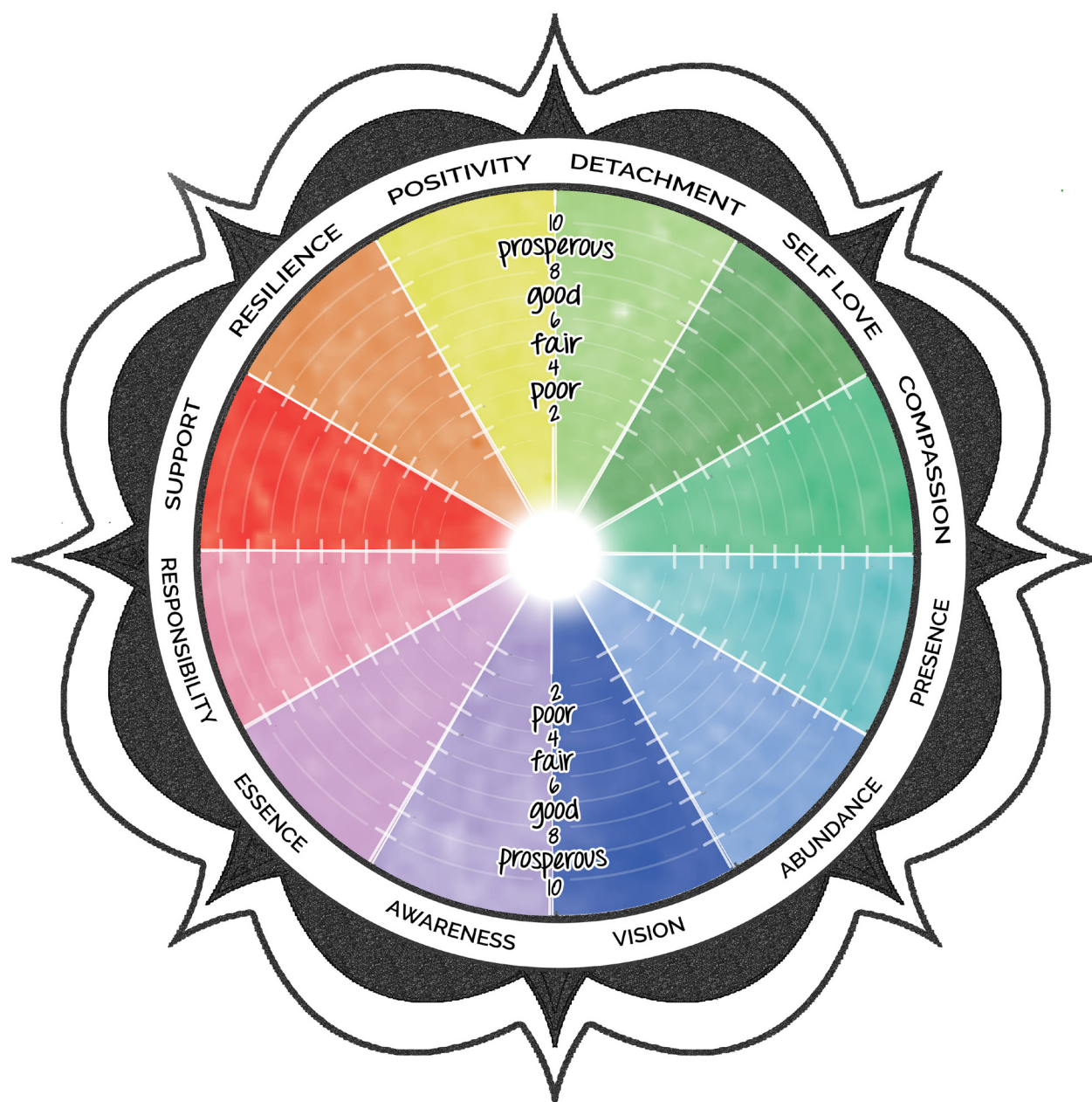


Financial Mindset Fix Mini Workbook



Joyce Marter

INTRODUCTION

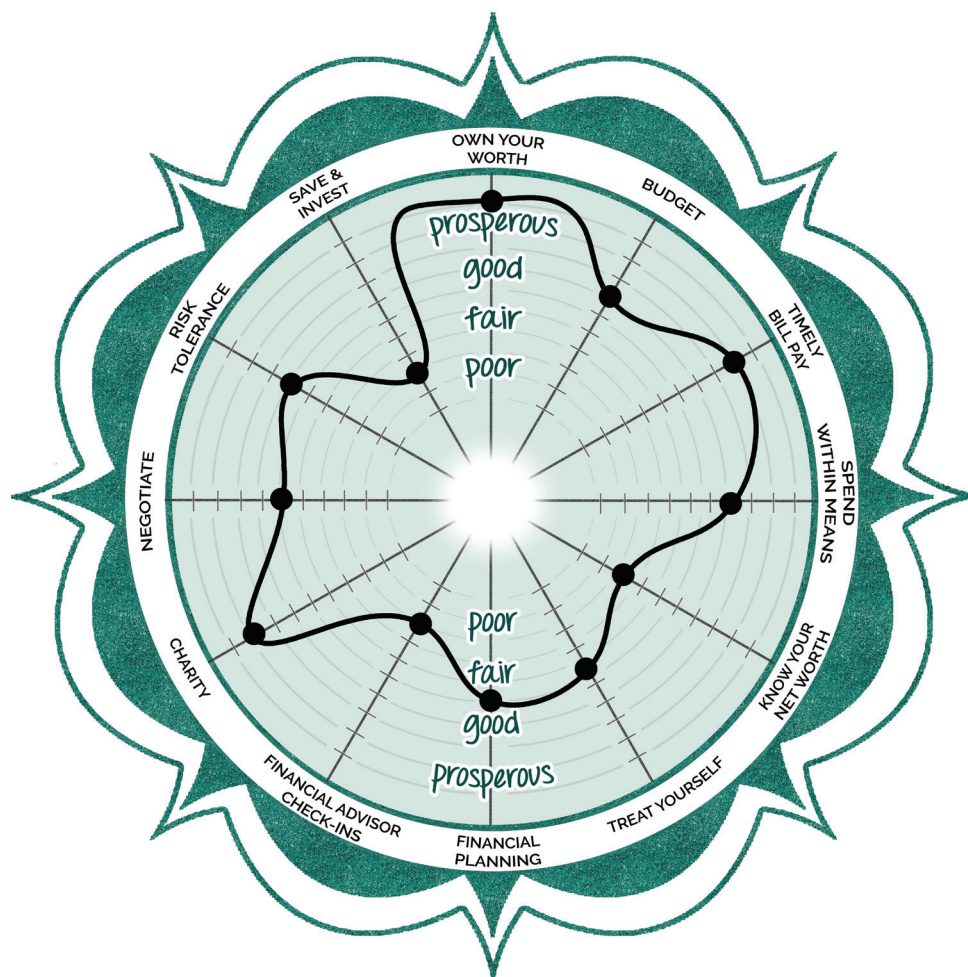
The Wheel Exercise Tutorial

The wheel exercises are self-evaluation tools that help you realize where your strengths and weaknesses lie in a given area. Don't worry about your scores—we are all works in progress. Since you'll be doing the wheel exercises throughout this program, you can turn to this tutorial for a refresher. Completing the wheel exercise is easy. After you go through it once, you'll be a pro. And if you become discouraged because there is still progress to be made, always remember we are looking for progress, not perfection.

Each wheel exercise begins with a set of questions. After you read a question, simply rate yourself on the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10).

Each wheel diagram contains a set of spokes, similar to the spokes on a bicycle wheel. After you answer each wheel exercise question, chart your answer on the wheel. Find the spoke that matches the label of the question. Then, simply place a dot on the spoke next to the number that corresponds with your answer. For example, if you rated yourself a 3, put a dot at the 3 mark on the spoke.

After scoring yourself on every spoke, connect the dots to create a circle. Note that the higher a number is, the closer it is to the outer section of the wheel, while lower scores are more toward the middle. To get an idea of how it looks, see the Financial Health Wheel Example below.



The Financial Wheel Example

The “dents” on the wheel represent areas where this person scored lower. This wheel was filled out by someone who doesn’t have much when it comes to Save & Invest, so she scored low in that area, but she scored high when it came to Charity. This program provides the opportunity to begin working on these dents, or areas of deficit, today.

To get a base reading on how you currently handle finances, you’re going to start by completing The Financial Health Wheel. Throughout this program, you’ll dive into different aspects of your financial health, then revisit this same exercise at the end of the book to see all the progress you’ve made!



20 MINUTES

The Financial Health Wheel

Date _____

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

Poor			Fair		Good		Prosperous		
1	2	3	4	5	6	7	8	9	10

Own Your Worth: How deserving of greater financial prosperity do you feel? (Abundance)

Budget: How aware are you of your earnings and spending? Do you check your budget and cash flow at least once a month, live within your budget, and avoid slipping into financial denial? (Awareness)

Timely Bill Pay: Not paying bills on time can mean late fees and dings to your credit. How do you rate yourself on organizing and paying bills on time? (Responsibility)

Spend Within Means: Do you practice mindful spending? How well do you spend within your limits so you do not accrue debt? (Presence)

Know Your Net Worth: Net worth is the calculation of all assets (balances of all your bank accounts, value investments, and property) minus your liabilities (balances on credit cards, loans, and mortgages). How do you rate yourself at knowing your approximate net worth at any given time? (Essence)

Treat Yourself Within Means: How good are you at treating yourself within means when you feel you deserve it? (Self-Love)

Financial Planning: When it comes to your financial health, including paying off student loans or credit card debt and saving to buy a home, your kids' college, or your retirement, how would you rate yourself? (Vision)

Financial Advisor Check-Ins: How good are you about meeting with a financial advisor once or twice a year to keep on track? (Support)

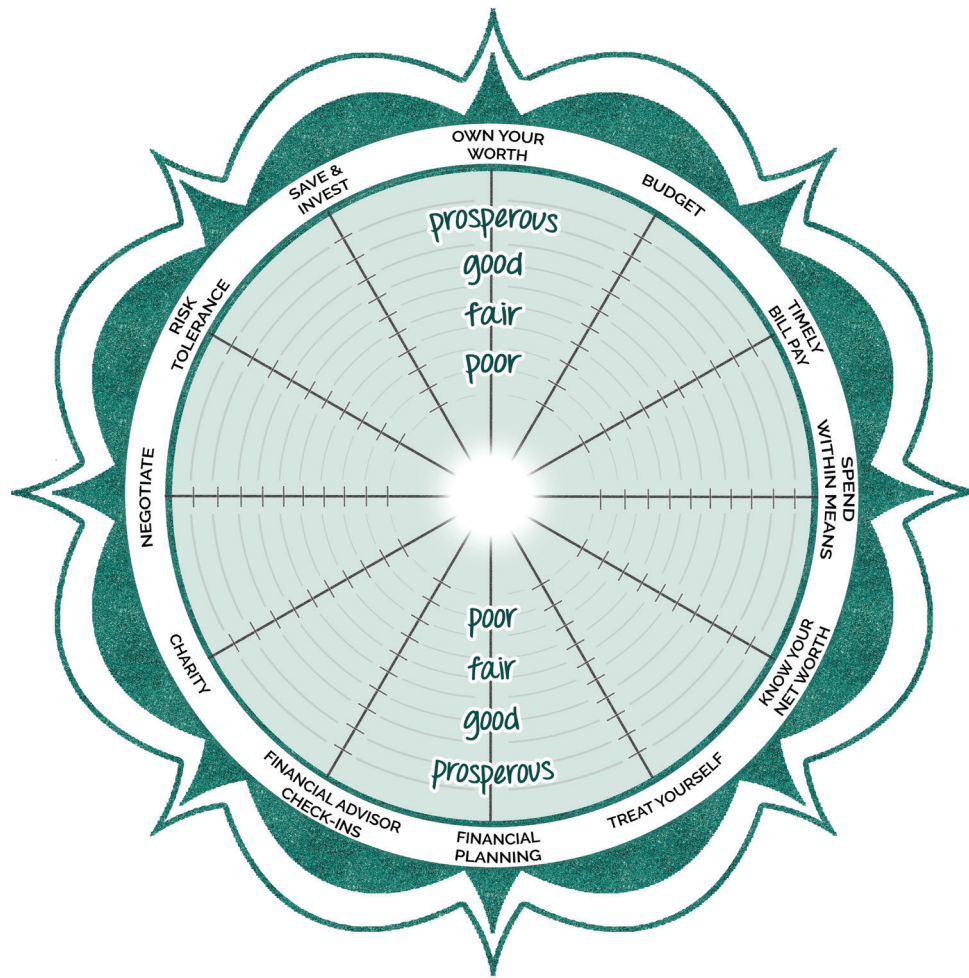
Charity: How good are you at supporting causes that are meaningful to you in a doable way? (Compassion)

Negotiate: Negotiating includes asking for better pay or benefits, discussing the price of major purchases or contracts, and bartering services when possible in order to get a deal. How good are you when it comes to negotiating? (Positivity)

Risk Tolerance: When you have adequate insurance in place, it becomes easier to detach from the outcome. How would you rate yourself when it comes to having the proper amount of insurance for your health, car, house/apartment, business, and even life? (Detachment)

Save & Invest: Having at least three to six months of expenses in your savings and investments such as an IRA for your future, is a good rule of thumb. How would you rate yourself when it comes to saving and investing for a rainy day? (Resilience)

Chart your responses on The Abundance Wheel. Let's start at the top: are you Poor, Prosperous, or somewhere in between when it comes to Self-Worth? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle. Don't worry about your scores. Just be honest.



The Financial Health Wheel

Date your wheel so you can reference it when you reassess your financial health at the conclusion of the program. Congratulations! You have now completed your first exercise in this program. It gives you a good reading of your financial health now, before starting the program. Even if you rated yourself pretty well when it comes to your finances, you will learn how to continue to expand and improve your well-being and financial health.



20 MINUTES

The Abundance Wheel

Date _____

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

Poor			Fair		Good		Prosperous		
1	2	3	4	5	6	7	8	9	10

Self-Worth: How would you rate your ability to embrace your innate worth and feel deserving of prosperity and all that is good?

Positive Money Psychology: How positive are your beliefs about the meaning of money?

Remove Barriers: How good are you at moving past guilty feelings for wanting more and replacing self-limiting beliefs with positive statements that welcome the flow of money to you?

Abundant Thinking: How would you rate yourself when it comes to abundant thinking instead of scarcity thinking and trusting in an abundant flow of resources?

Limitless Perspective: How well are you able you see past limits (other than ethical) and think big about your life and financial future?

Positive Money Relationship: How would you rate yourself at having an attentive and nurturing relationship with money?

Collaborate: When it comes to working together rather than working in competition, how would you rate yourself?

Happy for Others: While celebrating the joys and successes of others, how convinced are you that this does not mean there is less for you?

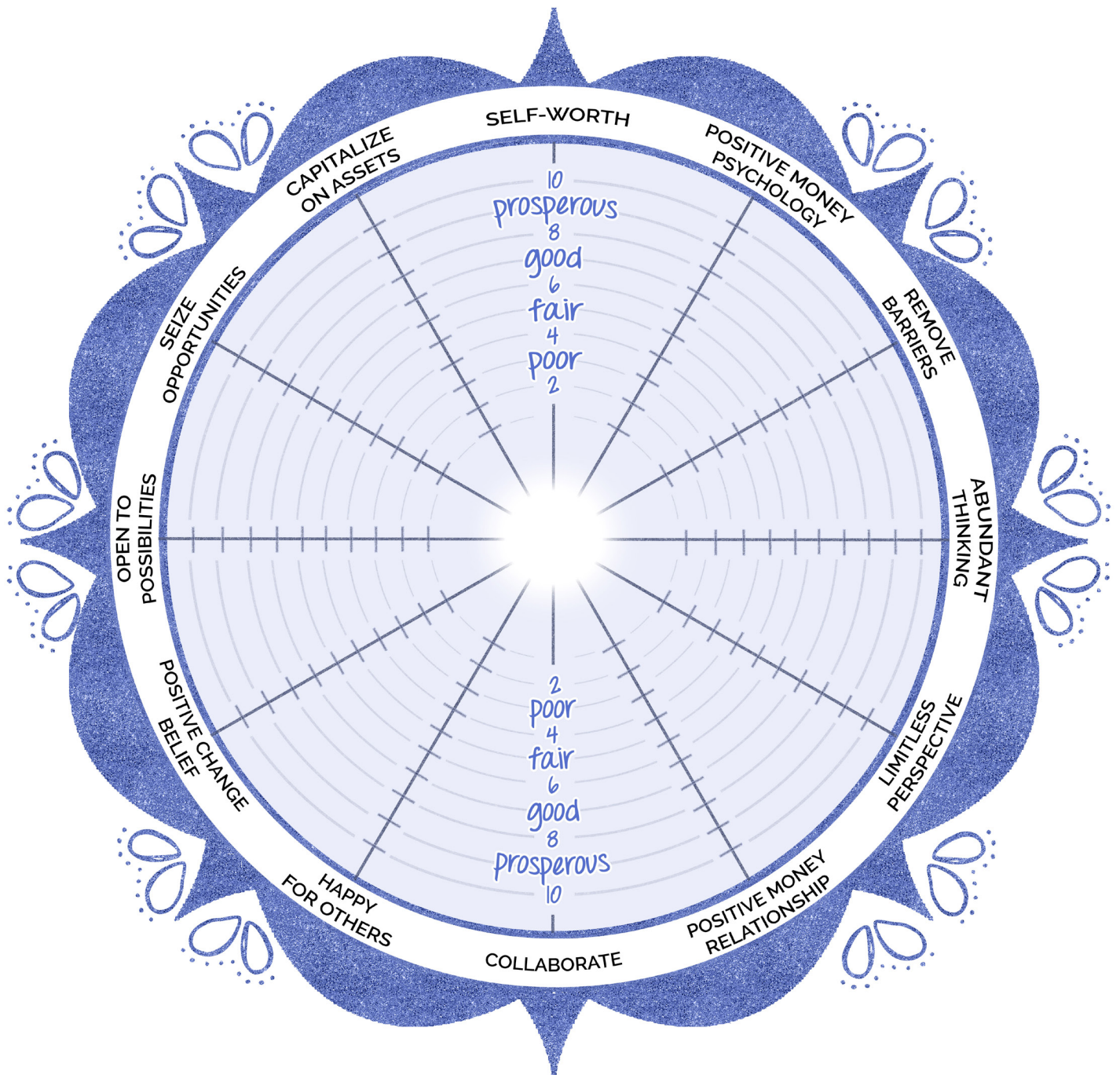
Positive Change Belief: Do you believe that even if life is difficult now or your finances are in bad shape, things can improve?

Open to Possibilities: Instead of seeing roadblocks, how willing are you to look at new ways of doing things so your work, finances, and life can grow and flourish?

Seize Opportunities: How good are you at accepting invitations, attending events, classes, online seminars, e-courses, and other opportunities extended to you?

Capitalize on Assets: How would you rate yourself at utilizing the gifts, talents, and resources that are available to you?

Chart your responses on The Abundance Wheel. Let's start at the top: are you Poor, Prosperous, or somewhere in between when it comes to Self-Worth? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle. Don't worry about your scores. Just be honest.



The Abundance Wheel

The Abundance Wheel

To see where you are at when it comes to abundance, answer the following questions:

Where are the three biggest “dents” in your wheel?

What do you see as the biggest obstacles to achieving a Prosperous rating in these three areas?

Any ideas on how you can transcend those limitations?



The Self-Love Wheel

Date _____

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

Poor			Fair		Good		Prosperous		
1	2	3	4	5	6	7	8	9	10

Self-Compassion: Self-compassion is the ability to silence your inner saboteur, practice self-forgiveness and self-acceptance, and be your most compassionate advocate. It is the opposite of self-flagellation or excessive guilt and regret—it is a mental state where you recognize mistakes, learn from them, and get back on track. How would you rate yourself when it comes to self-compassion?

Self-Affirmation: How would you rate yourself when it comes to honoring your strengths, gifts, and unique abilities and seeing all that is beautiful and good about you?

Grow & Learn: When it comes to investing in activities, classes, and independent learning to help you grow and develop, how would you rate yourself?

Nutrition: Healthy eating includes limiting sugar and processed foods, cooking at home, eating balanced meals, taking multivitamins, and portion control. How would you rate yourself when it comes to nutrition?

Hydrate: Skipping the soda and energy drinks and drinking enough water is important for good health. How good are you when it comes to hydration?

Physical Activity: When it comes to physical activity, how would you rate yourself?

Appearance: How would you rate yourself when it comes to grooming yourself with love and care and putting yourself together so that you feel like the beautiful person that you are?

Health Care: This includes annual physicals, dental care, mental health counseling, and specialty care or holistic care as needed. What's your priority when it comes to your own health care?

Moderate Substance Use: How would you rate yourself when it comes to moderating caffeine, alcohol, sleep aids, or other substances in your life?

Solitude/Reflection: This is stillness and quiet time when you can connect with yourself. How good are you at prioritizing time for solitude and reflection?

Connect to Nature: This includes connecting with the outdoors, animals, or plants. How would you rate your ability to connect with nature?

Sleep: Making sure you get enough sleep and have the ability to fall asleep easily and stay asleep is also important for good health. How would you rate yourself when it comes to prioritizing your sleep?

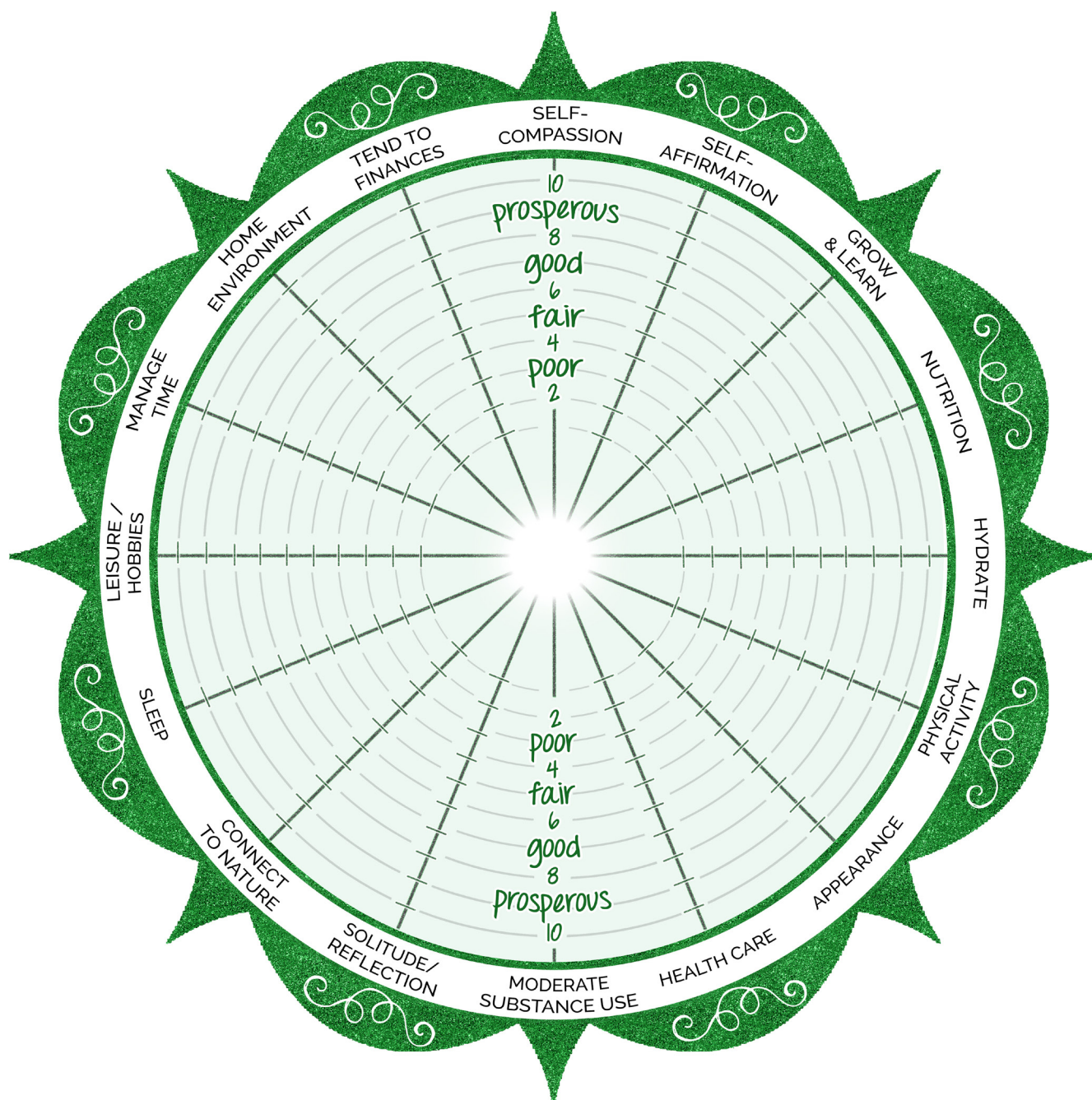
Leisure/Hobbies: It's important to relax and enjoy activities such as art, music, or sports. How would you rate yourself when it comes to making time for leisure and hobbies?

Manage Time: Time management is all about setting healthy time boundaries between your work and your personal life. Make sure to unplug from technology—turn off your phone before bedtime and during mealtimes, do not respond to work emails after work hours or while on vacation, and limit screen time. How would you rate yourself when it comes to striking a nice balance in terms of connecting with others and allowing time for solitude?

Home Environment: Keeping your home clean, organized, and functional is important when establishing a pleasant sanctuary for yourself. How would you rate your home environment?

Tend to Finances: Making sure there is a healthy balance between the flow of saving and spending, and treating yourself within your means is very important. How would you rate yourself when it comes to taking care of your financial life?

Chart your responses on The Self-Love Wheel. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to Self-Compassion? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle.



The Self-Love Wheel

The Self-Love Wheel

Don't worry if you didn't score as well as you hoped. That just means you can look for opportunities to do better when it comes to loving yourself. Answer the following questions:

As you review your wheel, identify the three spokes with the lowest scores (the biggest dents) and list two ways you can do better right now for each spoke.

How might you create some accountability for increasing your self-love?

What are two ways to improve your financial self-care?

Consider revisiting this exercise weekly or monthly to continue to cultivate self-love and to welcome greater prosperity. Don't forget to date your wheel and file it for later reference so you can track your progress over time.



The Financial Health Wheel

Date _____

At the beginning of this program, you completed your Financial Health Wheel, pull it out for reference. Each spoke of The Financial Health Wheel applies to a spoke in each of the chapter's wheels. To refresh your memory, I've included the chapter in which you worked on this skill. Let's look at how your financial health has improved since you started working through the program.

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

Poor			Fair		Good		Prosperous		
1	2	3	4	5	6	7	8	9	10

Own Your Worth: How deserving do you feel of achieving greater financial prosperity? (Abundance)

Budget: How aware are you of your spending versus your budget? How successful are you at avoiding financial denial? (Awareness)

Timely Bill Pay: How good are you at taking responsibility for organizing and paying your bills on time? (Responsibility)

Spend within Means: How mindful are you of your spending habits and spending within your limits so that you do not accrue debt? (Presence)

Know Your Net Worth: How aware are you of your approximate net worth at any given time? Net worth is the calculation of all your assets (bank account balances, value investments, property, etc.) minus your liabilities (credit card balances, loans, mortgages, etc.). (Essence, Not Ego)

Treat Yourself: How good are you treating yourself within your means? Just like a healthy diet allows for the occasional cheat day (which actually keeps you satisfied and sticking to the overall plan), it's okay to treat yourself. (Self-Love)

Financial Planning: How are you doing with planning for your financial health, including paying off student loans or credit card debt and saving to buy a home, kids' college, or retirement? (Vision)

Financial Advisor Check-Ins: How are you doing with making an appointment with your financial advisor once or twice a year to keep you on track? (Support)

Charity: How are you doing when it comes to supporting causes that are meaningful to you in a doable way? If your finances are tight, are you giving in other ways such as volunteering your time, donating unneeded items, or promoting awareness of these causes through social media or other formats? (Compassion)

Negotiate: How good are you at negotiating better pay or benefits, major purchases, or bartering services to get deals? (Positivity)

Risk Tolerance: How close are you to having the proper amount of insurance for your health, car, house or apartment, business, and even your life? (Detachment)

Save & Invest: How close are to having three months to six months of emergency savings and are you investing money for your future? Remember, having savings allows you to persevere through unexpected challenges, such as a job loss. (Resilience)

Chart your responses on The Financial Health Wheel. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to being able to Own Your Worth? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle.