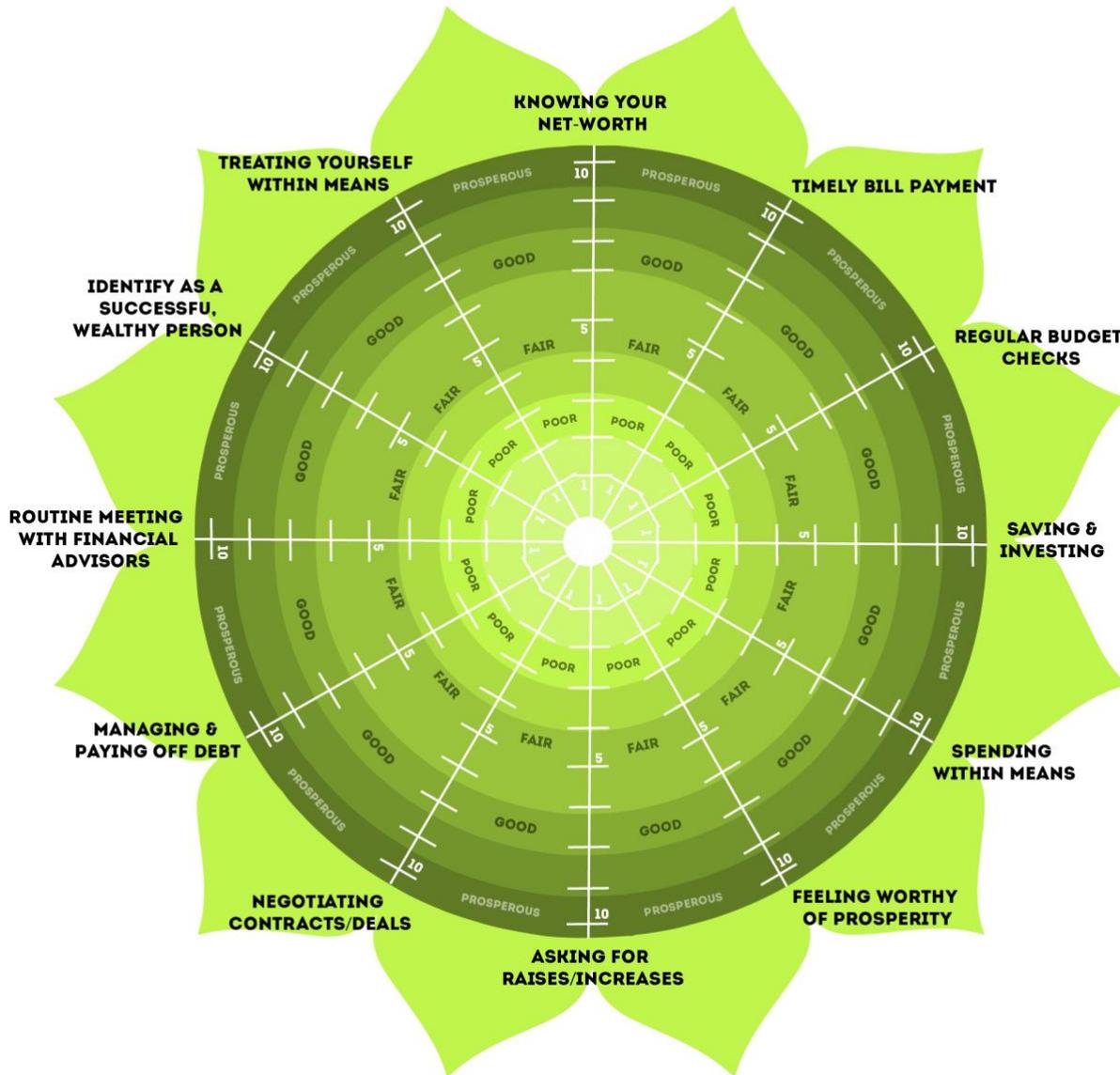


Financial Self-Love Wheel Exercise

1E

1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS



Are you taking care of yourself with money?

DIRECTIONS FOR THE FINANCIAL SELF-LOVE WHEEL (1E)

1. Review the Financial Self-Love Wheel (1E) to become familiar with it.

2. Then, look below and read through the Descriptions of Spokes (1F) in the Financial Self Love Wheel
3. On the wheel above, (1E), rate yourself from 1 to 10 in terms of whether you are “poor” (meaning you are not doing well in this aspect of self-love) or “prosperous” in that skill (meaning that you rock that skill which welcomes prosperity).
4. After rating yourself on each of the twenty spokes on the wheel (1E), place a tick mark on each spoke and then connect the tick marks to create a circle, as shown previously in 1C. This provides a visual of any “dents” in your wheel or areas of needed support. When completed, your wheel will, again, look something like the one pictured in 1C.

If you have some significant areas of deficit, your wheel may look more like a “constellation” than a circle—that’s okay! This means there is room for improvement to increase your self-love prosperity!

1F - Descriptions of Spokes for the Financial Self Wheel

Know Your Net-Worth: You need to know your approximate net worth at any given time. Net worth is the calculation of all assets (balances of all your bank accounts, value investments, property, etc.) minus your liabilities (balances on credit cards, loans, mortgages, etc.).

Timely Bill Payment: Organize and pay your bills on time. Automate bill payments and deposits whenever possible for ease and convenience.

Regular Budget Checks: Check your budget and cash flow, at least, on monthly basis. If money is tight, check on it weekly to make sure you are living within your budget and your Inner Saboteur is not partnering with you to slip into financial denial.

Saving & Investing: Save and invest in your future self as much as you can; gift yourself with financial peace and autonomy. Be sure you have three months savings and health insurance, etc.

Spending Within Means: Do not spend beyond what you can afford without accruing debt.

Feeling Worthy of Prosperity: How deserving do you feel about money and material wealth?

Asking for Raises / Increases: Advocate for yourself and ask for what you are worth.

Negotiating Contracts / Deals: Are you negotiating major purchases or contracts? Are you creatively bartering services to get deals? (For example, I recently offered to give my hair salon a couple wellness trainings for their employees in exchange for free blow-outs for the year.)

Managing & Paying Off Debt: Do you have a plan to dig yourself out of student loan debt? Are you refinancing your mortgage to lower the interest rate and pay off credit cards? Are you working with a debt consolidation plan? Are the balances due going down over time?

Routine Meetings with Financial Advisors: **At a minimum**, you should be meeting with financial advisors once a year, preferably twice to keep you on track. The more you have, the more these meetings may increase as they will help manage your wealth.

Identify as a Successful, Wealthy Person: Do you identify as successful and rich? If you do not, you may be creating a self-fulfilling prophecy. It is time to create a new narrative.

Treating Yourself Within Means: Just like a healthy diet allows for the **occasional** cheat day (which actually keeps you satisfied and sticking to the overall plan), you need to treat yourself within your means. For example, if you've paid off some of your debt and squirreled away some savings this month, get yourself those shoes you've been eyeing.

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