

Mental Wealth

How to Promote
Mental Well-being
& Financial Health





A Surprise Bonus from Therapy

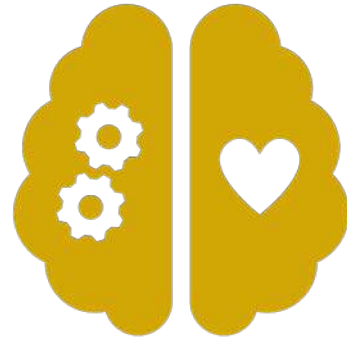
The Psychology of Money

- Feelings of worthiness
- Thoughts about money
- Emotions around money
- Behaviors with money
- Relationship with money
- Financial relationships with others





My Money Story



The intrinsic relationship between mental health & financial health

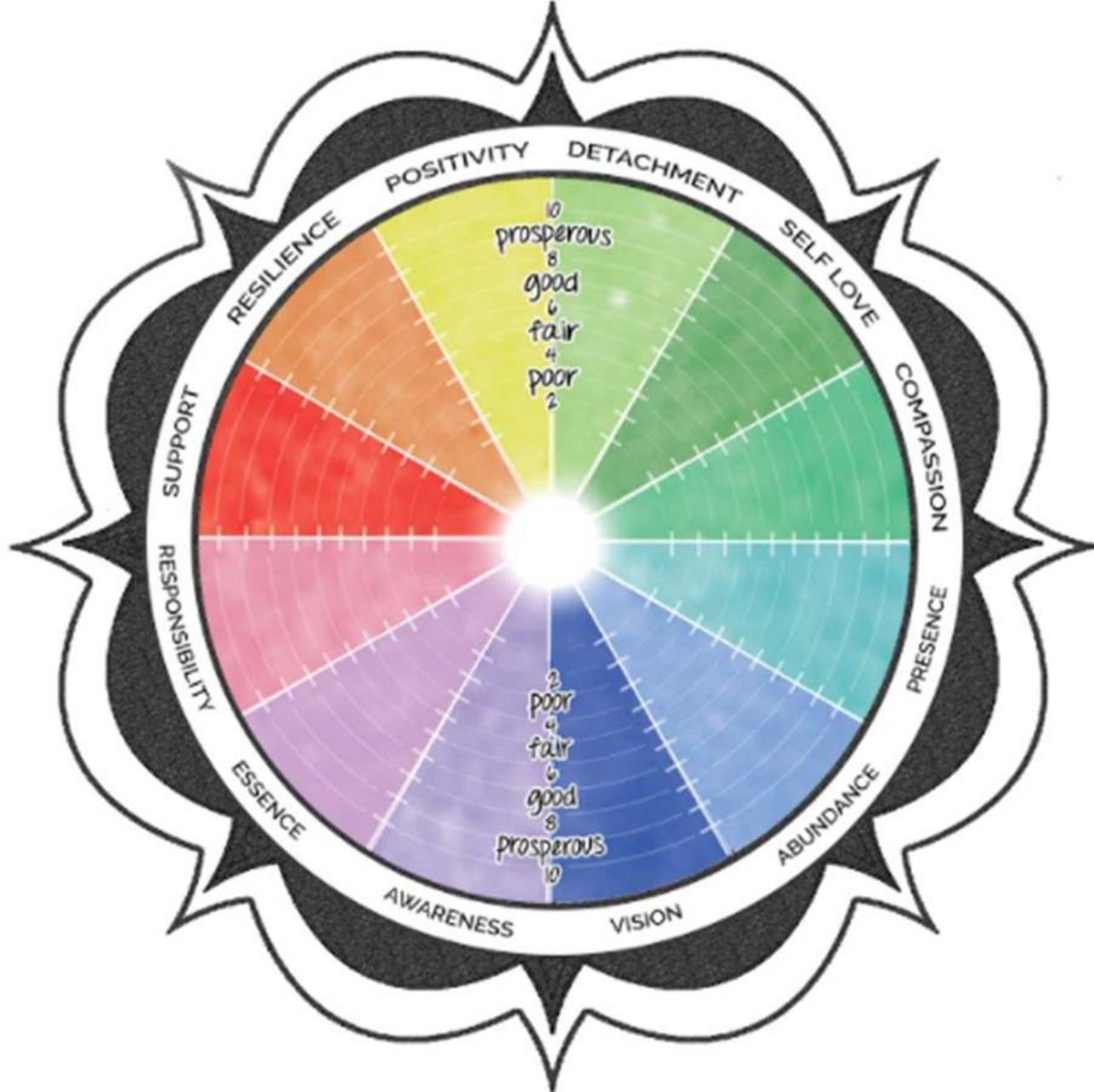
**We unconsciously
recreate the familiar
until we become
aware, and we choose
something better.**



FEATURED ON **Psychology Today**

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





Twelve Mindsets for Success

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**



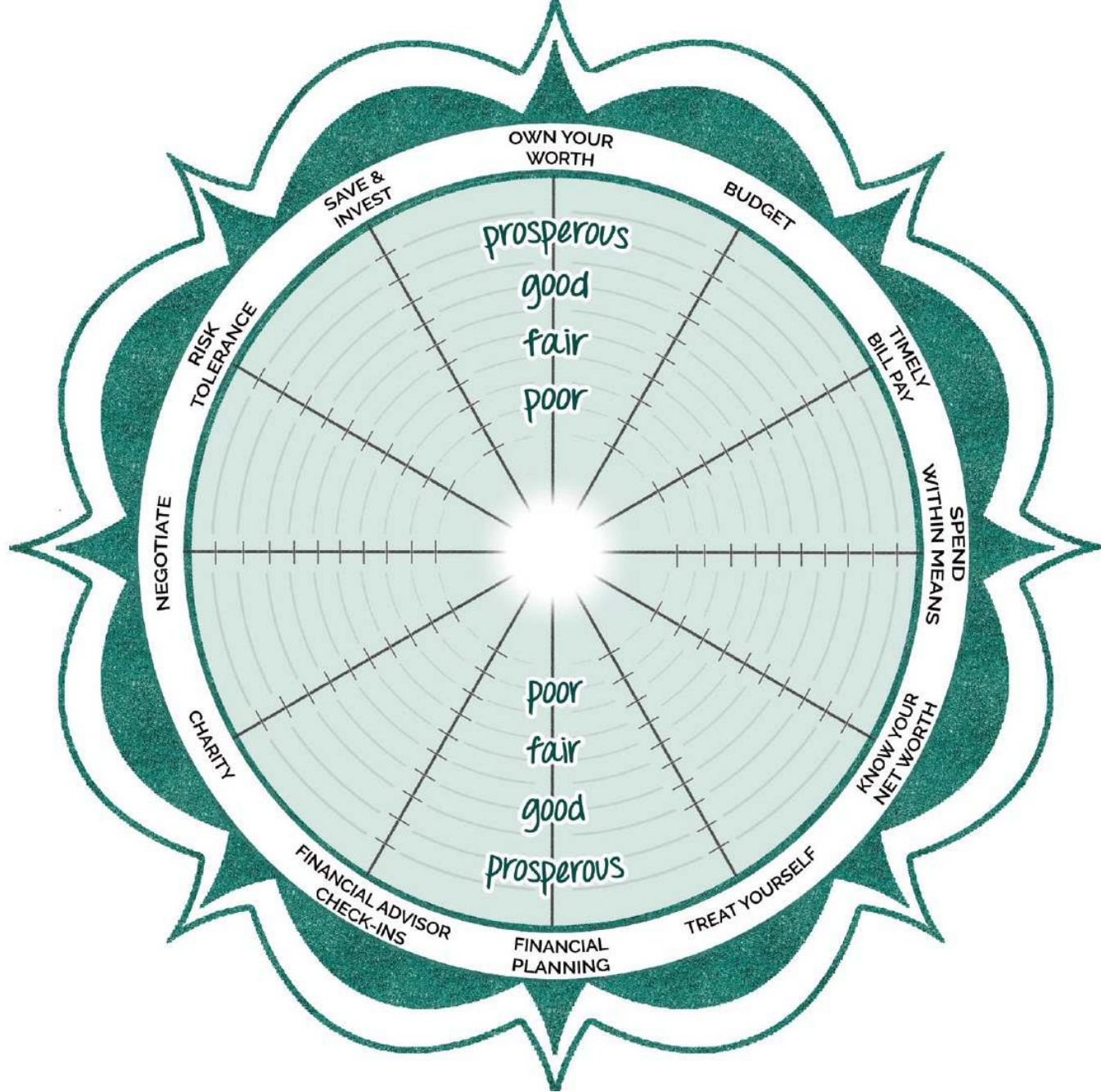
Joyce Marter



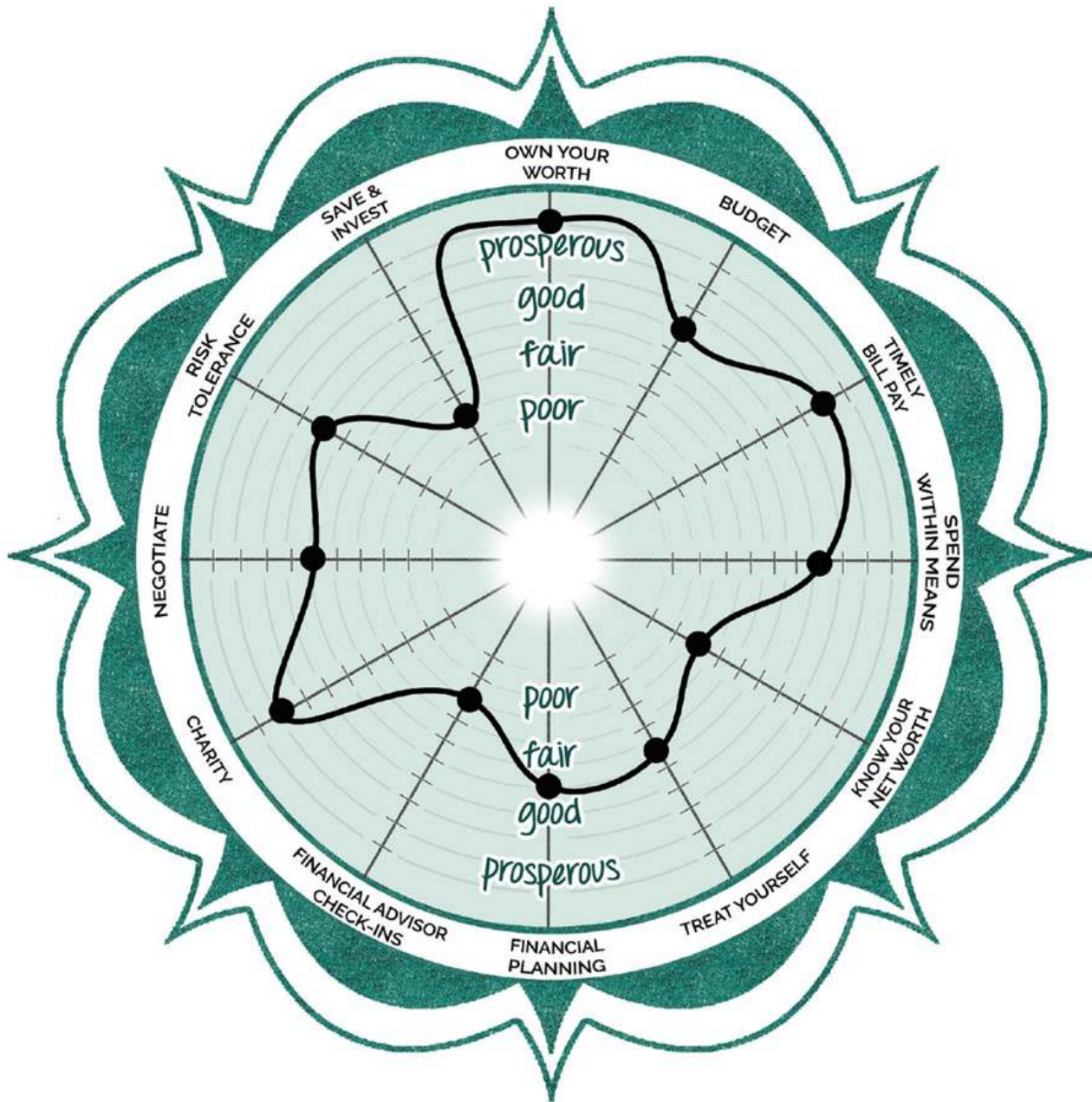
An Abundance Mindset Facilitates:

- Creativity
- Positivity and possibility
- Hope
- Openness
- Flexibility
- Empowerment
- Problem-solving
- Growth and expansion
- Collaboration





The Financial Health Wheel

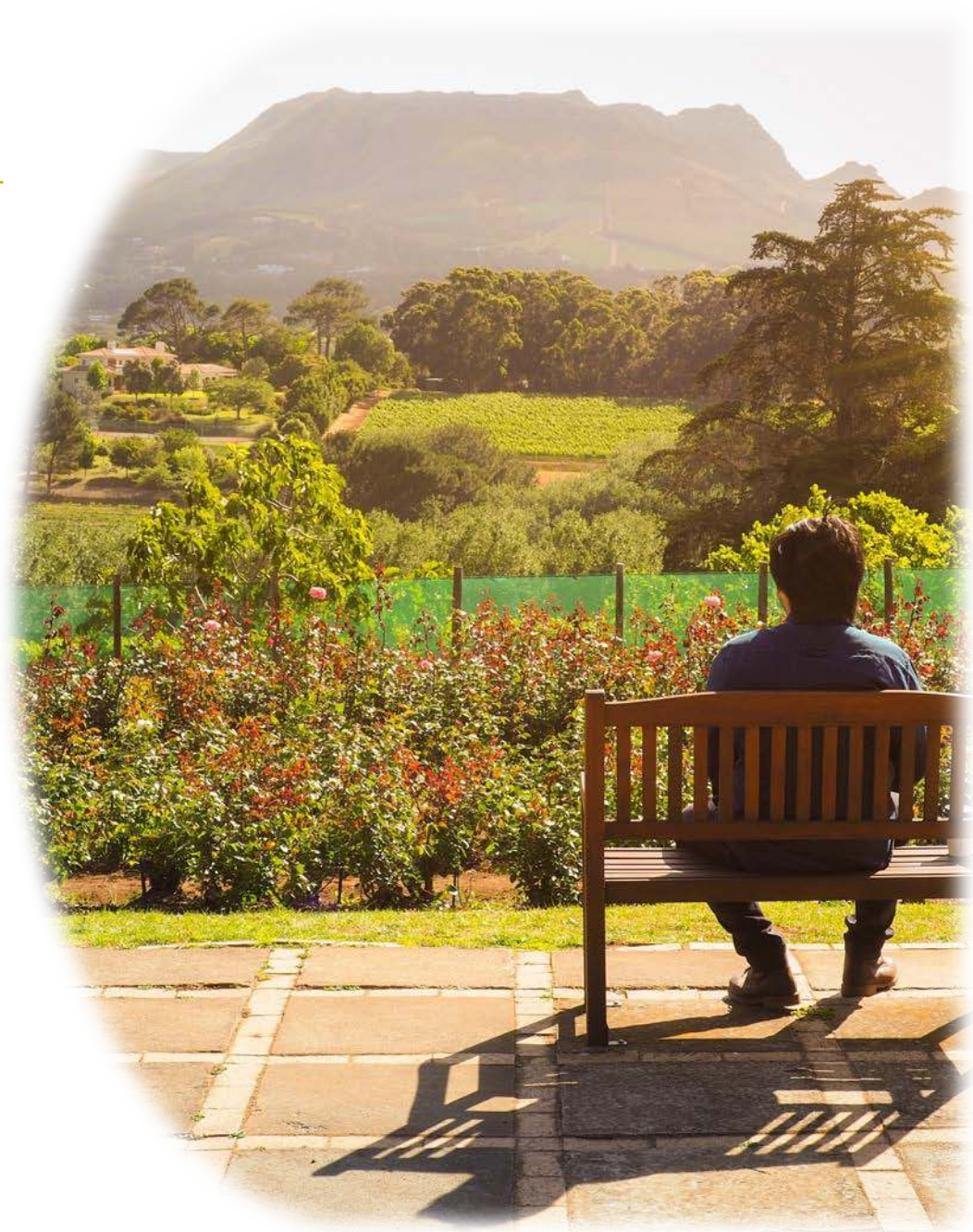


Sample Completed Financial Health Wheel

Discover Your Worth

**And See We are All Beggars
on a Golden Bench**

What's your golden bench?



Self-Love

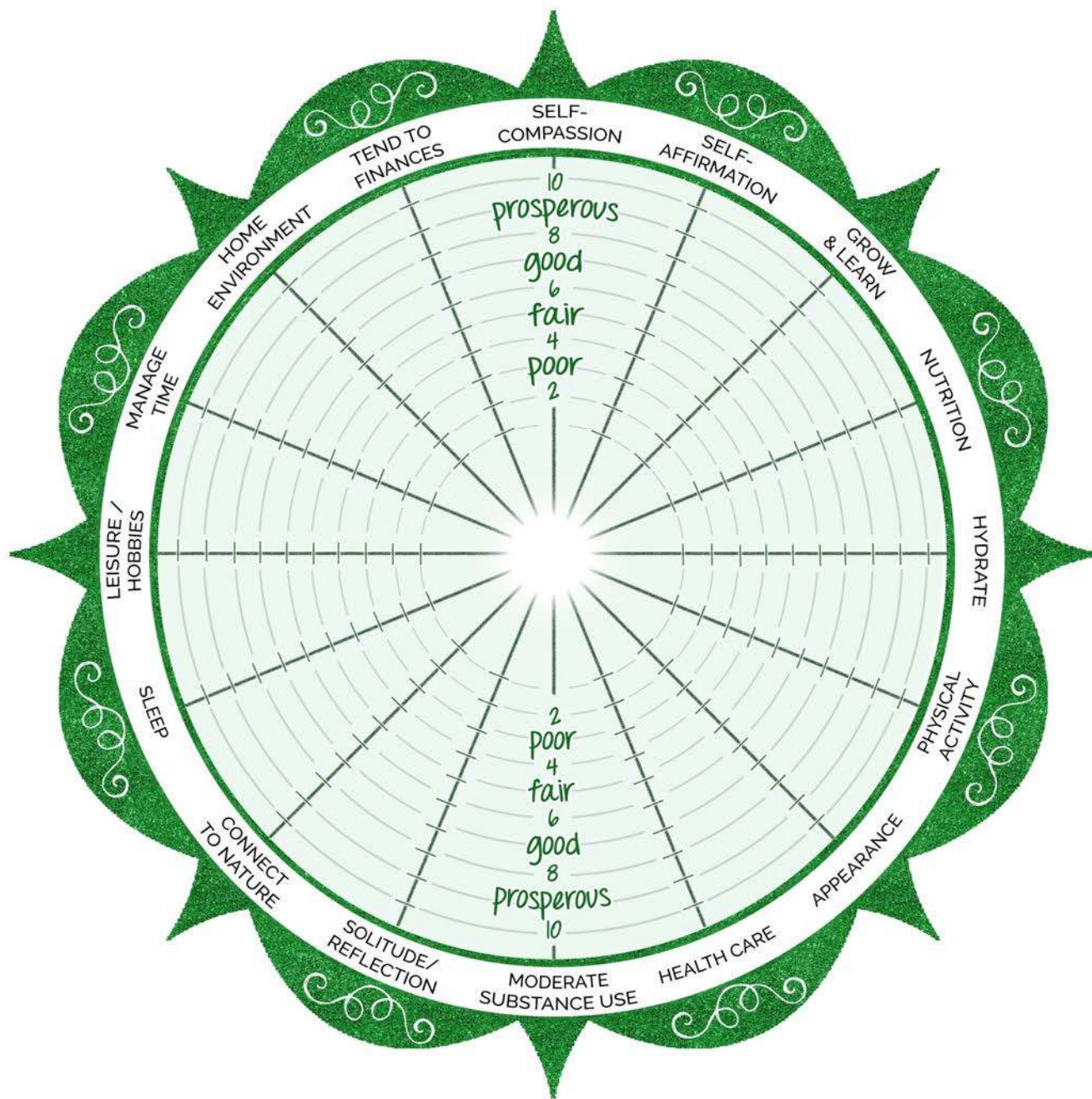
“You can search throughout the entire universe for somebody who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection.”

- Buddha

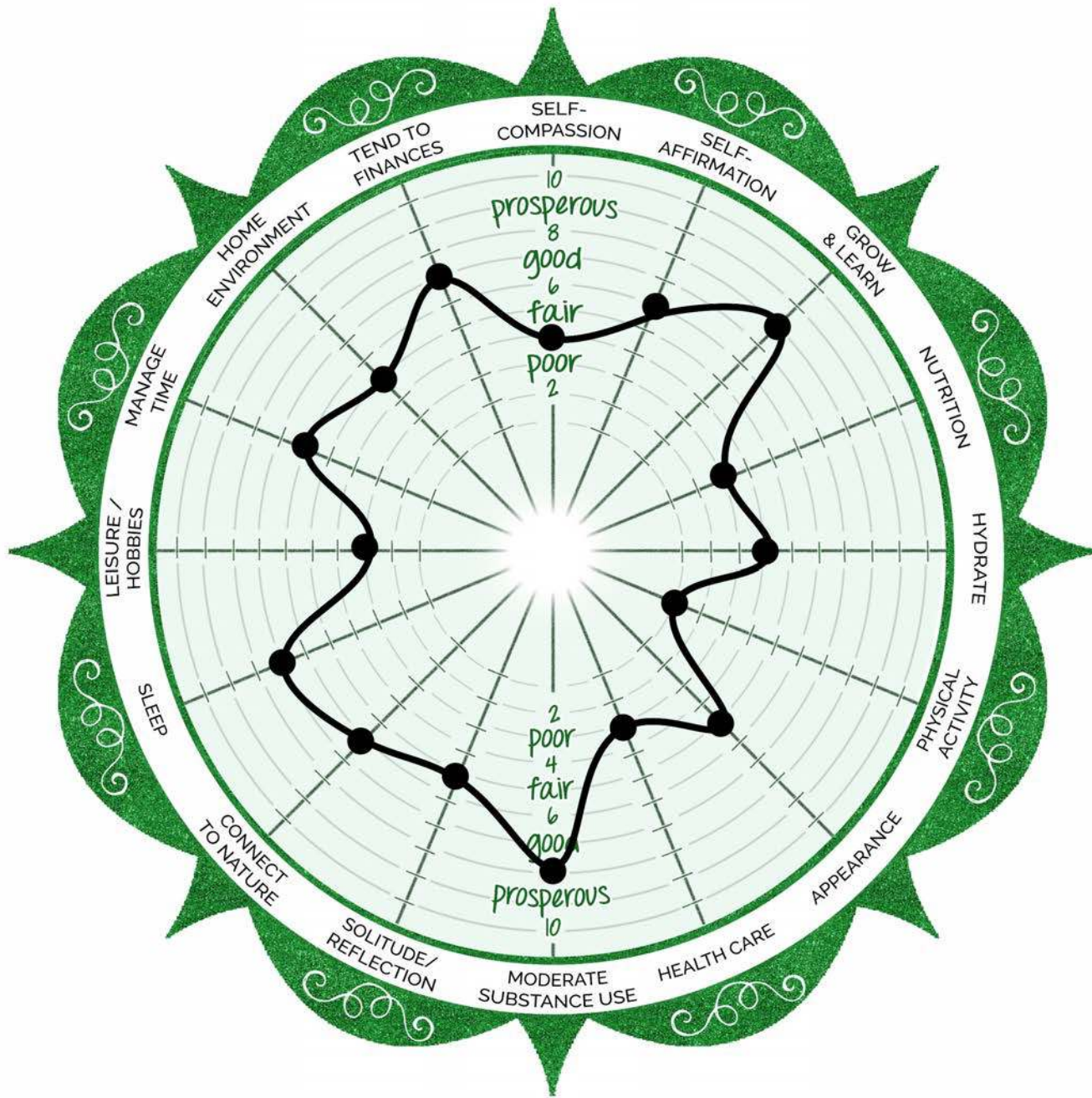


“
You must **care**
enough about
yourself to
welcome the life
that you **deserve**.
”





Self-Love Wheel



Sample Completed Self-Love Wheel

Support

“Alone we can do so little,
together we can do so much.”

- Helen Keller



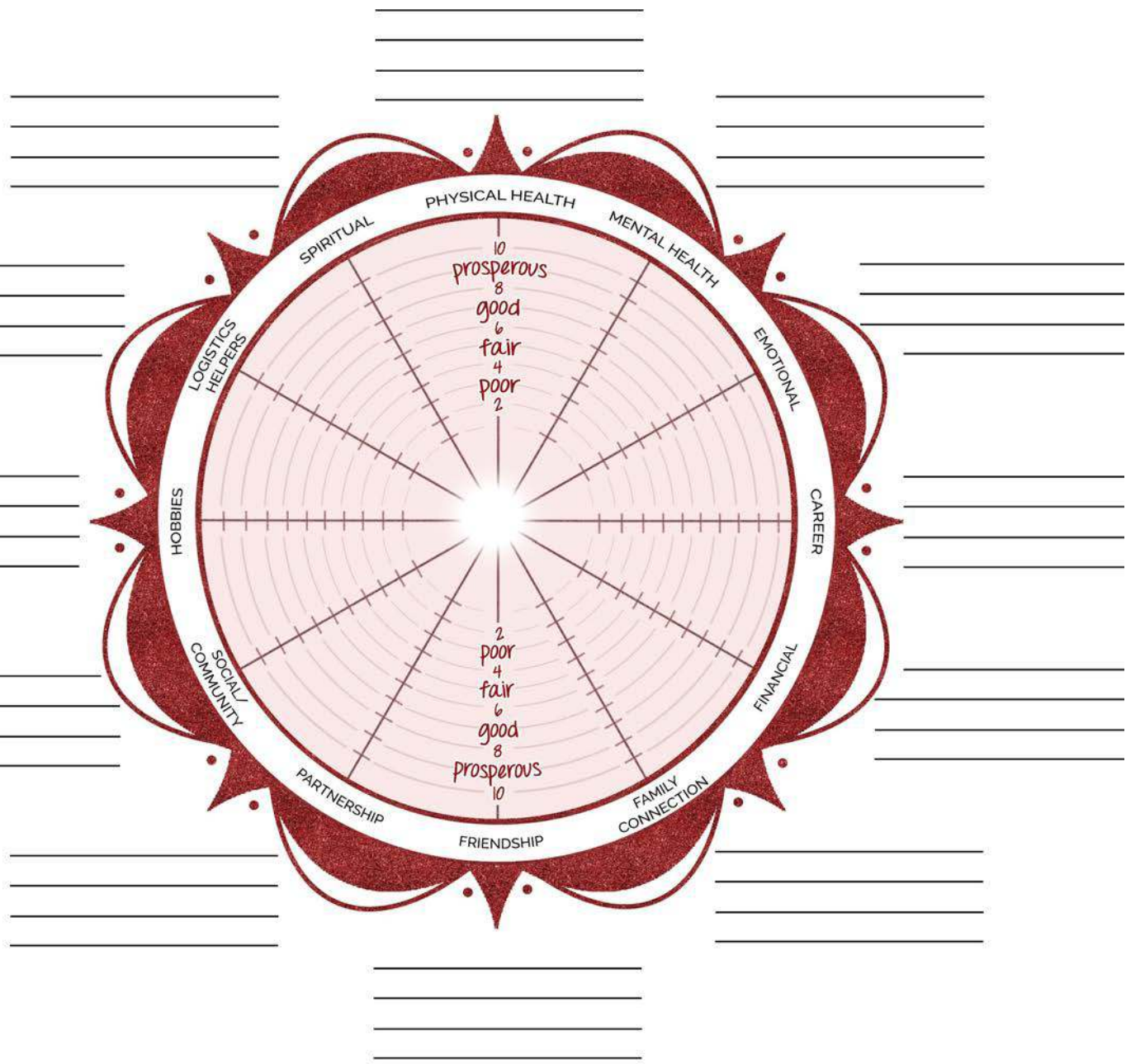


**Love is the
currency of life**

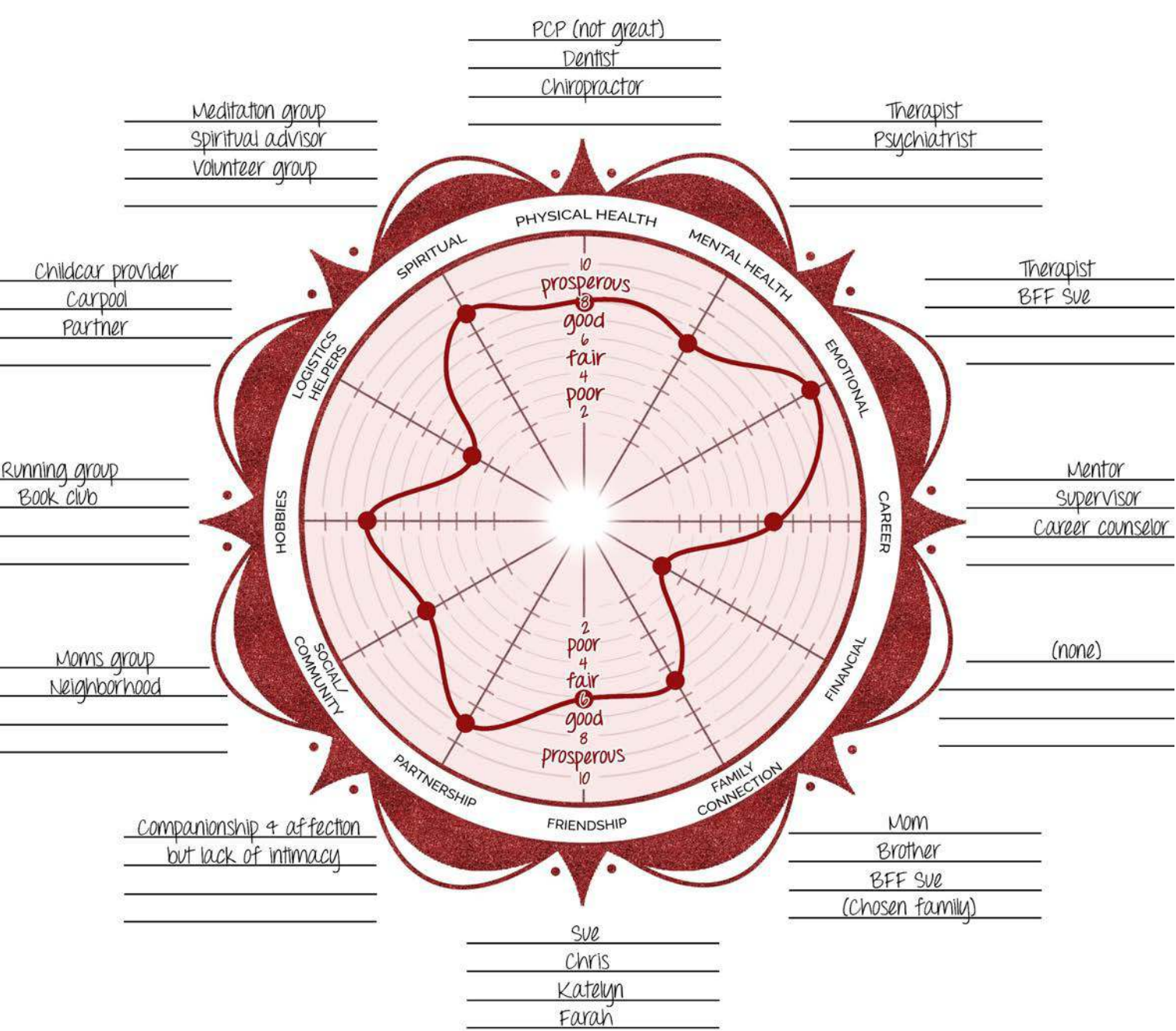
Marten

Barriers to Accessing Support

- Fear (difficulty trusting)
- Pride
- Shame or stigma
- Guilt
- Fear of imposition
- Low self-esteem, not feeling deserving
- Learned helplessness
- Hopelessness
- Loss of power and control (ego)
- Loss of credit (ego)
- Early life messages
- Expense
- Introversion or shyness
- Trauma



Support Wheel



Sample Completed Support Wheel

FEATURED ON **LIVE BOLDLY**

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





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

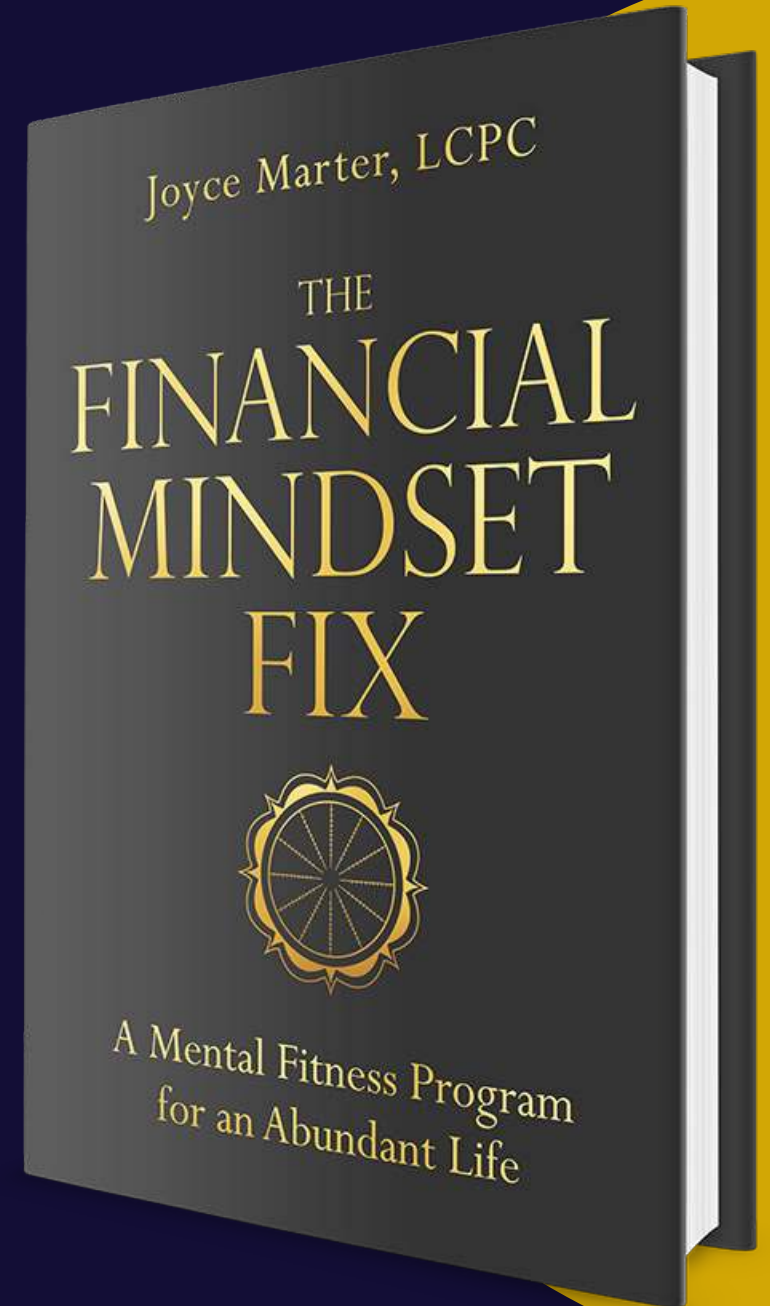
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