

Mental Wealth:

**How to Promote Mental
& Financial Health**



Joyce Marter

A photograph of a stack of four books with white and orange spines, next to a small green succulent in a white pot, set against a light-colored brick wall. The image is partially obscured by a white rounded rectangle on the right side of the slide.

Resources

- Slides, Exercises & Links



***A Surprise
Bonus from
Therapy***



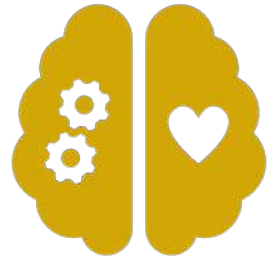
The Psychology of Money

- Thoughts
- Emotions
- Behaviors
- Relationship with money

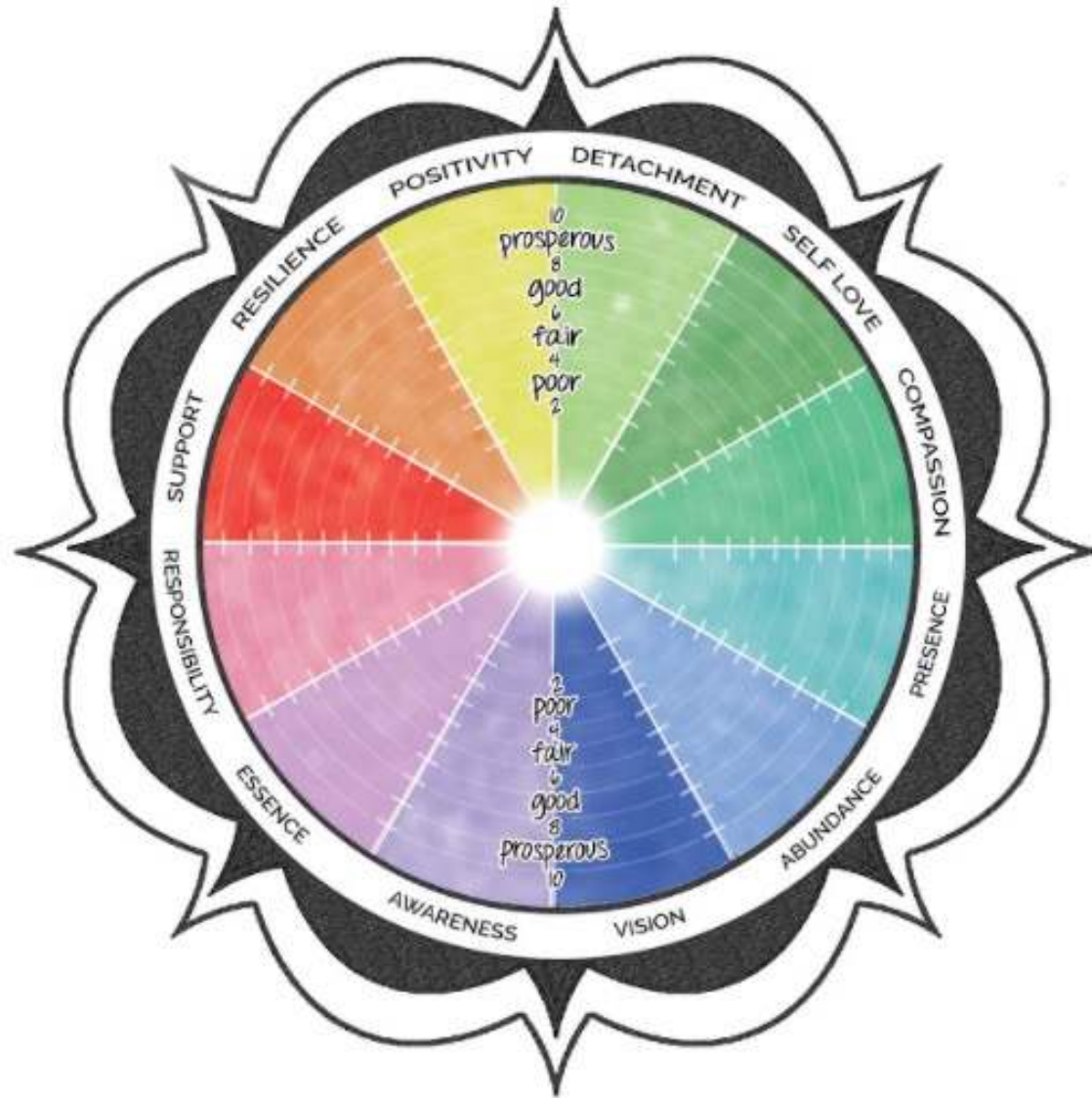
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My Money Story





***The intrinsic
relationship between
mental health & financial
health***



12 Mindsets for Holistic & Balanced Success

It's Not About the Money

It's about expanding
consciousness and being
of greater service to the
world around you



**When you have more,
you can help more.**



Scarcity vs Abundance

- Can be caused by fear
 - Competing for available resources
 - Rooted in limiting beliefs
 - **Focused on what you don't have**
- Can be a result of gratitude
 - Not competition involved
 - Rooted in believing there is enough for everybody
 - **Focused on believing in yourself**



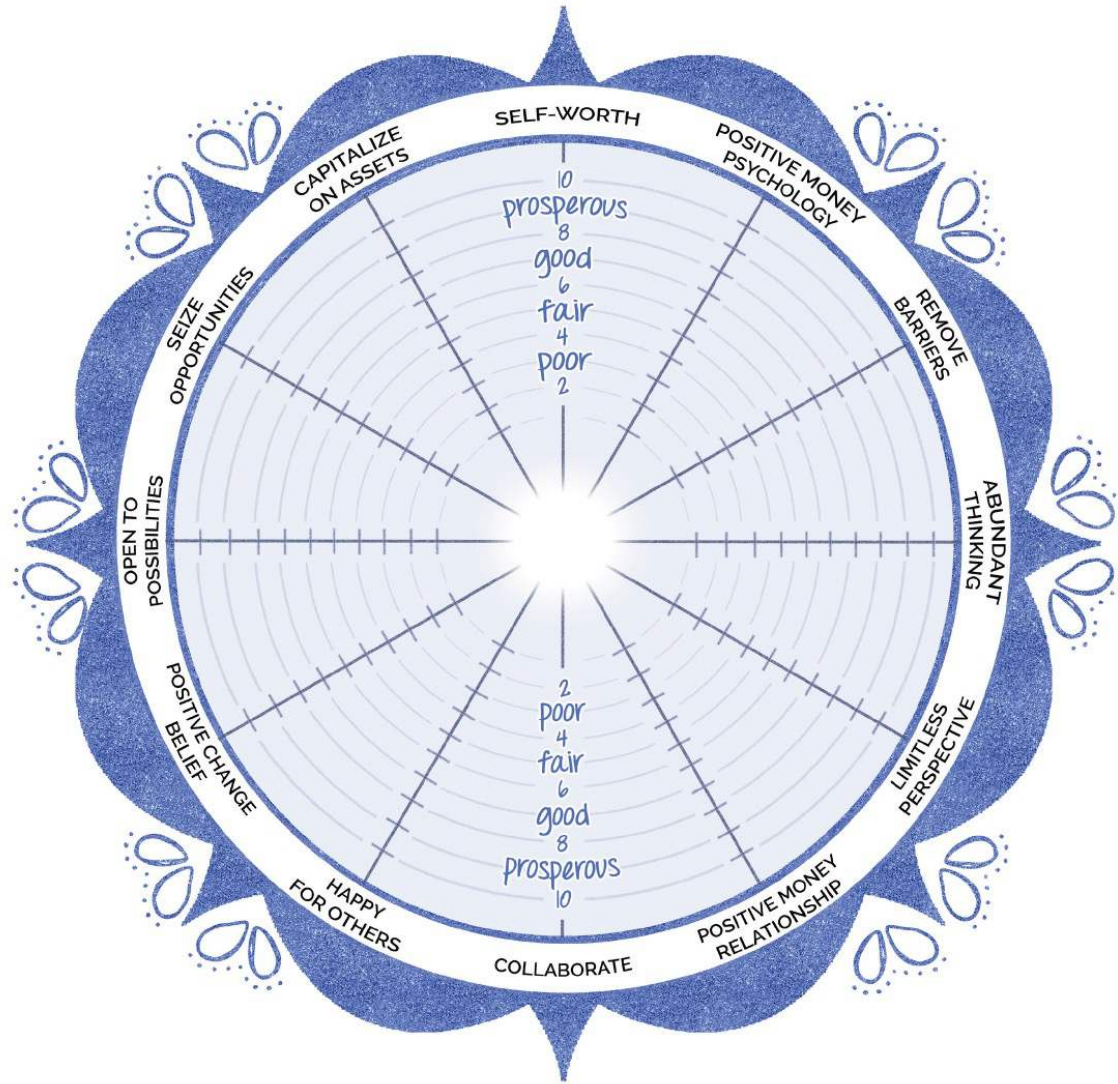
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An Abundance Mindset Facilitates

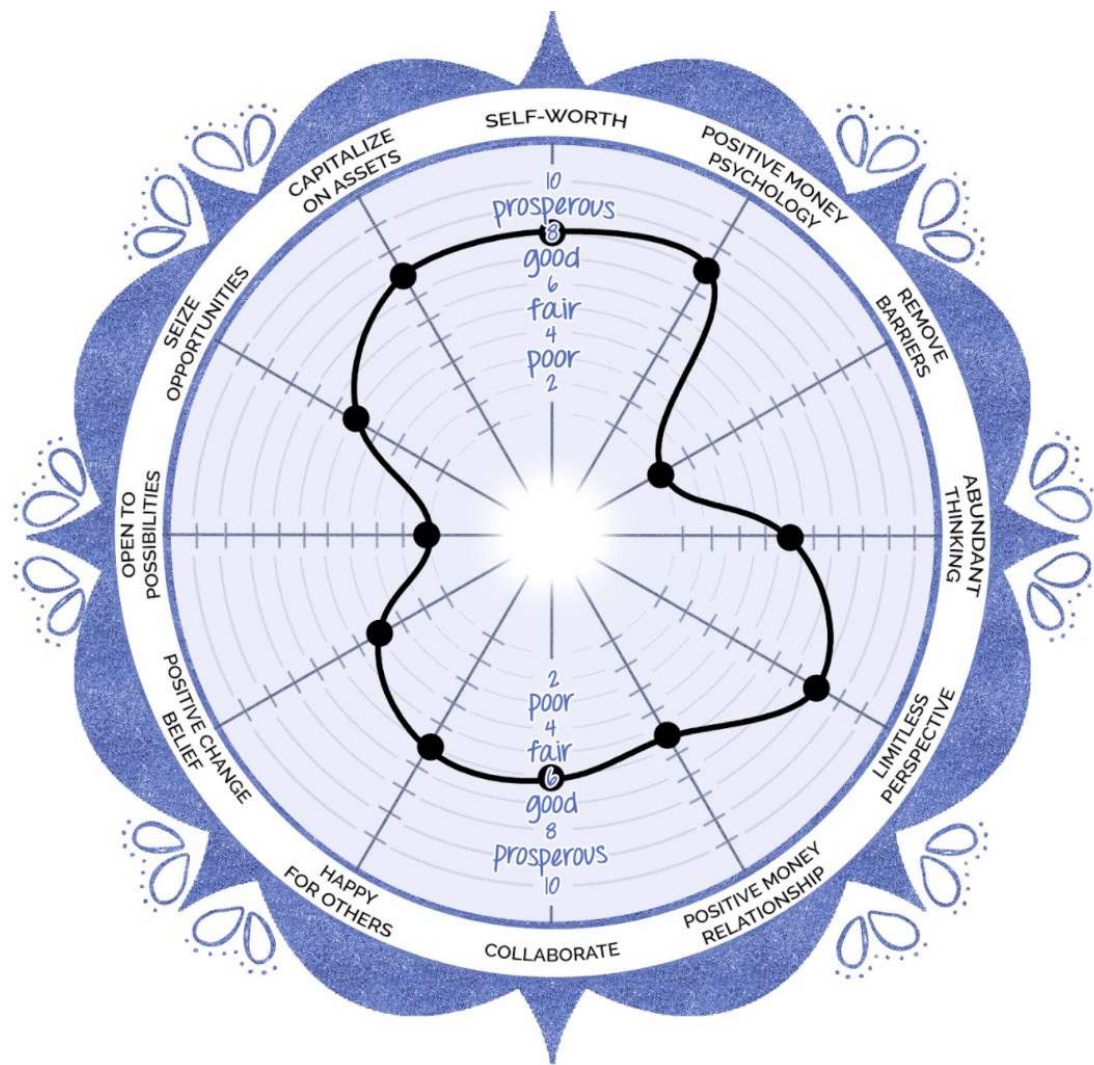
- Creativity
- Positivity
- Hope
- Openness
- Flexibility
- Growth and expansion
- Empowerment



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The Abundance Wheel



Sample Completed Abundance Wheel



The Flow of Money

- Balance earning, spending and saving for strong flow
- Tolerate & planning for the ebbs & flows
- Understand seasonal, stages of career, developmental stages of life
- Invest in yourself so more can flow out

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***We all unconsciously
recreate the familiar
until we become aware,
and we choose
something better.***



FEATURED ON **Psychology Today**

**Are your mother's
money beliefs
making you buy
ugly shoes?**





Understand Your Money Script

- Money Worship
- Money Status
- Money Avoidance
- Money Vigilance

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Is Your Unconscious Robbing You of Riches?

What You Don't Know Will Hurt You

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Financially Conscious Behavior

Decide to move from:

Denial

Awareness

Uninformed

Informed

Blame

Responsibility

Disempowerment

Empowerment

Passivity

Action

Improve Your Relationship with Finances



Improve financial communication

- Establish systems
- Have regular meetings



Set Boundaries with Assertive Communication

- Partner
- Kids
- Extended family/in-laws

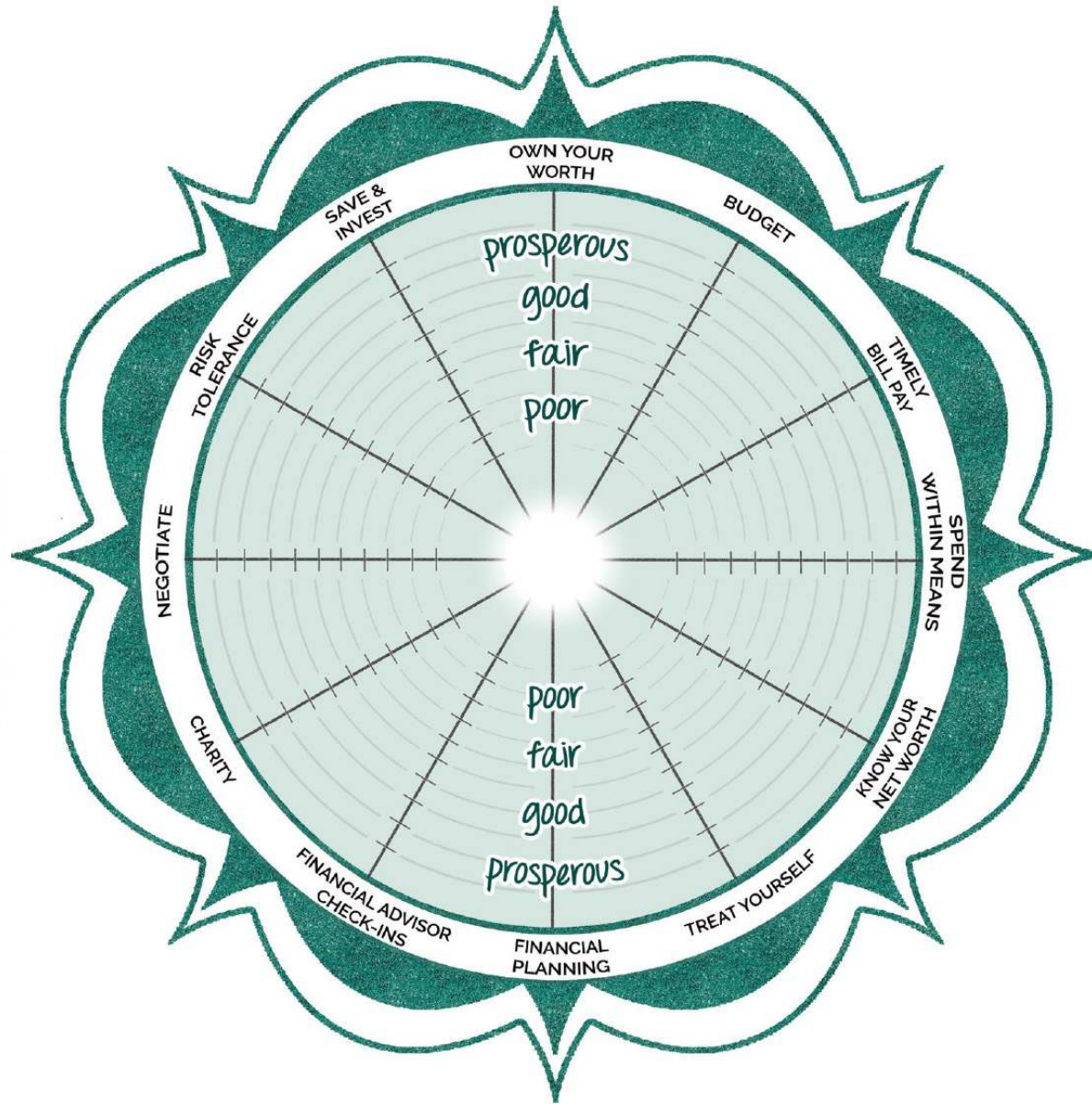


Be Aware of Financial Infidelity

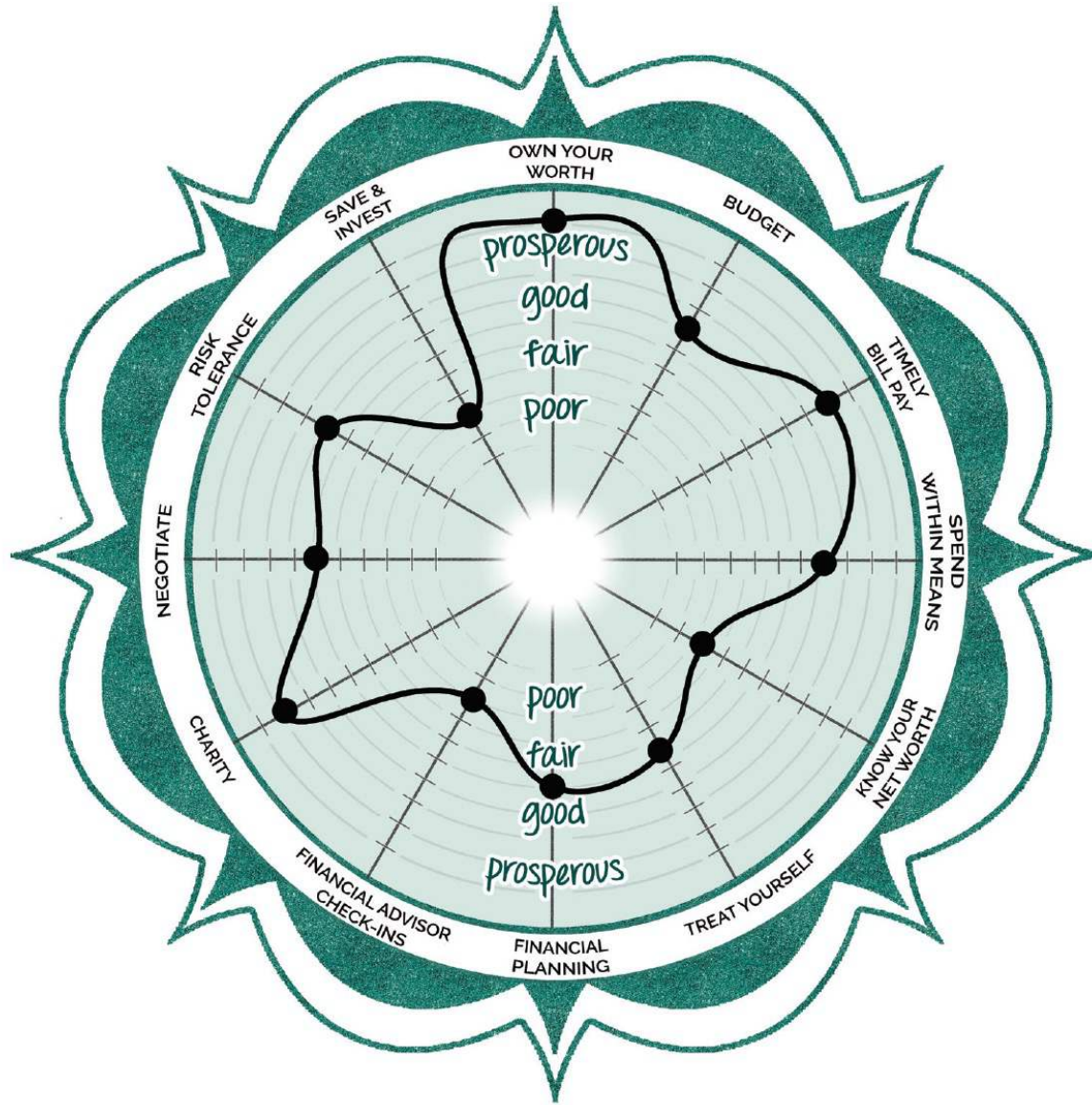


Understand Codependency

- Alcohol, drugs, addiction
- Mental health issues
- Other problems



Exercise Two: The Financial Health Wheel




Sample Completed Financial Health Wheel

Financial Literacy

- Budgeting
- Banking
- Investing
- Reading bills and reports
- Understanding interest and fees
- Empowerment



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***I am a financial planner,
not a psychiatrist, but I do
know that your net worth
will rise to meet your self-
worth only if your self-
worth rises to accept what
can be yours.***

SUZE ORMAN,
author of ten consecutive *New
York Times* best sellers about
personal finance



Discover Your Worth

And See We are All Beggars
on a Golden Bench

What is your golden bench?

You must care about
yourself
enough to welcome the life you
deserve

Own Your Worth

***Am I good enough?
Yes, I am.***

MICHELLE OBAMA,
Lawyer, Author and Former First
Lady of the United States



Change Your Language

“I don’t” to “I do” (e.g. “I don’t deserve prosperity” to “I do deserve prosperity”)

“I won’t” to “I will” (e.g. “I won’t get the job” to “I will get the job”)

“I can’t” to “I can” (e.g. “I can’t start my own business” to “I can start my own business”)

“I’m not” to “I am” (e.g. “I’m not very good at what I do” to “I am good at what I do”)

Vision

- Participate in Career Counseling or Coaching
- Professional Association Membership
- Utilize Mentoring
- Create a Vision Board
- 1-3-5 Year Plan
 - Include work/life balance





When you refuse to
believe something is
impossible,
it becomes *possible*.





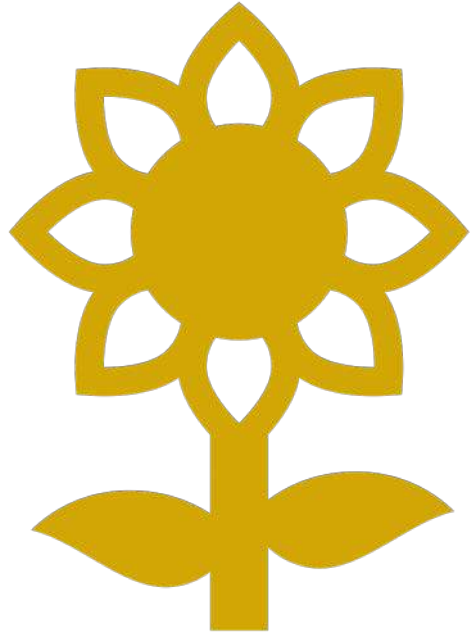


The Ego & Money

- Detach from ego
- Align with purpose
- Imposter syndrome & perfectionism
- Choose self-love over self-sabotage
- Be assured that when you have more, you can give more

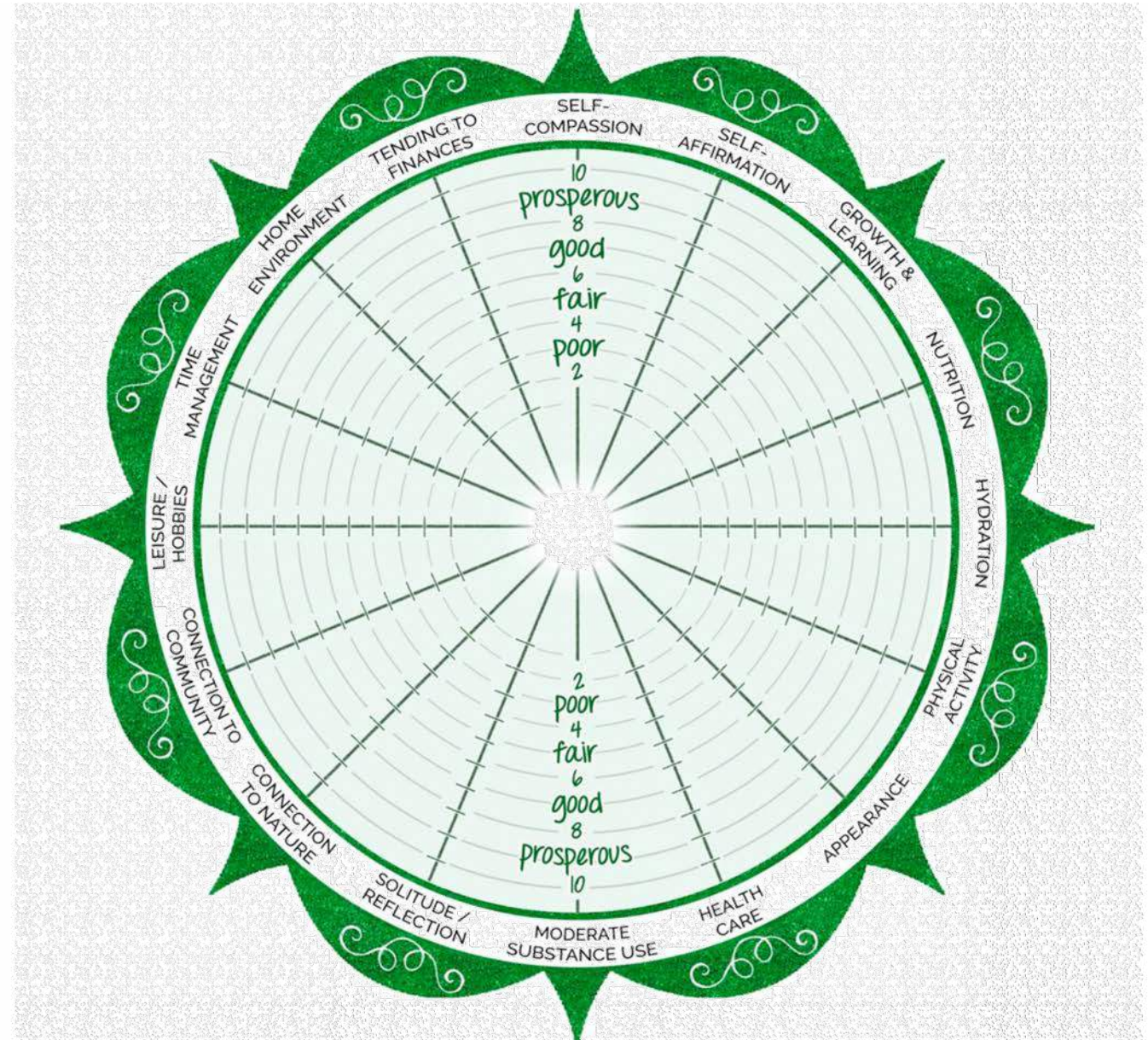
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Healthy
self-esteem
is midway
between Diva
and Doormat

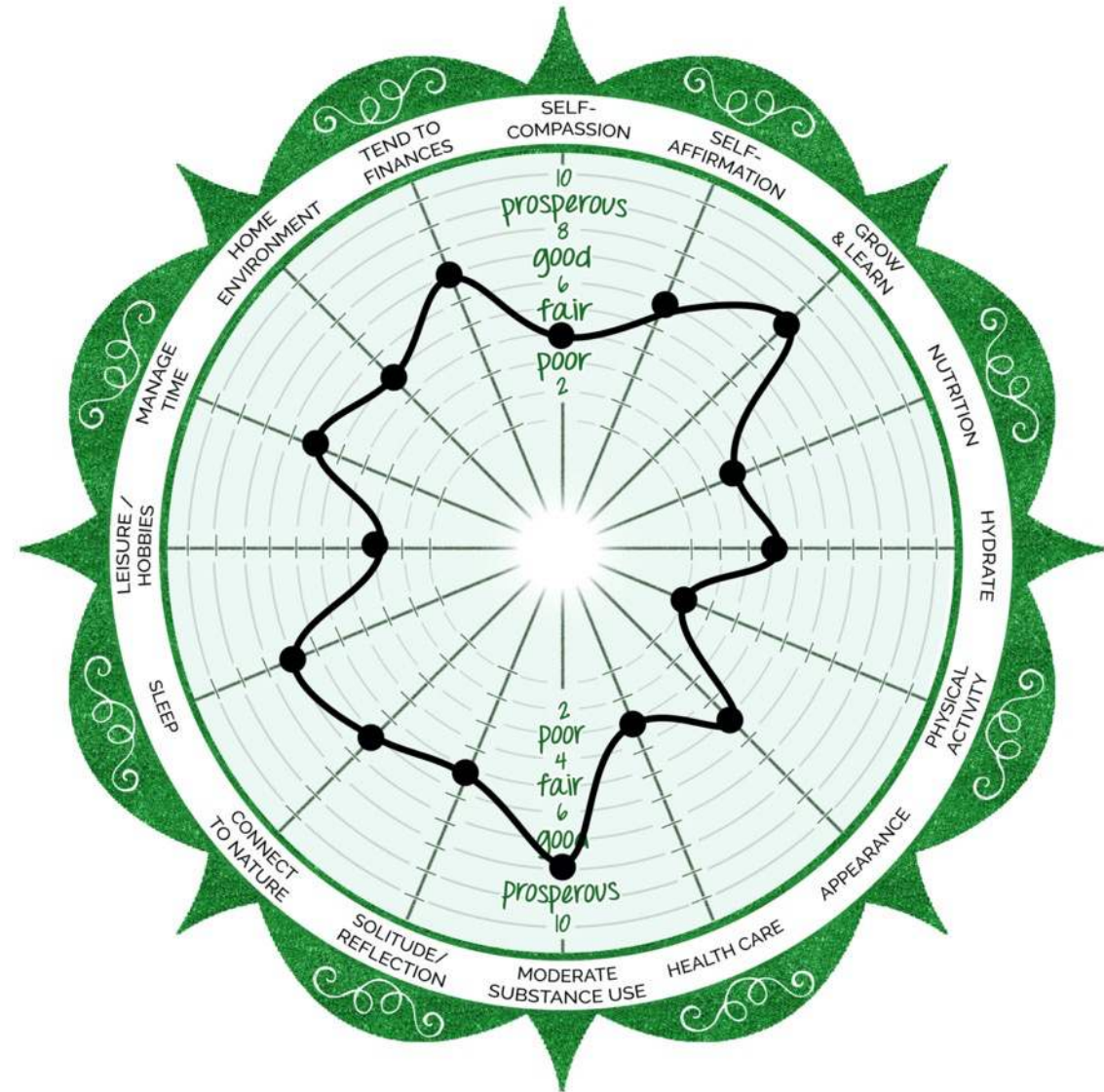


**Having a healthy
relationship with yourself
is essential for *happiness*.
Choose to be your own
good parent, best friend,
and greatest advocate.**

Self-Care Wheel



Sample Completed Self-Care Wheel



The Emotions Around Money

Create a paradigm shift from:

Inadequacy → Worth

Shame → *Pride*

Fear → *Confidence*

Anxiety/
Frustration → Peace

Disempowerment → Empowerment

Hopeless → *Hopeful*

Guilt → *Deservingness
& Altruism*

Detachment

***Feelings are
waves of energy
which we can
choose to surf,
rather than
allowing them to
overcome us.***

ARLENE ENGLANDER



Detach From:

- Your own negative emotions like fear, anxiety, anger and sadness
- The negative emotions of others
- Expectations
- Outcome (embrace uncertainty)
- Risk to cultivate risk tolerance





Apply Mindfulness to Finance

- Presence
- Intuition
- Mindful spending

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*A Story about Penny &
Prosperity*



Sally



“

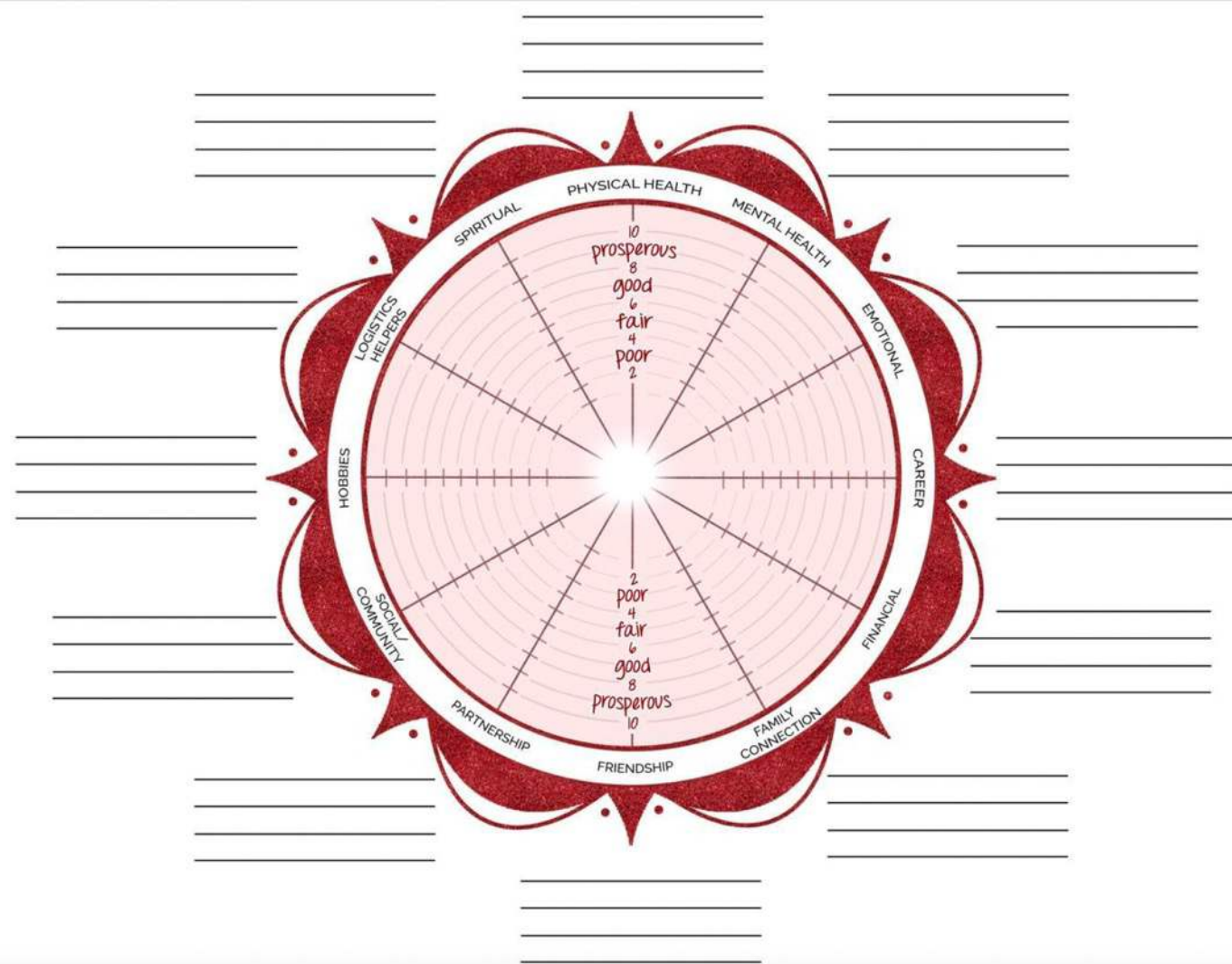
*Alone we can do so
little,
together we can do so
much.*

HELEN KELLER

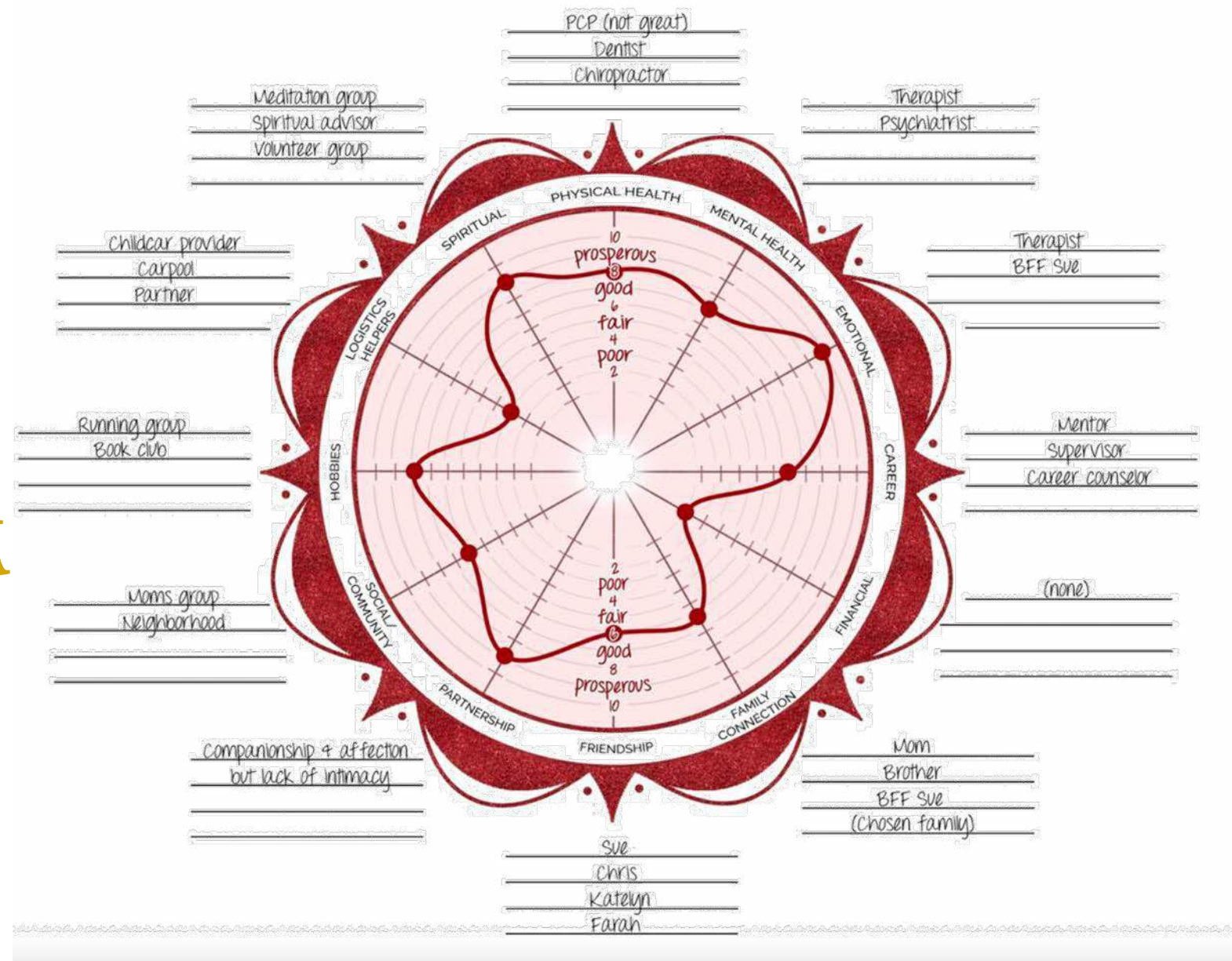
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Support Network Wheel



Sample Support Network Wheel





Create a Financial Board of Advisors

- Financial Planner
- Accountant
- Attorney
- Accountability Partner
- Counselor, Therapist or Coach
- 12-Step Sponsor
 - Debtors Anonymous, Underearners Anonymous, Spenders Anonymous

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The Power of Negotiation

- Everything is negotiable:
 - Contracts with contractors and service providers
 - Leases
 - Purchases
- Ask for what you want, need & deserve
 - Pay increases
 - Benefits
 - Flexible schedule



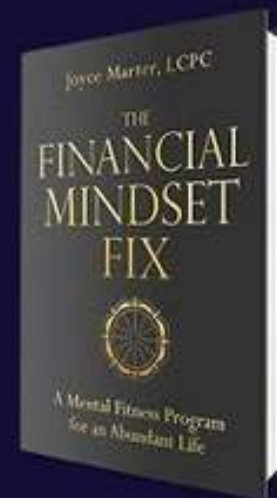
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FEATURED ON **Forbes** —

“

**How The Financial
Mindset Fix Will Help
You Conquer Money
Blocks And Make
You Rich**

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***Success is to live
openly, authentically &
lovingly in alignment
with the highest good of
self & others – to the
greatest extent
possible.***



Who benefits from the Financial Mindset Fix Program?



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Resources

- Slides, Exercises, & Links



Thank You!

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