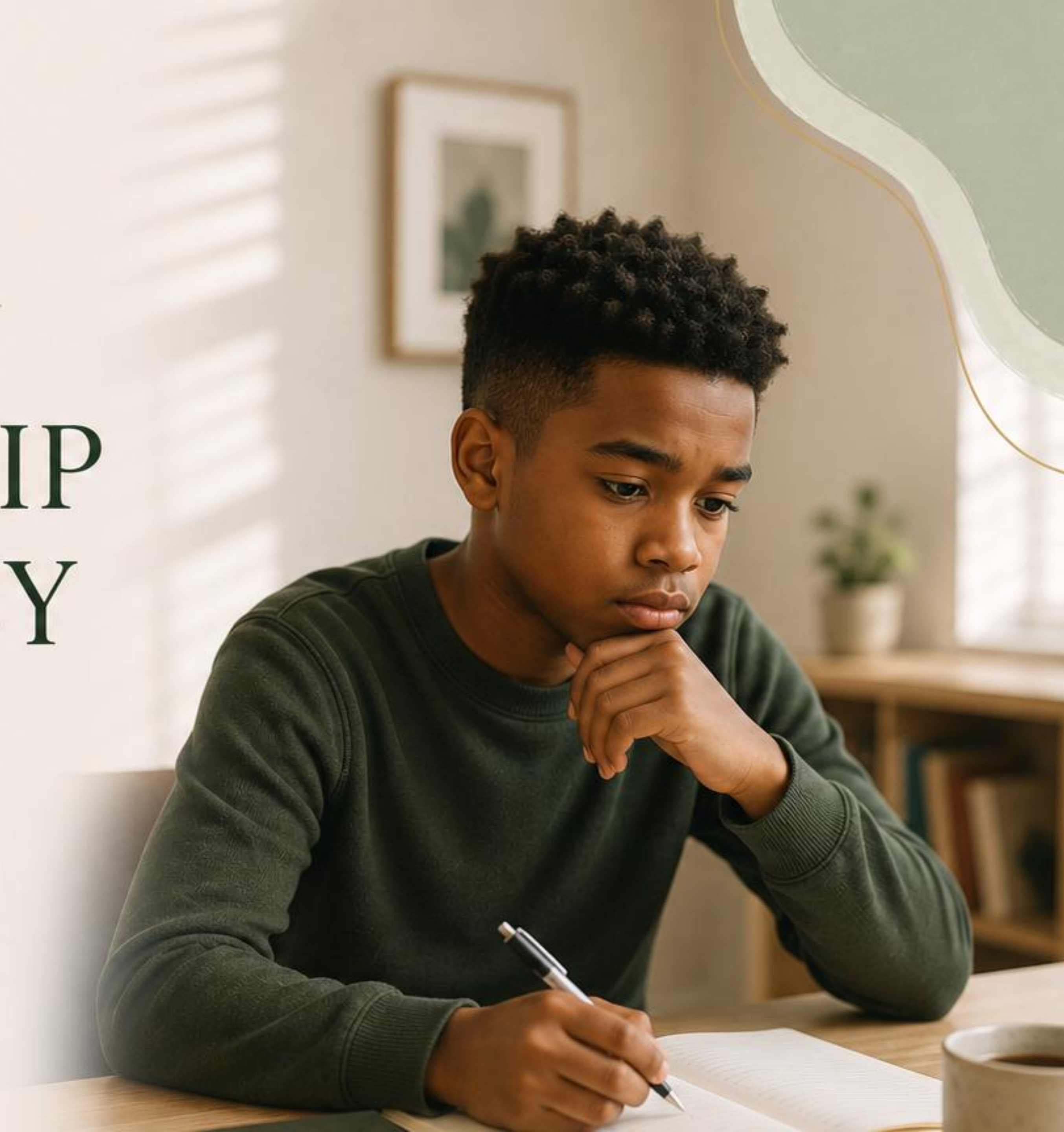
CHOOSE THE ONE THAT SHOWS UP MOST FOR YOU RIGHT NOW.

Anxiety	Shame	Pressure	Guilt	Hope
Security	Freedom	Stress	Avoidance	Confidence

01

RELATIONSHIP WITH MONEY

Exploring the stories, messages,
and experiences that shaped
the way we view and handle money.



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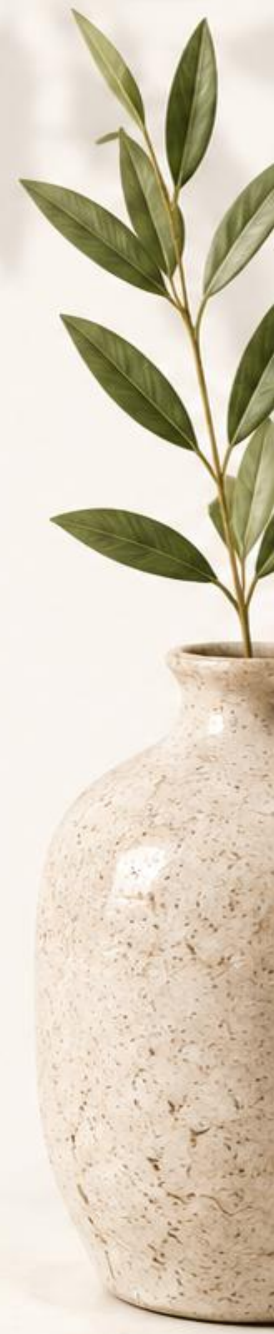
What messages did you learn about *money growing up*?



WHICH ONE ARE YOU?

We all develop money roles based on our experiences, emotions, and environment.

THE AVOIDER

"I'll deal with it later."

Avoids looking at money or making financial decisions.

THE OVERGIVER

"I'll help everyone."

Puts others first financially and struggles to set boundaries.

THE STRESS SPENDER

"I deserve this."

Uses spending to cope with stress, burnout, or emotions.

THE SAVER

"I need to be prepared."

Feels safest saving and preparing for the future.

THE YOLO SPENDER

"We'll figure it out later."

Prioritizes experiences and enjoyment over planning ahead.

THE FINANCIAL FIXER

"I need to save everyone."

Feels responsible for others' financial well-being and carries the burden.

THE GUILT SPENDER

"I feel guilty if I don't."

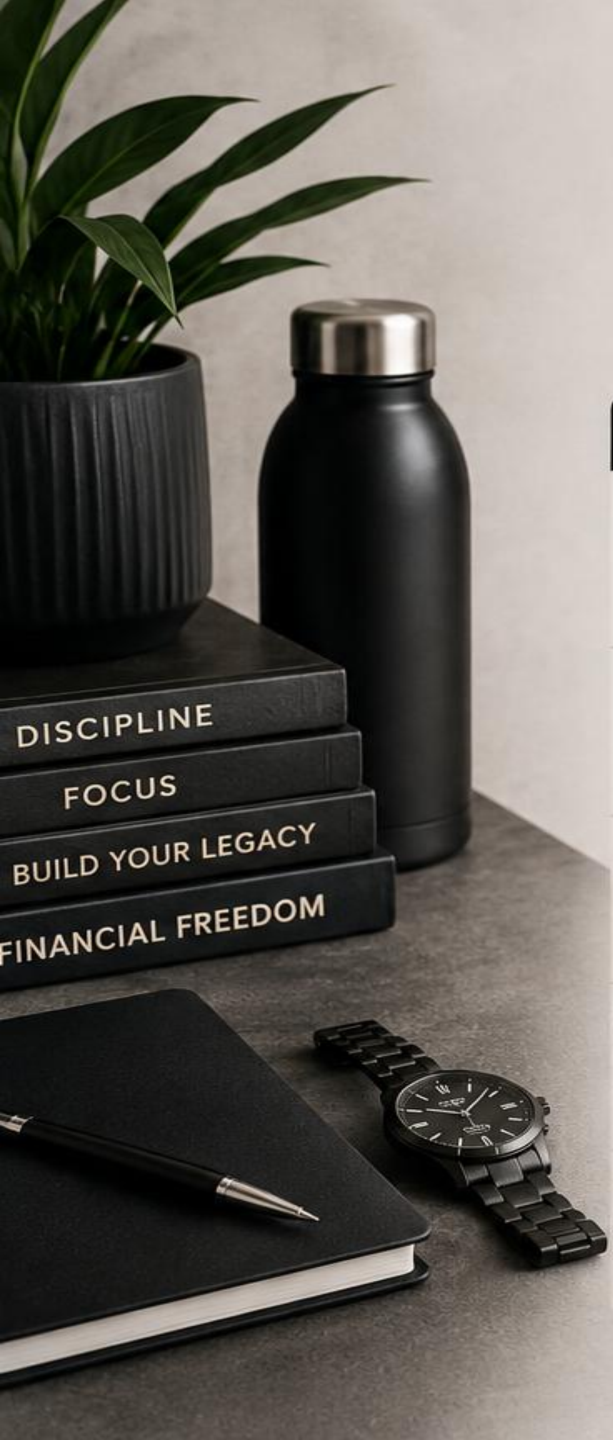
Makes purchases out of guilt, obligation, or feeling like you 'owe' someone.

THE PERFECTIONIST

"I have to get it right."

Sets high financial standards and struggles with balance or flexibility.

THERE'S NO SHAME IN THE ROLE.
AWARENESS CREATES CHOICE.



A SHIFT IN RELATIONSHIP

WITH MONEY

Your money story was shaped by your upbringing, environment, and experiences. A new mindset creates a new legacy.

FROM THIS		TO THIS
I grew up hearing money was hard to come by. Scarcity felt normal.	→	**I believe money can be created and opportunities are everywhere.** Abundance is my baseline.
I saw money fights, stress, or secrecy. It felt unsafe to talk about money.	→	**I communicate openly and build healthy money relationships.** Transparency creates trust.
I was taught to get a good job, work hard, and play it safe. Security meant staying small.	→	**I take smart risks and build multiple streams of income.** Freedom is the goal.
I was influenced by what I saw others have. Comparison drove my choices.	→	**I define success on my terms and focus on my lane.** Purpose drives my decisions.
I learned to survive and not to ask for help. Independence meant doing it all.	→	**I know asking for support multiplies my results.** Community is my advantage.

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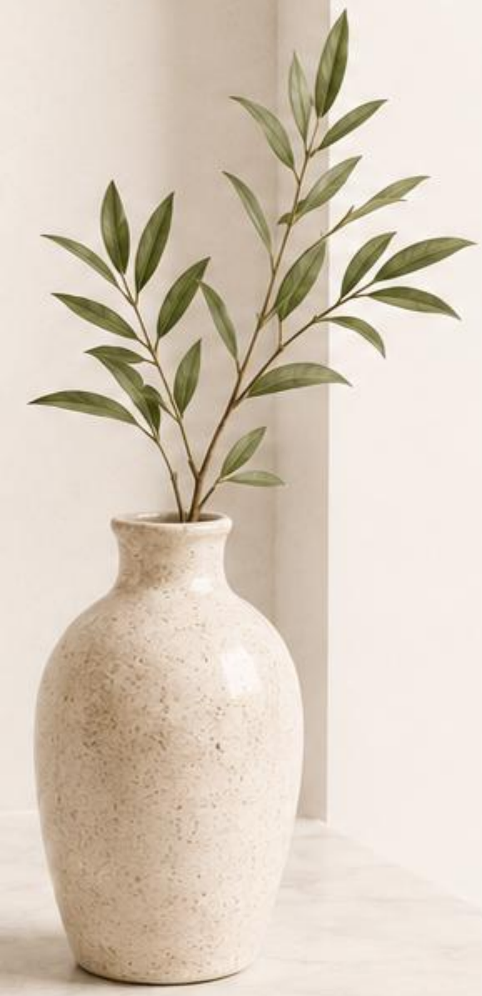
NEW MINDSET. NEW HABITS. NEW LEGACY.

02

RELATIONSHIP WITH SELF

Understanding how money shapes our self-worth, identity, emotions, and the way we show up in the world.



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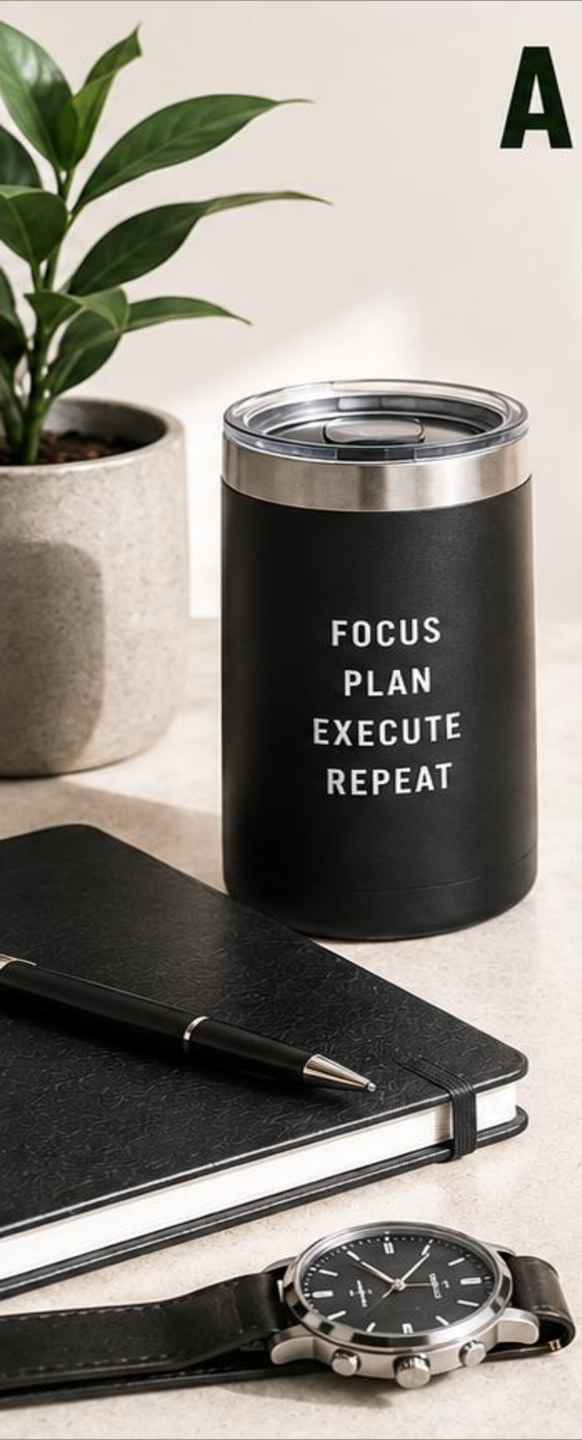
How does the way
you *spend money*
reflect the way
you feel about *yourself*?



A SHIFT IN RELATIONSHIP

WITH *Self*

How you feel about yourself shapes the way you spend, save, give, and receive.

FROM THIS		TO THIS
I feel anxious or insecure, so I overspend to feel better.	→	I feel secure within myself, so I spend with intention.
I feel unworthy, so I struggle to invest in myself.	→	I know my worth, so I invest in my growth.
I feel stressed or overwhelmed, so I impulse buy or avoid my finances.	→	I feel calm and in control, so I make aligned financial decisions.
I feel scarcity and fear, so I hold on tightly or never share.	→	I feel abundance and trust, so I give and receive with ease.
I feel like I'm not enough, so I compare and compete.	→	I feel whole and confident, so I celebrate others and support without comparison.

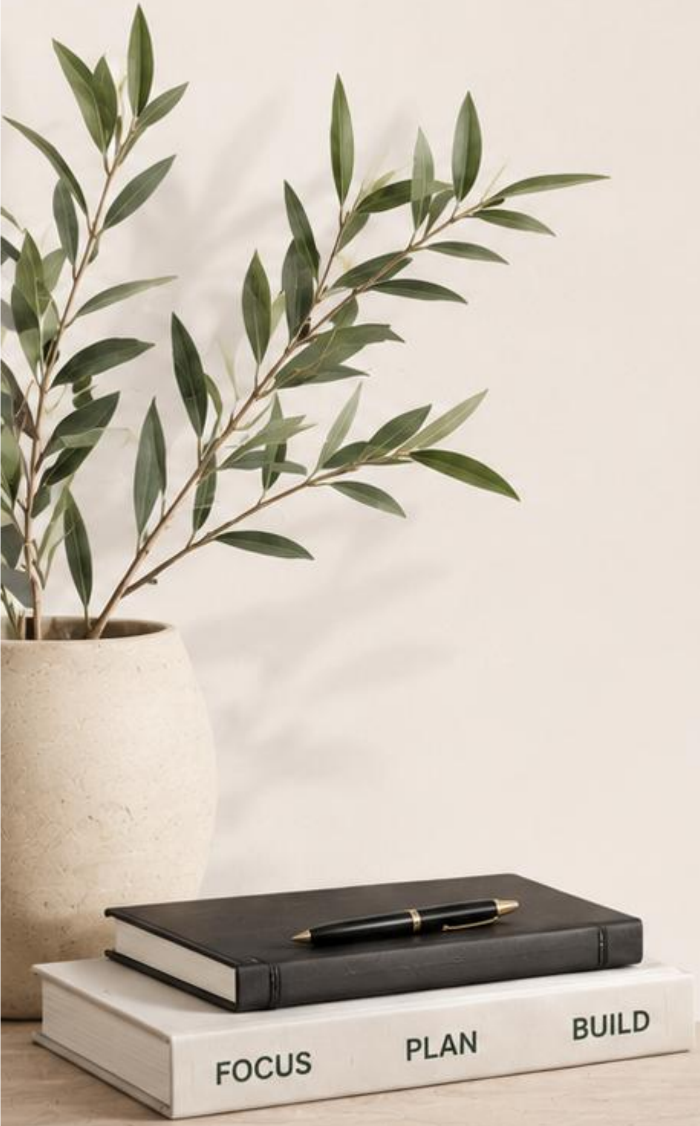
When you heal your relationship with yourself,
YOU TRANSFORM YOUR RELATIONSHIP WITH MONEY.

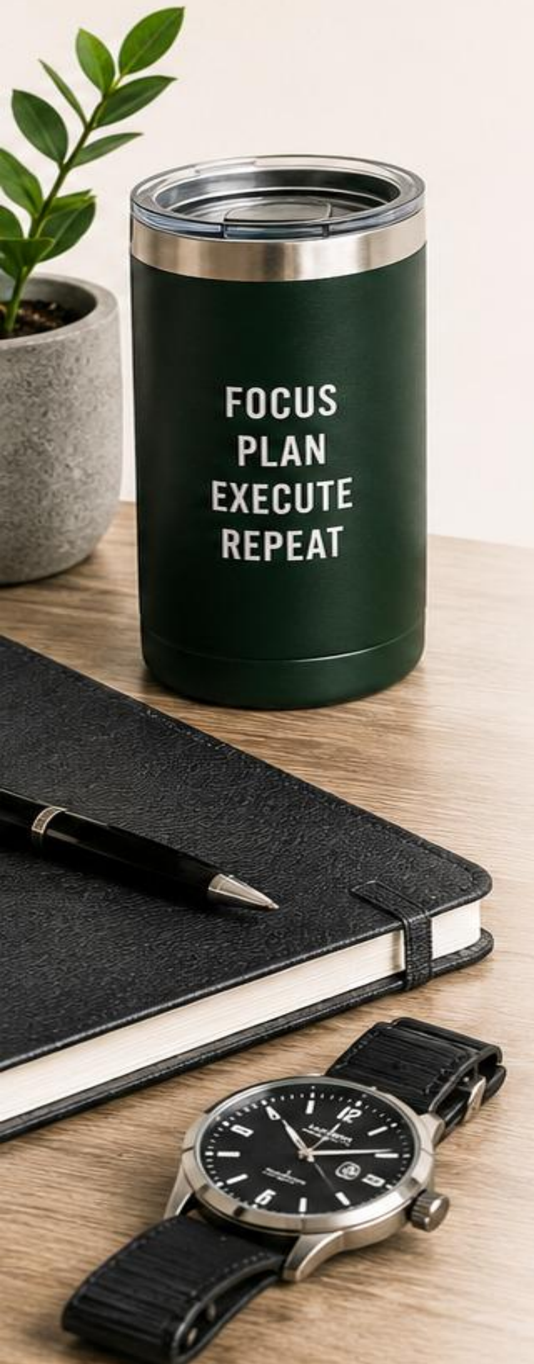
03

THINKING PATTERNS

Exploring the thoughts and beliefs that influence our financial decisions and behaviors.

WHAT THOUGHTS QUIETLY SHAPE YOUR FINANCIAL DECISIONS?





A SHIFT IN THINKING

CHANGES EVERYTHING

Your money story isn't about numbers—
it's about the beliefs and emotions behind them.

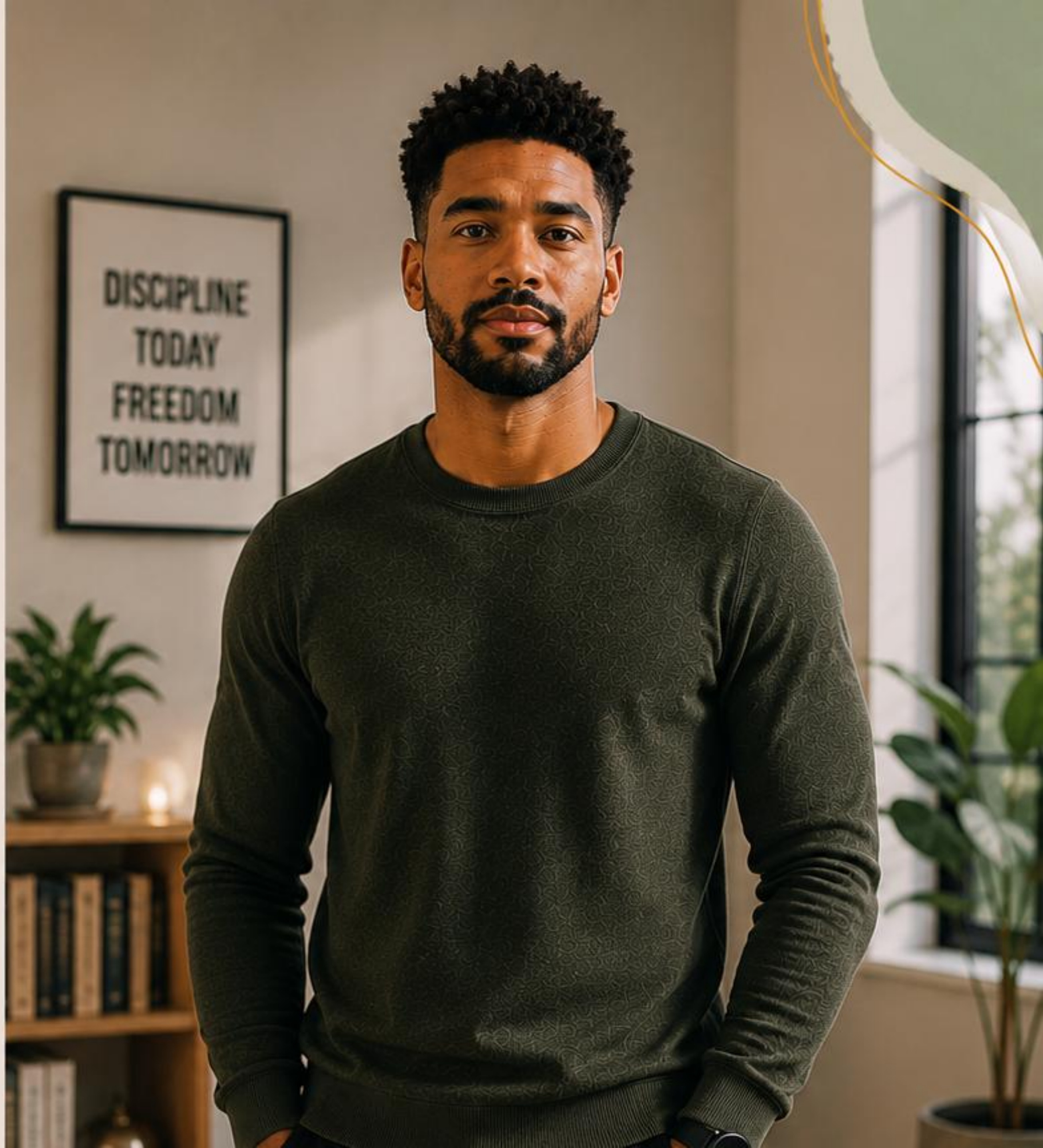
FROM SCARCITY	→	TO EMPOWERMENT
✗ I never have enough.	→	✓ I have enough, and more is possible.
✗ Money is hard to earn.	→	✓ Money can be earned and created in many ways.
✗ I'm bad with money.	→	✓ I'm learning, growing, and getting better every day.
✗ Money causes stress.	→	✓ Money can create freedom and peace of mind.
✗ I need to play it safe.	→	✓ I can take smart risks and build my future.

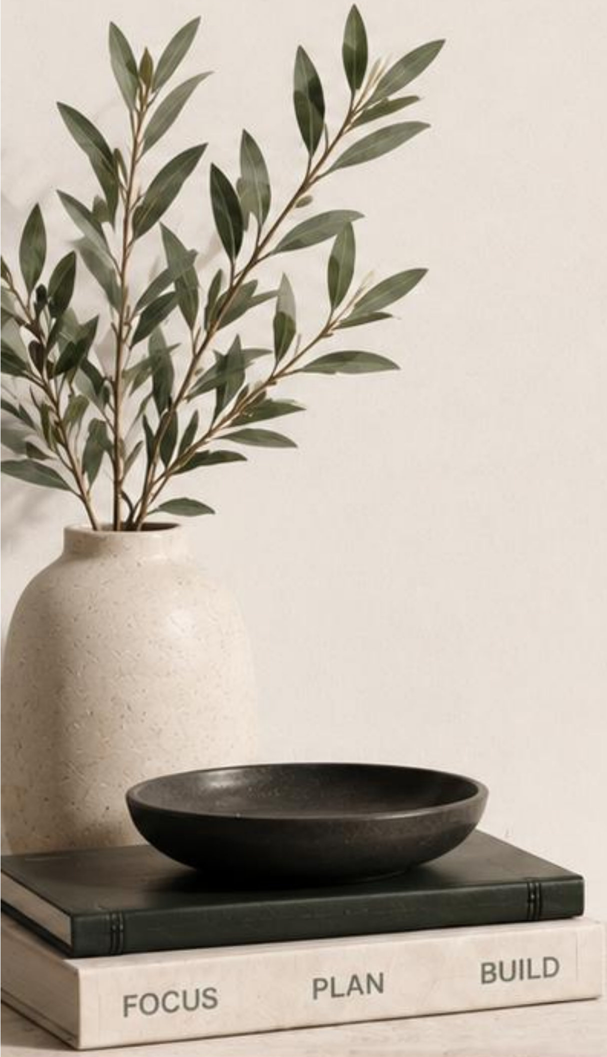
WHEN YOU CHANGE YOUR MINDSET, YOU CHANGE YOUR CHOICES.
WHEN YOU CHANGE YOUR CHOICES, YOU CHANGE YOUR LIFE.

04

BEHAVIOR PATTERNS

Recognizing the habits and actions that drive our financial results—so we can reinforce what works and change what doesn't.





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WHAT PATTERNS KEEP REPEATING IN YOUR FINANCIAL LIFE?

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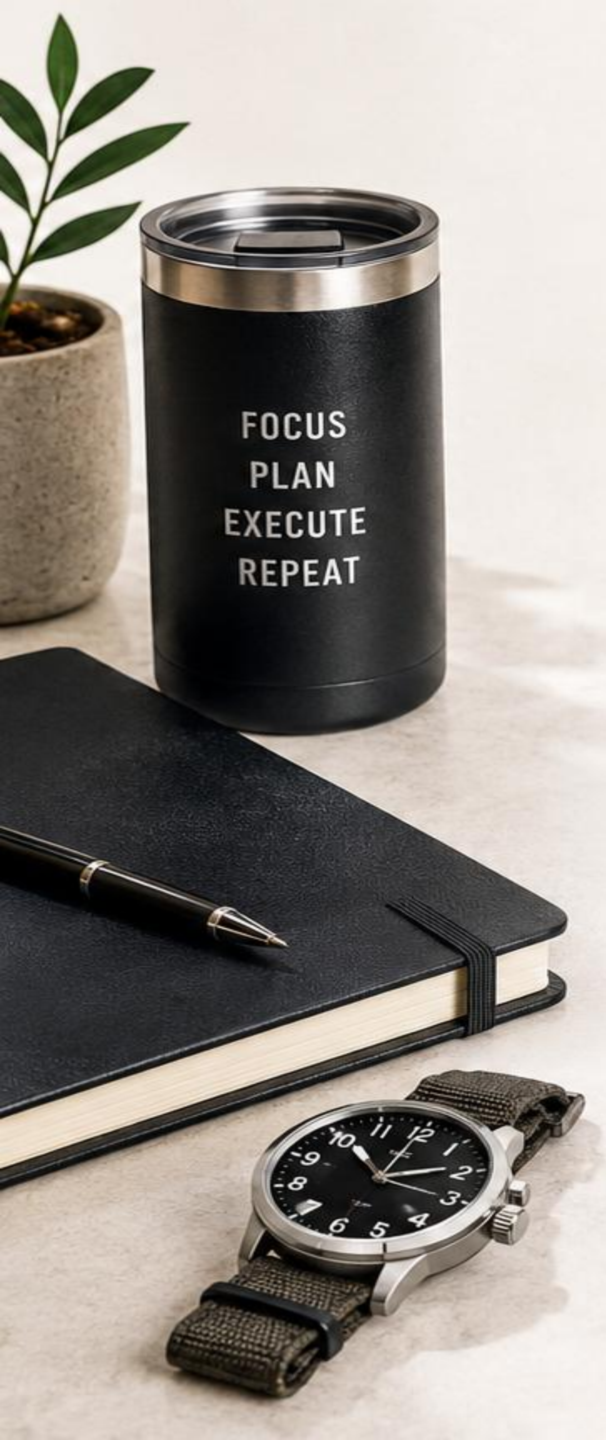


YOUR BEHAVIORS

REFLECT YOUR MONEY STORY

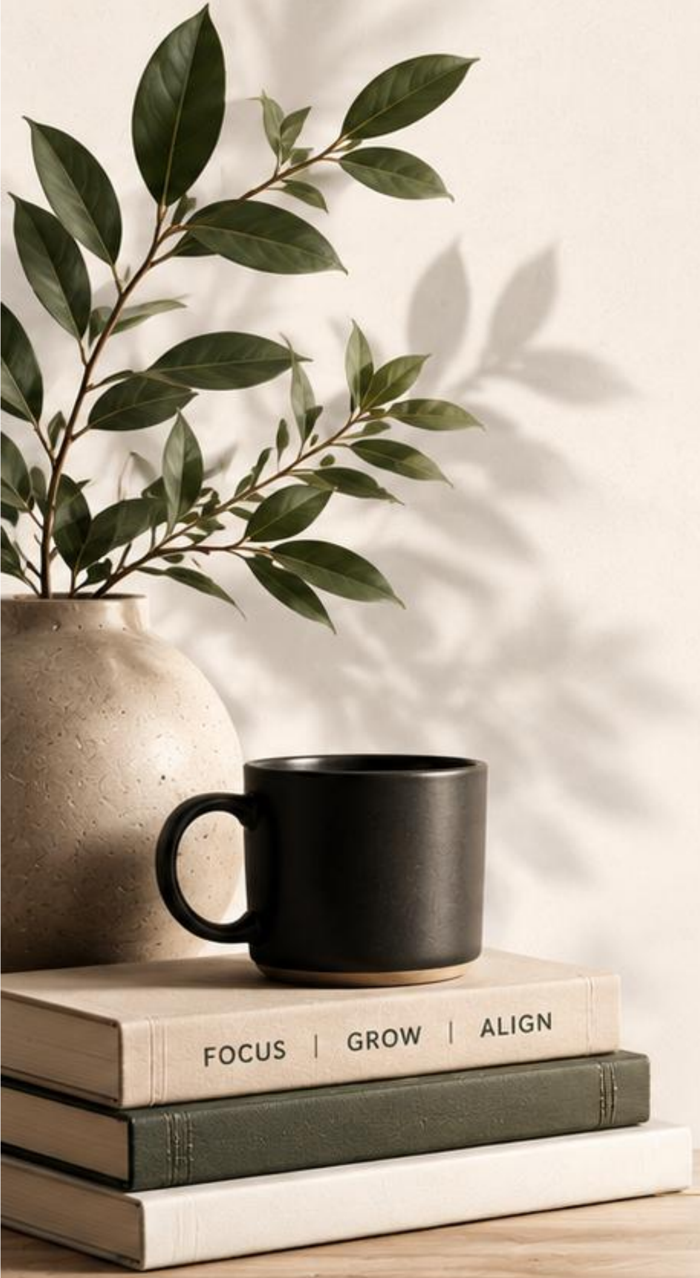
The way you think about money shows up in the way you handle it every day.

LIMITING BEHAVIORS	→	EMPOWERING BEHAVIORS
Avoiding or ignoring your finances	→	Regularly checking in and staying informed
Spending to cope with emotions	→	Spending with intention and purpose
Comparing your financial journey to others	→	Focusing on your own progress and goals
Believing you'll never have "enough"	→	Practicing gratitude for what you have
Staying stuck in fear, scarcity, or guilt	→	Choosing growth, learning, and forward movement

AWARENESS IS THE FIRST STEP.
Small shifts in your behaviors lead to big changes in your future.

STRENGTHENING YOUR RELATIONSHIP WITH MONEY

PRACTICAL TIPS FOR A HEALTHIER MINDSET



Notice the **emotions** behind your spending decisions.

Practice **awareness** instead of shame.

Separate **self-worth** from financial status.

Identify **patterns** and emotional triggers.

Align financial **habits** with your values.

Focus on **progress**, not perfection.

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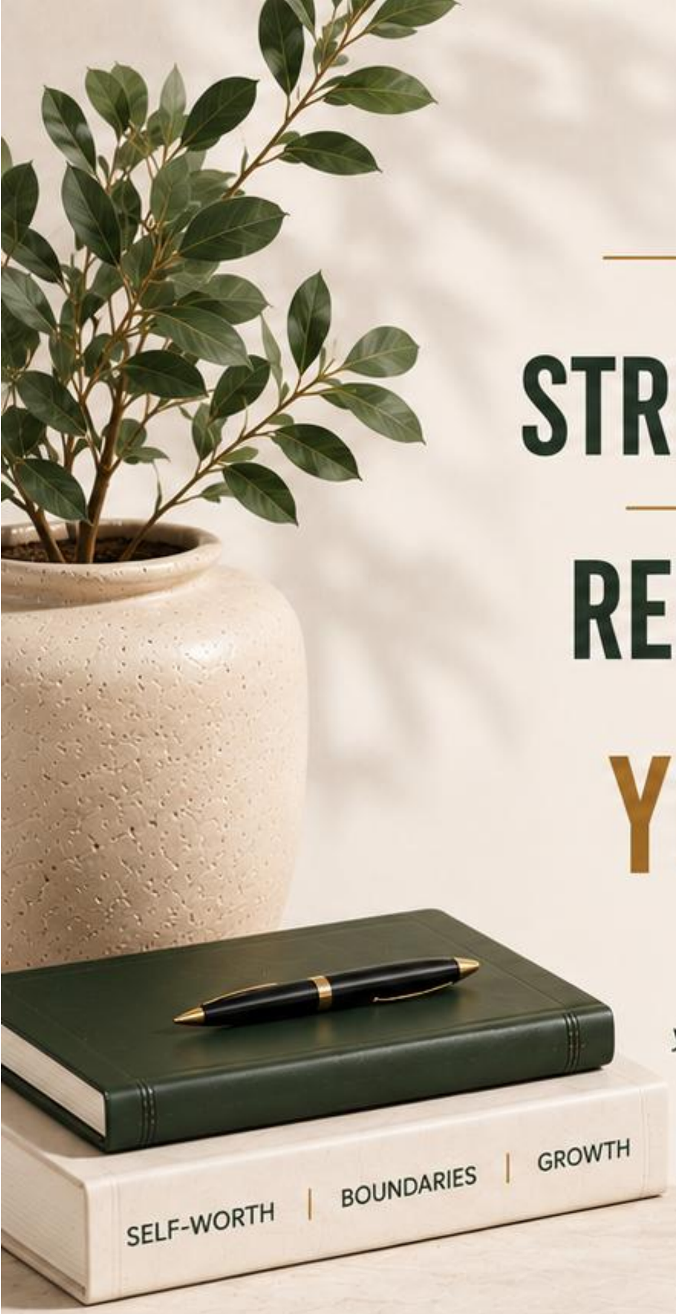
A HEALTHIER RELATIONSHIP WITH MONEY STARTS WITH AWARENESS, NOT JUDGMENT.



STRENGTHENING YOUR RELATIONSHIP WITH YOURSELF

A stronger relationship with yourself creates better choices, healthier boundaries, and ***lasting financial peace.***

1. Separate your self-worth from your financial status.
Your value is not your income, your bank balance, or your ability to provide.

2. Notice when spending becomes emotional comfort.
Pause and ask: What am I feeling right now? What do I really need?

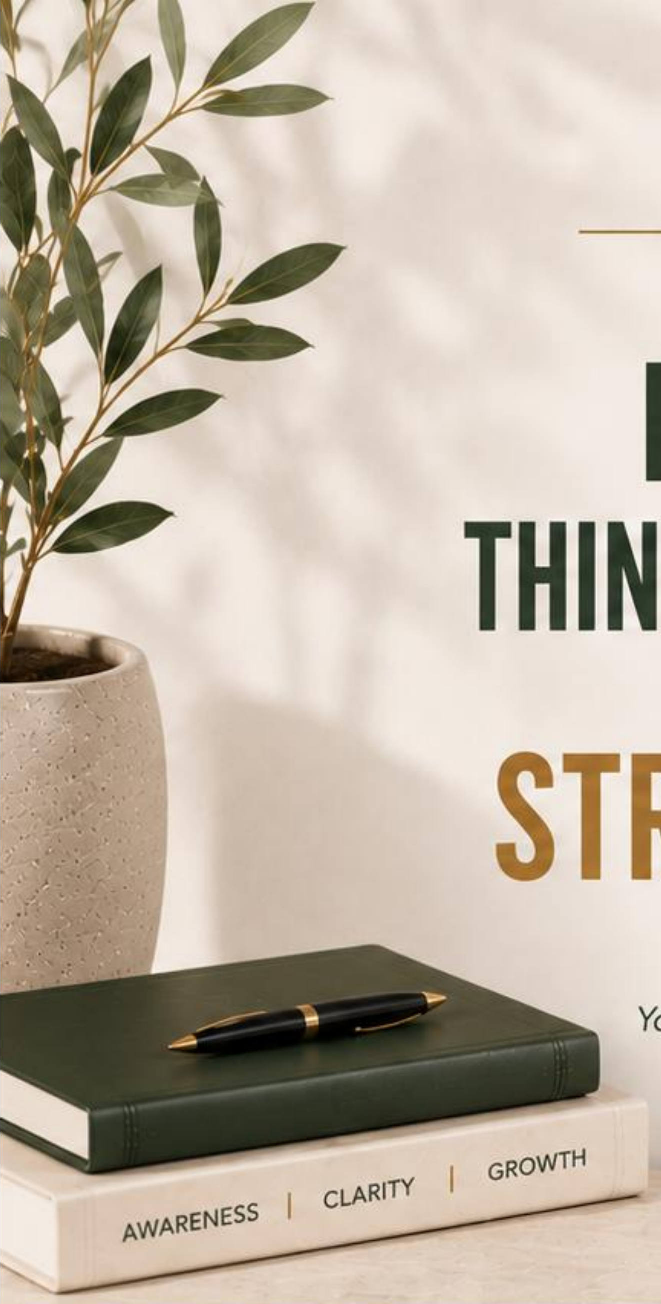
3. Stop comparing your journey to others.
Comparison steals joy. Your path, your pace, your purpose.

4. Practice self-compassion after financial mistakes.
Mistakes are part of learning. Speak to yourself with kindness, not criticism.

5. Set boundaries around overgiving and people pleasing.
Protect your time, energy, and money. You can't pour from an empty cup.

6. Invest in what truly supports your well-being.
Choose experiences, learning, and habits that build a life you love—not just impress others.

7. Check in with yourself before you spend.
Ask: Am I spending to cope, prove, avoid, or actually support my goals?



HEALTHIER THINKING PATTERNS FOR A STRONGER YOU

Your thoughts shape your money story.
Shift your mindset.
Create your freedom.

1. **Notice your financial self-talk.**
Pay attention to the stories you repeat about money.

2. **Challenge inherited money beliefs.**
Ask yourself: "Is this belief truly mine?"

3. **Replace shame with awareness.**
Mistakes can teach you without defining you.

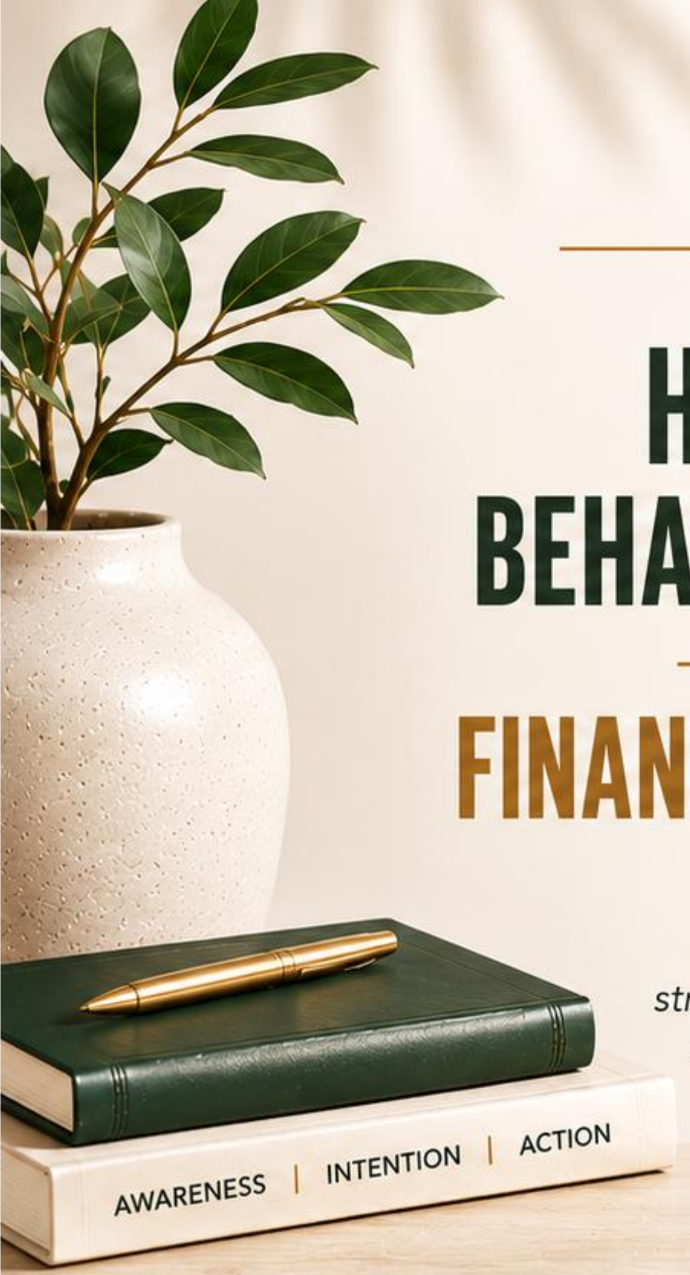
4. **Interrupt comparison thinking.**
Someone else's timeline is not your failure.

5. **Reframe scarcity thoughts.**
Move from "I'll never have enough"
to "What can I build from here?"

6. **Pause before emotional assumptions.**
Not every financial setback means you're failing.

7. **Speak to yourself with compassion.**
Your financial situation does not determine your worth.

8. **Separate facts from fear.**
Anxious thoughts are not always accurate thoughts.



HEALTHIER BEHAVIOR PATTERNS FOR FINANCIAL WELL-BEING

*Small daily actions create stronger habits, better choices, and **lasting financial peace.***

Track your money with intention.
What gets tracked gets improved.

Pause before you spend.
Give yourself time to decide, not react.

Automate your priorities.
Pay yourself first. Make saving and investing automatic.

Align spending with your values.
Spend on what matters, cut what doesn't.

Build consistent daily habits.
Small actions daily = big results over time.

Review, reflect, and adjust.
Check in regularly and make changes that support your goals.

Manage impulses and emotional triggers.
Identify what triggers overspending and create a healthier response.

8 Essential Money Tips

EVERYONE SHOULD KNOW

Simple everyday habits that create financial **clarity, freedom**, *and* **peace of mind.**

1. Pay Yourself First
Save or invest before you spend. Treat your future like a non-negotiable.

2. Create a Realistic Budget
Give every dollar a job. A budget helps you plan with purpose, not pressure.

3. Set Clear Financial Goals
Short-term, mid-term, and long-term goals keep you focused and motivated.

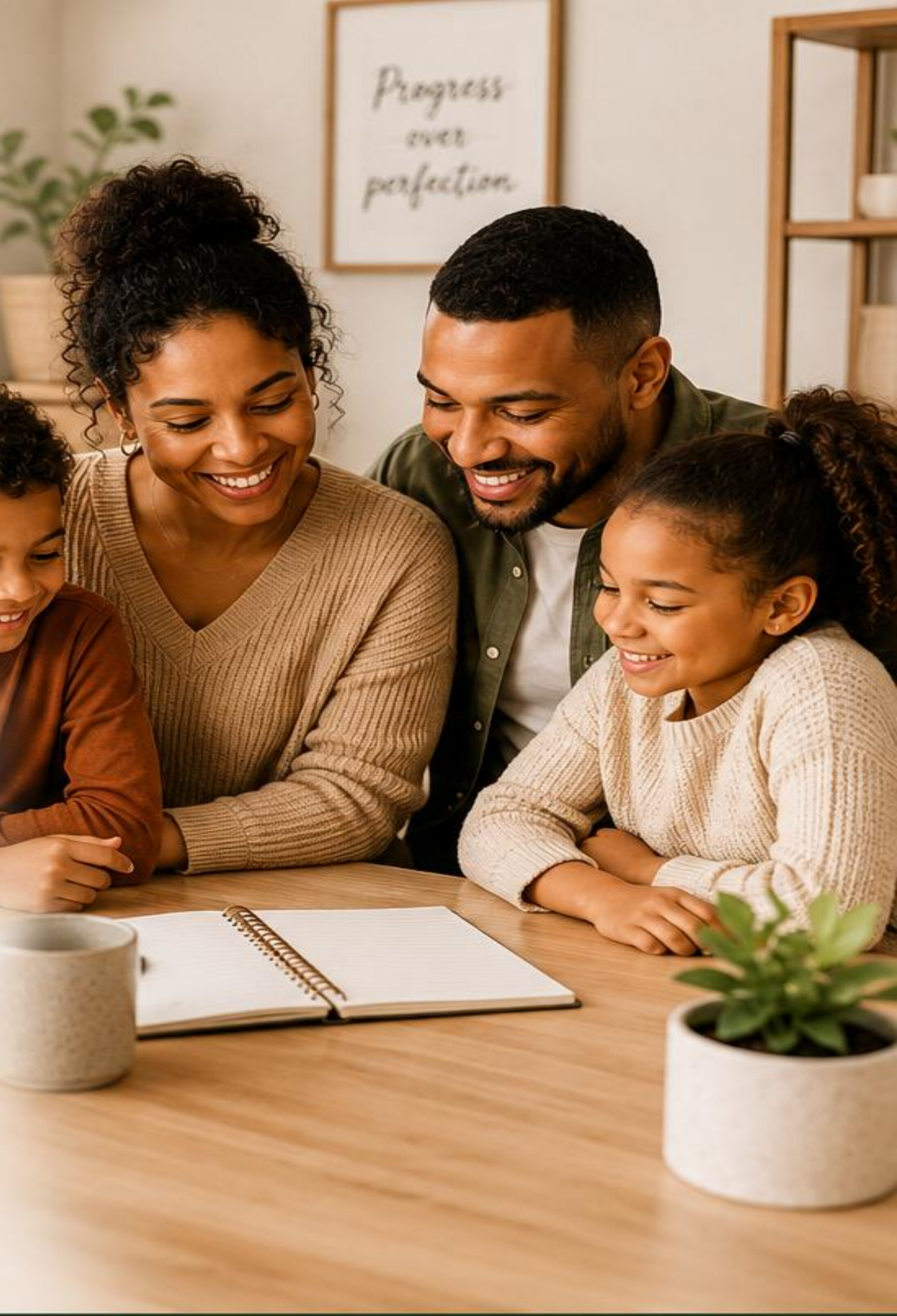
4. Build an Emergency Fund
Start small, Aim for 3–6 months of expenses to protect your peace of mind.

5. Manage Debt Intentionally
Pay more than the minimum. Create a plan to get out of debt and stay out.

6. Spend with Purpose
Buy what you need, enjoy what you love, and skip what doesn't align with your goals.

7. Invest in Your Future
Even small investments today can create big opportunities tomorrow.

8. Review and Adjust Regularly
Check in on your budget, goals, and progress. Small adjustments lead to big results.



Remember: Financial wellness is a journey, not a destination. Progress over perfection.

Thank you!

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