

DAY 2
CHAPTER 5
TRANSFORMATIONAL WORKSHEET

THE 9 TIPS TO TRANSFORM YOUR MONEY MINDSET

Apply them to your personal and business aspects of life and list them under each section:

1. LIMITATIONS: What are your limiting thoughts about money?

Personal:

Business:

RESTRUCTURED “I CAN STATEMENT”:

For example:

I can accomplish X.

I can pay off my debt. etc.

Personal:

Business:

2. Focus on your future:

List your financial visions from Chapter 3:

Personal:

Business:

3. WHAT IS YOUR ‘WHY’? Think carefully about the answers to these questions. (You may want to write them down or talk about them with your significant other, your mentor, or your coach)

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PERSONAL PURPOSE:

- Why do you want your financial situation to change?
- What are your ultimate financial goals and dreams?

BUSINESS PURPOSE:

- Why do you want your financial situation to change?
- What are your ultimate financial goals and dreams?

4. PAYING OFF DEBT IS A PRIORITY

Your self-talk about your debt is transforming from impossible to accountable. All things are possible with your consistent effort to stay within your budget.

PERSONAL DEBTS: Get a notebook or excel spreadsheet

List all debts from smallest to largest: write it down or use an excel or google spreadsheet

BUSINESS DEBTS: Get a notebook or excel spreadsheet

List all debts from smallest to largest: write it down or use an excel or google spreadsheet

5. Be content and stay focused on what you have:

Personally - Come up with vital questions to ask yourself before *any spending* for accountability and focus:

- a. **Accountability** - for example:
 - Is it a need or a want?
 - Is this included in my pre-spending plan?

What is *your* Accountability question?

Focus - for example:

- Will this delay meeting my goals?
- How much longer will it take to recover from this purchase?

What is your Focus question?

Business:

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1. Accountability question?

2. Focus question?

6. Differentiate needs vs wants to eliminate emotional spending

Personal:

- **Needs:** Needs point out something you must have for survival.
 - FOOD:
 - SHELTER:
 - CLOTHING:
 - TRANSPORTATION:
- **Wants:** On the other hand, wants refer to something which is good to have but not essential for survival.

Business

- **Needs:** Realize each business may have different needs and be sure to evaluate if it is a need, (it is vital for the health of the business now) or a want, (something good to have later as the business grows).
 - PRODUCTS / SERVICES
 - SPACE / WAREHOUSING
 - MARKETING / ADVERTISING
 - TRANSPORTATION
- **Wants:** On the other hand, wants refer to something which is good to have but not essential for survival.

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7. ATTITUDE OF GRATITUDE

Refer to your attitude of gratitude and put it into practice. When something irritates, confuses, or upsets you, stop and say three things that you are grateful for at that moment and identify what you can control. Focus on your Purpose and how this situation contributes to or detours you. Repeat your attitude of gratitude.

PERSONAL GRATITUDE STATEMENTS:

- 1.
- 2.
- 3.

BUSINESS GRATITUDE STATEMENTS:

- 1.
- 2.
- 3.

8. Money Mindset - Money is not evil, (money is amoral, it is a tool)

These apply to both personal and business aspects.

- a. Did it redefine what money means to you now?
- b. What is the purpose of money as a tool?
- c. Is your money working for you by reaching your goals and purpose or are you working for your money and spending without a plan?

9. Goals: These are the goals we put together in chapter 3 on goal setting. Realize that all six areas may take financial planning to achieve them. Look at the goals and what financial planning you need to reach them.

GOALS & FINANCES

- Health
 -

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- ☐
 - ☐
- Business
 - ☐
 - ☐
 - ☐
- Relationships
 - ☐
 - ☐
 - ☐
- Personal Growth
 - ☐
 - ☐
 - ☐
- Finances
 - ☐
 - ☐
 - ☐
- Spirituality
 - ☐
 - ☐
 - ☐

10. VISION - Our Dreams or Bucket List: What would be the costs attached to making a dream come true? Do a little research on three choices with your new money mindset, and you can choose one to make possible by including it in your Pre-Spending Plan or Financial Plan tomorrow!