

FUELING YOUR DREAMS

HOW TO ADOPT AN
EMPOWERED MONEY
MINDSET


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Even if we want change, change can be scary.

And overwhelming. And sometimes feel impossible. Especially if you don't have sufficient savings or a solid financial foundation to allow you the freedom to just do what you want.

I get. I've been there too. **That's why I made this masterclass series and workbook just for you.**

This workbook will help you bring the masterclass modules to life and personalize each lesson. Completing this workbook as you go through the modules will help reinforce the information and put you one giant step closer to improving your relationship with money and finding more peace and ease with your finances.

If you're tired of feeling like you'll never get ahead, worrying that when it comes to money there will never be enough or letting money make all the big decisions for you – *this workbook is for you.*

If the heavy burden of debt and / or unfulfilled dreams is starting to piss you off – *this workbook is for you.*

It's finally time to let go of the stress and struggle around money.

Let's have some fun and make your money work for you so you fuel your dreams!

All the best,

Katrina

Module 1: Mindset

What is your biggest struggle / issue when it comes to money?

What is currently holding you back from achieving your money goals?

I would estimate I currently NEED ____ % of my annual salary.

How do you feel about this number?

Are you willing to make any adjustments to your lifestyle to change this number?

Module 2A: Set a Clear Goal

What is your big money goal?

How will achieving this goal make you feel?

What is your current estimate of what this goal will cost?

EXAMPLE

What is your big money goal?

Leave current job with nest egg = 6 months pay (to start my own business)

How will achieving this goal make you feel?

Free, authentic, brave, strong, independent, relieved, relaxed, joyful

What is your current estimate of what this goal will cost?

6 months x \$5,000 = \$30,000

Module 2B: Build Awareness

Track your spending – use an app or spreadsheet program to log all spending.

Some options include: Wally, Mint.com, You Need a Budget or Excel

Begin summarizing your spending by category. List possible categories to track below.

Suspend judgement but notice any feelings or context surrounding impulse purchases.

EXAMPLE

Begin summarizing your spending by category. List possible categories to track below.

Groceries, Restaurants, Beauty, Travel, Apparel, Gifts, Donations, Utilities

Suspend judgement but notice any feelings or context surrounding impulse purchases.

Bought Starbucks as reward for crappy morning at work.
Bought lunch because I didn't have enough time to prepare anything.
Overall, only saving \$200-\$500/month – currently living at my means.

Module 2C: Set a Budget

Use your categories to create a budget. Make sure money coming in is greater than money going out!

How much money does your budget allow you to save each month?

How many months / years until you achieve your big money goal?

How do you feel about this amount of time?

What are your spendiest categories? What are some ways you can reduce them?

How much money does your budget allow you to save each month?

\$700 / month

How many months / years until you achieve your big money goal?

$\$30,000 / \$700 = 43$ months or 3.6 years

How do you feel about this amount of time?

Annoyed – that is way too long!

What are your spendiest categories? What are some ways you can reduce them?

Restaurant – eat out less (1x per week)

Groceries – start shopping with a grocery list and buying things on sale

Rent – find a roommate or move to a cheaper apartment

Module 3: Exploration Fund

How much money can you comfortably put aside each month?

Brainstorm some fun ideas that inspire you – maybe you already have a few!

EXAMPLE

How much money can you comfortably put aside each month?

\$200 / month

Brainstorm some fun ideas that inspire you – maybe you already have a few!

Hip-hop yoga, trapeze classes on the beach, cooking classes, knitting class
Community education class on how to ferment your own vegetables
Budget Travel magazine subscription

Module 4: Inspiration

Spending Challenges

Achieve 3 Consecutive “Zero Days”

A “zero day” is a day where you spend no money. Zero dollars. Zero days give you tiny bursts towards your savings goal and help you bring awareness to the smaller spending habits that can sabotage your plan.

Achieve 10 “Zero Days” In a Month

For this challenge, your goal is to have 10 zero days over one month. View it as a fun experiment and be kind to yourself with what you notice. Only made it 6 days? Explore why and what held you back. Is there something you could tweak or do differently next time? The bright side - you went 6 days without spending a dime!

Try a 90-Day Shopping Detox

This challenge involves a moratorium on non-essential spending. Of course, you’ll continue to pay your rent/mortgage, buy groceries and cover your bills. This challenge focuses on going three months with no discretionary spending. So what might that include? Clothing, restaurants, travel, beauty supplies, entertainment, gifts for others, etc. One of the biggest benefits of this challenge is that it forces you to become more resourceful and creative. It also gives you a big boost towards reaching your goal.

4 Creative Tips to Save Money

Support a student

There are so many great professionals in training. If you're willing to give them a chance, you can support a good cause while saving a huge amount of money.

Downsize your gifts

Sometimes it's easy to think the amount of money spent on someone is a direct translation of how much they mean to you. But that isn't true. Remember the old saying "it's the thought that counts?" Well, this is a great opportunity to put your thinking cap on and your wallet back in your pocket.

Shop online

Shopping online, especially for big items, is a great opportunity. You can search for the best price and find helpful discount codes. Even better, rebate portals track your purchase and give you a small percent of your total spend as a cashback reward. I've saved over \$300 this year just using rebate portals.

Reduce maintenance frequency

Love a good brow wax? Or maybe you have a nail routine that you don't want to drop? Love having someone come by to take care of your yard? There's nothing wrong with a scheduled maintenance routine, but if you're looking to save money, you might want to consider extending the time in between services. Going an extra week or two between services will net out to helpful savings over the next year.